

Marian Manor 600 Merritt Ave. Oshkosh, WI 54901

What did Social Security Send Me in the Mail and Do I Need It?



In the next couple of months those of you receiving social security benefits will be receiving the following two notices. The first notice is called a Proof of Income Letter it will provide you with your monthly benefit amount. Please bring this letter to the office to be copied. It will be used at your annual recertification to calculate your rent. Also other human services agencies often request this letter to determine eligibility for their programs or services. It is a good idea to hold onto this letter until you receive a new one. The second notice you will receive comes in January and is title SSA-1099. This notice shows you the total benefit amount you received in the previous year. SSA-1099 is used for tax purposes. Keep this form if you file taxes,

Marian Manor Snowplowing Policy

Before the snow starts to fly let's review the snowplowing policy at Marian Manor. The parking lot will be plowed when three inches or more of snow has finished falling. Clearing of the parking lot will not be done during the snowfall, unless the snowfall is expected to be several inches or last over a couple of days. Signs will be posted at both main entrances. **When in doubt check for the signs.** You will be able to view the signs on your television, tune into channels 955 & 956 and look for the "happy plower" (as shown below) Cars will need to be removed from the lot by 10:30 am, so plowing can begin promptly at 11:00 am. If you fail to move your car a warning will be issued for the first offense. If you fail to move your car a second time you will get a \$40 fine and your car will be towed. A third offense will get another \$40 fine, your car towed and you will lose your parking privileges. When moving your car do not move it to one of the front circle parking spots as this area will be plowed as well. Do not return your car to the lot until the **entire** lot has been plowed and salted. Thank you for your cooperation in this matter, if everyone follows these guidelines the snowplowing of the parking lot goes smoothly for all.

When possible the back 2 rows (where staff typically parks) will be plowed ahead of time so you may be able to move your vehicle into those rows while the rest of the lot is being plowed.



Staffing News:

Bob officially retired at the end of 2021. We will notify you once a replacement for Bob has been hired. Work orders need to be turned into the Marian Manor Office Drop Box.

Teresa, RN is expected to return from medical leave around January 27th. Welcome Back Teresa, we have missed you!!

If you have information you would like to submit for the Marian Messenger contact Mary Jo at 920-424-1470 Ext. 136 or email at maryjos@ohawcha.org. Please submit any material by the 20th of the month if you would like your information posted in next month's newsletter.



START THE YEAR OFF WITH A HEART OF GRATITUDE!!

The last couple of years have been difficult for everyone and the promise that the start of a new year brings may not be as bright as other years. But let's try to remember how our attitude towards our daily life has such a great effect.

We've all heard the phrase, "seeing the glass half empty or half full." It turns out that focusing on what is there instead of what is not, could be the key to living a happy life.

It may not come as a big surprise, but research shows that optimists are generally happier than pessimists. People who are hopeful about the future tend to lead healthier social lives, meet their goals, and have a higher sense of purpose. Studies show a positive outlook can even heal wounds faster than a negative one.

Optimists may not always be happy day to day, but they generally have a perspective that whatever challenges arise, they have the fortitude to see past them.

Whether you are naturally prone to realism or pessimism, tapping into gratitude and thankfulness techniques can help you manage stress.

GRATITUDE JOURNALS— One study from Harvard Medical School showed that people who wrote about what they were grateful for each week for 10 weeks felt better about their lives. They also exercised more and had fewer visits to a physician compared to participants who wrote about daily irritations and things that displeased them during the week.

WRITE A THANK YOU NOTE— Is there a person or organization that has gone out of their way to improve an area of your life? Let them know! In one study, letter writers felt more positive after giving a thank you note to someone who had done something nice for them.

MEIDITATE OR PRAY—By having a strong sense of self and purpose in life, optimists can face obstacles head on. Prayers or positive affirmations often elicit a sense of calm and confidence, while meditation can help you with the practice of focusing on the present and clearing your mind of judgements.

A NEW YEAR

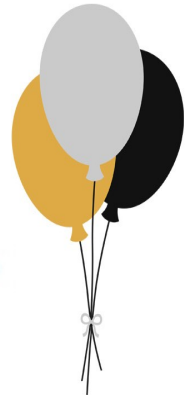
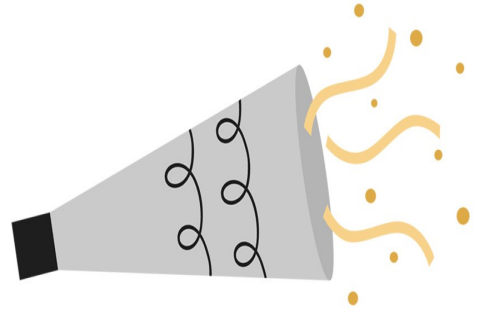
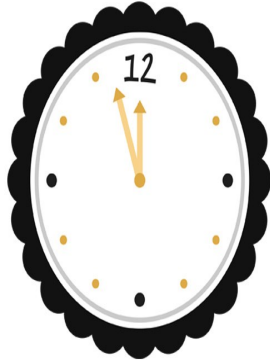
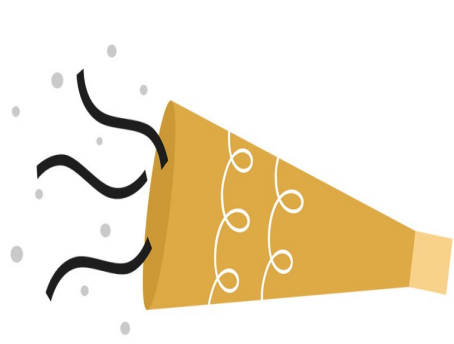
- * Renewed Hope
- * New Opportunities
- * New Adventures
- * New Ways to Give and Love.

May this be
your best year ever!

GratitudeHabitat.com



HAPPY NEW YEAR!



W I H V V A X R N R Z G O A L S A Z Y F
 G R B K G Z T Y Z I Z Z J Q C O M P X B
 M D M B T B K T P X N S L T K C X X W T
 M I Q C R A E Y W E N O Z J K S K R N H
 L P D M V X P N Z J L O V Z V Y D Z Q G
 G P E X A X K O Q N C O U N T D O W N I
 F V Z N D S S M B P C Y W V F T W F B N
 T R S P S P A R K L E R S H Q T O J A D
 P J O L B Y V M S Y L N N N R C A F L I
 Y L P E N S K R O W E R I F Z N Y C L M
 X J K E B D P P G W B K N J U G J W O J
 W I S C F S F L D B R G P A J E X A O K
 Q S C A O W D J R M A W R T J H Q H N C
 F R Q K J N W P A R T Y P O P P E R S O
 K E P A U J F G X M I Z X R T S X K Q L
 V E N R I Y E E B G O Q Y I U P H K Y C
 Y H I S I R E O T J N O I T U L O S E R
 Q C S H A P P Y G T B O U V C D L R Z G
 R M Q G Q X Y B N O I S E M A K E R G F
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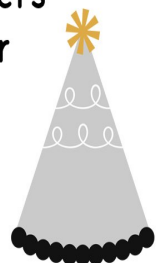
Countdown
 Confetti
 Midnight
 Balloons

Celebration
 Fireworks
 January
 Happy



New Year
 Clock
 Cheers
 Goals

Party Poppers
 Noisemaker
 Resolution
 Sparklers



JANUARY 2022

Marian Manor Staff

**Stacy, Senior Property
Manager**

424-1470 Ext. 126

Monday 8:00 am - 4:30 pm

Tuesday 8:00 am—4:30 pm

Wednesday 8:00 am - 4:30 pm

Thursday 8:00 am- 4:30 pm

Friday By Appointment Only

**Mary Jo, Social Services
Coordinator**

424-1470 Ext. 136

Monday-Thursday \

8:30 am—4:30 pm

Friday 8:00 am– Noon

Roger, Custodial

Monday, Tuesday, Thursday

6:30 am - 3:30 pm

Friday 6:30 am—Noon

After Hours Maintenance

920-966-4235

Nurses- 4th Floor Office

424-1470 Ext 124

Teresa, RN

Lori, RN

Stuart Kuzik

Executive Director

424-1450 Ext. 112

Office Closed for Lunch

Noon—1:00 pm

**Housing Offices Close
at Noon on Fridays**

Sun	Mon	Tue	Wed	Thur	Fri	Sat
						1 New Year's Day
2	3	4	5 Fire Alarm Testing 2:00 pm	6	7	8
9	10	11 Bug Day Apt. #'s 601-610	12	13	15	15
						
16	17 MLK Day	18	19	20	21	22
						
23/30	24/31	25	26	27	28	29
	3:30 pm OHA Board Meeting					
						
						