

Marian Messenger

Volume 11, Issue 2
February 2022

Marian Manor

600 Merritt Ave. Oshkosh, WI 54901

Filing Taxes-



AARP Tax Assistance Program are unable to have their volunteers come to our building this year. Here are phone numbers you can call for tax assistance.

The AARP Tax Assistance program will be held at Algoma Boulevard United Methodist Church on the corner of Algoma and New York.. The Route 3 Valley Transit bus that runs on New York Ave stops right at the corner! Everything is by appointment only, no walk ins. We will be there on Tuesdays and Fridays.

The AARP Tax Assistance program provides help to low and middle income taxpayers and individuals over 60. Volunteer Counselors assist individuals with the preparation of their tax returns in accordance with the guidelines established between the IRS, AARP and VITA. Call (920) 385-6756 for an appointment (required). Keep calling until you talk to someone. Phones will be answered M-F 9:00am - 1:00pm. Use this link to see the list of documents needed for an appointment: <https://www.aarp.org/money/taxes/info-01-2011/important-tax-documents.html>

UWO will be offering tax assistance through the VITA program in a limited way due to COVID restrictions and lack of volunteers. Starting February 1st you can call (920) 424-3486 to make an appointment. There is a maximum income level of \$56,000for VITA assistance.

Goodwill in Menasha will be offering VITA as well. Call (920) 968-6021 to make an appointment.

**Welcome Scott to Marian Manor as
our new Maintenance Mechanic.**



Coming soon sign up sheet for chili dinner. Dinners will be delivered directly to your apartment. More details such as date and cost will be coming soon.

Annual inspections resuming in March details will be coming soon as to exact dates and times. Use this time to make sure your apartment is inspection ready. Reminder if you live on 1st, 2nd or 3rd Floors you cannot have your windows blocked this is a fire violation.



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.



Get your Credit Report FREE-WEEKLY

Getting a copy of your credit reports is always a good idea. And now during the COVID-19 pandemic it is even more important.. In the past your credit report was always available for free annually from each of the following credit reporting agencies: Equifax, Experian, & Transunion. Right now you can get a free report from each of the 3 agencies **WEEKLY**. Take advantage of this opportunity it is unclear as to when this will end and go back to only once per year. Go to www.annualcreditreport.com to get your reports. Remember this is the only **FREE** source for your credit reports authorized by federal law, other sites may charge a fee.

Annual CreditReport.com

The only source for your free credit reports. Authorized by Federal law.



FREE at Home COVID-19 Tests– Results in 30 minutes

Good news! Each household in the U.S. can now have four free COVID-19 at-home tests shipped directly to their home at no cost! All you need to do is visit COVIDtests.gov and enter your contact information and mailing address.

The tests are rapid antigen "at-home" or "self" tests — not PCR tests which require a lab drop-off. The "at-home" or "self" tests can be taken anywhere and give results within 30 minutes.

Guard against scammers trying to steal your personal information. When ordering tests, use the official, secure government website: <https://COVIDtests.gov>. **Watch out for phone scammers, too.** If you get a phone call requesting information so that free at-home tests can be mailed to you, hang up — it's a scam!

Remember: Medicare pays for COVID-19 tests **performed by a lab**, such as PCR or antigen/rapid tests, at no cost to you **when the test is ordered by an authorized health care professional**. Those in a Medicare Advantage Plan should check with their plan to see if their plan offers coverage and payment for at-home tests.

BEWARE OF COVID TEST SCAMS: Some fraudsters are offering unauthorized home test kits. Others are setting up phony testing sites to steal your personal information. The sites may look real with tents and hazmat suits – but then you don't get the test results, you're charged for a "free" test, or they use your information for identity theft. To avoid these scams, keep in mind:

- **Do not give your Social Security number or passport number** in order to get a COVID test.

Find legitimate testing sites. Check with your [state](#) or [local](#) health department or your doctor.

Look for FDA-authorized test kits. Check the FDA's [list of authorized antigen tests](#) and [PCR tests](#) before buying. Now, you can get four free COVID test kits per household at COVIDtests.gov. Plus, [insurance companies are required to cover the costs](#) of up to eight over-the-counter COVID tests per month for each covered person.

When shopping online for test kits, pay by credit card. If you're charged for an order you never got, or for a product that's not as advertised, you can contact your credit card company and [dispute the charge](#)





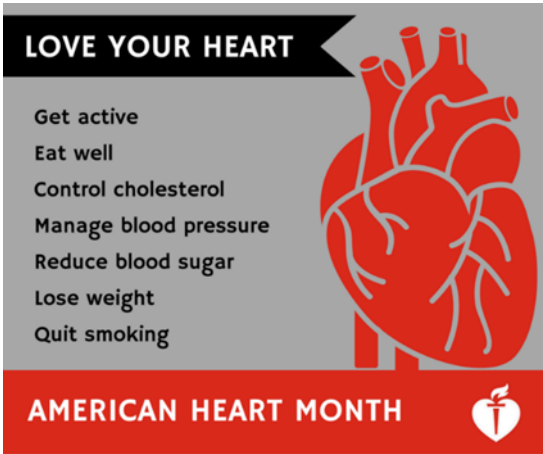
Along with Valentine’s Day, February marks **American Heart Month**, a great time to commit to a healthy lifestyle and make small changes that can lead to a lifetime of heart health.

Heart disease is the leading cause of death for American women and men, accounting for 1 in 4 deaths in the United States. Nearly half of Americans have at least one risk factor for heart disease , such as high blood pressure, obesity, physical inactivity or an unhealthy diet. Risk also increases with age.

Here are some healthy heart hints from the National Institute on Health for the month of February. **Try to do one of these each day this month.** You can repeat your favorites!

1. Have heart healthy snacks while watching your favorite game or movie. Make your own snack mix (oat cereal, dried cranberries, unsalted nuts) or humus and your favorite veggies.
2. March in place when there is a commercial on TV.
3. Call a friend or neighbor and go for a walk.
4. Share a funny video or story that makes you laugh.
5. Give Meatless Mondays a try. Chunky cut your favorite veggies and toss with a bit of oil, pepper and your favorite herbs and roast them for 30 minutes at 400 degrees. Or make a soup like black bean or minestrone.
6. Swap the sweets for a piece of fruit for dessert.
7. Walk an extra 15 minutes today.
8. Go salt free and use herbs to flavor your food.
9. Add a stretch break to your day.
10. Dance to your favorite song.

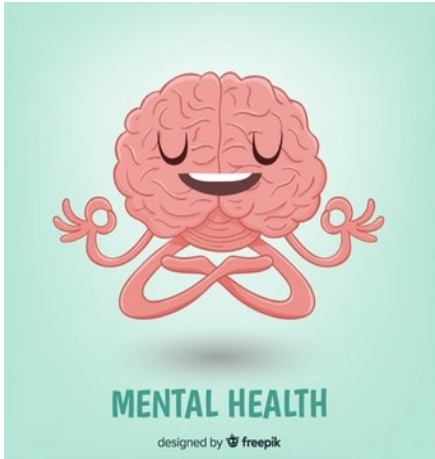
Adopted from the National Institute on Health.
Submitted by Lori Duclon, RN



Combat mental illness with these activities

1 in 5 US adults are living with mental illness. Dr Lisa Wochos, psychiatrist at the Aurora Behavioral Health Center, recommends these 6 activities.

1. Exercise to ease symptoms of anxiety.
2. Pick up a hobby to distract from negative thoughts.
3. Take 10 – 15 minutes a day of “me time”.
4. Listen to uplifting music to elevate mood.
5. Spend time with friends and family to help lift spirits.
6. Meditate to reduce stress and negative thoughts.



FEBRUARY

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 7:00 am - 3:00 pm
Friday 7:00 am—Noon




After Hours Maintenance
920-966-4235

Nurses- 4th Floor Office
Lori, RN
Teresa, RN
424-1470 Ext 124

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	2	3	4	5
			Fire Alarm Testing 2:00 pm			
						
6	7	8	9	10	11	12
		Bug Day Apts 501-510				
13	14	15	16	17	18	19
						
20	21	22	3	24	25	26
	3:30 OHA Board Meeting					
27	28					
						
FEBRUARY						