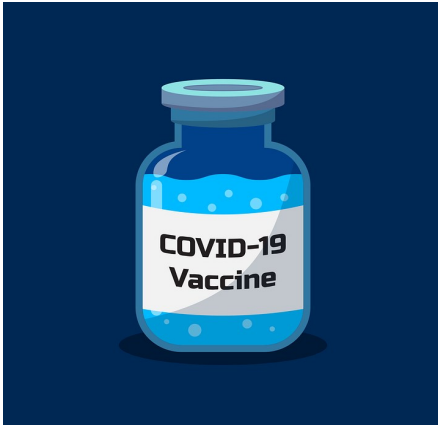


Marian Manor

600 Merritt Ave. Oshkosh, WI 54901



Covid Vaccine Clinic

Where : Marian Manor TV Lounge

When: Thursday, April 7th

Time 1:00 pm -3:00 pm

1st, 2nd or booster available by any of the 3 manufacture for ages 5 and older. Friends, family members and caregivers are encouraged to sign up. Administered by Winnebago County Health Department.

Reduce Sitting Time. Improve Health!

Sitting time (or sedentary behavior) has been linked to increased rates of numerous chronic conditions including heart disease, high blood pressure, diabetes, depression, certain cancers, and more.

Stand Up and Move More (Stand Up) is a new program that is designed to reduce sedentary time. It is NOT an exercise program. Instead, Stand Up gives participants strategies to stand more often and for longer durations throughout the day. The Stand Up program has been proven to reduce sedentary behavior by 68 minutes per day! This reduction has been linked to reductions in chronic diseases and improvements in physical function!

Stand Up is designed for older adults (55+) who sit for more than 6 hours per day and can stand up on their own. It is a 4-week program that meets once per week for two hours followed by a Refresher Session on Week 8.

There are 2 One-time **FREE** classes being offered this spring in Oshkosh!

Bethel Chapel

225 N Eagle St

Apr 5 – Apr 26 (4-week session)

Register by calling the Winnebago County Health Dept

920.232.3000

Tuesdays, 12:30-2:30pm

Oshkosh Seniors Center (S)

200 N. Campbell Road

May 5 – May 26 (4-week session)

Register by April 26

920.232.5310

1 – 3 pm



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.



Renters Insurance: Can You Afford Not to Have It?

Many renters overlook the need for renters insurance. In order to protect yourself and your belongings you should consider renters insurance. Renters insurance is available at a relatively low cost to you. Renters often assume the property owner is liable for damages to their private belongings. This is simply not the case. Your landlord's insurance covers damages to the buildings structure, **not your belongings**. That is one of the reasons that renters insurance is beneficial to you.


A second benefit of renters insurance is that it offers you liability protection. Liability protection covers you for costs up to your liability limit if an individual injures themselves in your unit. It will also protect you if your pet causes injury to another individual.

A third benefit is if your unit becomes uninhabitable for any reason specified within your policy, your renter's insurance will cover your living expenses to live elsewhere. This means if you are forced to temporarily move out of the property you rent due to damage caused by a peril covered by your insurance plan, your plan will cover the cost of any increase in living expense so that your household can maintain its normal standard of living. This benefit is usually time limited to 12 months or whatever the insurance company considers a "reasonable length of time". Be sure to check various insurance companies on their policies.


Another factor to consider when looking at renters insurance policies are if the coverage is for actual cash value (ACV) or replacement cost coverage. ACV coverage will pay only for what your property was worth at the time it was damaged or stolen. While replacement cost coverage will pay for what it actually costs to replace the items you lost.

The cost of renters insurance is very affordable but the amount varies with each policy. The cost of your premium depends on a variety of factors: where you live, the amount of your deductible, the insurance company, and if you need any supplementary coverage. (Supplementary coverage is usually used for expensive jewelry or electronic equipment.) Most policies cost between \$90 and \$120 on average per year for \$20,000-\$25,000 worth of coverage of personal items and between \$100,000 to \$300,000 of liability protection. Some insurance companies also offer discounts if you have "protective devices" such as a fire extinguisher or if you have another insurance plan with them such as auto insurance. The best thing to do is to shop around for price quotes from various insurance agencies, to get the coverage you want at the best price.

Top 2 reasons to have
RENTERS INSURANCE



Protect your stuff.



Protect yourself from lawsuits.

Bankrate

Fr. Carr's Easter Meal

Sign up by Noon on Wednesday April, 13th
Meals will be delivered on Easter Sunday,
April 17th between 10:30 am –Noon



Exercise your Right to Vote

Tuesday, April 5th is the Wisconsin Spring Election. Photo IDs are required to vote. If you recently moved you may need to register to vote.

Marian Manor's polling location is:
Oshkosh Public Library , 106 Washington
Ave. 7:00 am –8:00 pm

Ward 8

Fire Emergency Instructions

In the event of a fire in your apartment please do the following:

Immediately leave your apartment and close the apartment door.

DO NOT RETURN FOR ANY REASON!!!

Pull the Fire Alarm nearest your apartment. There are several fire alarms located on each floor. (Become familiar with their locations now, during a fire is not the time to be looking for them)

Call the fire department to report the fire when in a safe location to do so. **Dial 911.**

Notify housing management as soon as possible.

HOW TO EXIT THE BUILDING

When the fire alarm sounds all tenants who are physically able to walk down the stairways must take the following action:

Leave your apartment at the sound of the fire alarm as quickly as possible. Before you open the apartment door, feel your side of the door to see if it is hot to the touch. **IF YOUR DOOR IS HOT DO NOT OPEN IT!** Remain in your room and follow Special Instructions listed.

If it is safe to open your door, leave your apartment and close the door behind you. **DO NOT RETURN FOR ANY REASON!!**

Vacate the building by way of the stairways indicated on the emergency exit plans located on each floor. **DO NOT USE THE ELEVATOR TO VACATE THE BUILDING** as a power failure could cause you to become trapped inside.

SPECIAL INSTRUCTIONS IF YOU MUST REMAIN IN YOUR APARTMENT

If your apartment door is hot and it is unsafe to enter the hall or if you are physically unable to walk down the exit stairways, take the following steps until help comes to you:

Place a wet towel or rug at the bottom of your entrance door to keep smoke from seeping into your apartment.

Go into your bedroom and close the door. Place another wet towel or rug at the bottom of the door to keep smoke from seeping in.

Stay at the bedroom window so that you can be seen from the outside. Wave something white or have a flashlight to signal you need help. Call 911 to give them your location.

If it does become smoky in your apartment, open the bedroom window to obtain fresh air and call for help.

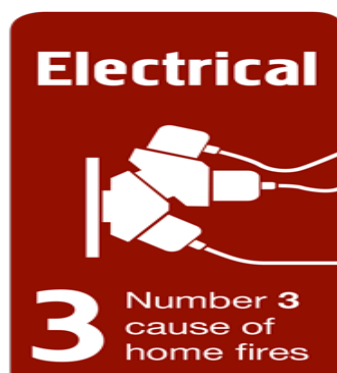
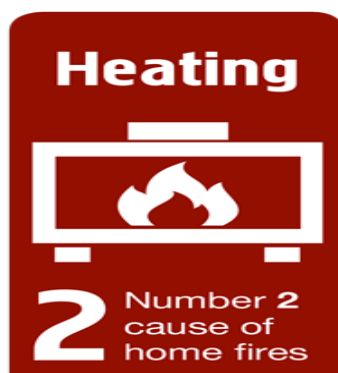
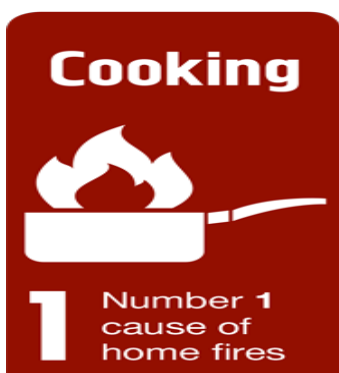
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As you leave the building remain calm. Be careful of others and assist one another. Everyone will have plenty of time to leave the building safely. Follow instructions from the fire fighters when they arrive.

Marian Manor is a very fire resistant building. All floors and apartment walls are concrete or concrete block. All apartment doors and stairway doors are fire-rated doors which will contain a fire for at least an hour (if kept closed) Sprinkler system is installed in the hallways and are activated by heat (not smoke). Each floor is equipped with fire extinguishers. If you do not know how to use a fire extinguisher during a fire is not the time to read the instructions and try to learn how. Exit the building.

KEEP CALM & DO NOT PANIC—

Even if you believe the fire was small and you got it all out still call the fire department so they can ensure that it is extinguished entirely.



APRIL 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

Scott Maintenance

Monday -Thursday

6:00 am-4:30 pm

Friday Off

Roger, Custodial

Monday, Tuesday, Thursday

7:00 am - 3:30 pm

Friday 7:00 am—12:30pm

After Hours Maintenance

920-966-4235

Nurses- 4th Floor Office

424-1470 Ext 124

Call for an appointment or

Open Hour on the 3rd Tuesday

1:00– 2:00pm

**Lori, Monday, Tuesday &
alternate Fridays**

Teresa, Wednesday, Thursday

& alternate Fridays

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	6	7	8	9
			2:00 pm Fire Alarm Testing			
10	11	12	13	14	15	16
		Bug Day Apts 301-310			Offices Closed	
17	18	19	20	21	22	23
						
		Nurse Open Hour is Back 1pm-2pm				
24	25	26	27	28	29	30
	3:30 pm OHA Board Meeting					

April  

SHOWERS 

BRING 

May 

FLOWERS 