

# Marian Messenger

Volume 11, Issue 5

May 2022

Marian Manor

600 Merritt Ave. Oshkosh, WI 54901



Housing Offices will be closed on Monday, May 30th in observation of Memorial Day.

## STATE STREET CENTER

206 STATE STREET  
OSHKOSH, WI 54901



**Monday - Friday**  
**9AM - 3PM**

State Street Center is supported by the Winnebago County Department of Human Services. We will be offering free Mental Health and Substance Use Disorder support and resources to adults in a, non-clinical, voluntary setting.

**8:00 AM WALKING GROUP** MEET  
BY FRONT DOOR

**9:00 WELCOME GROUP** ART

**10:00 JOURNALING GROUP**

**11:00 RECOVERY SUPPORT GROUP**  
OPEN DISCUSSION

**1:00 GROUP GAMES**

**2:00 COPING SKILLS GROUP**

**3:00 PM CLOSED**

**SEE YOU SOON!**

Hello All,

We are excited to announce the opening of State Street Center.

Our mission is to provide holistic support services for any adult that is working to manage their mental health or substance use disorder. We hope to allow space for members to manage their recovery at a pace and direction they choose. We would like this center to provide opportunities for a healthy routine; revolved around activities that support recovery and symptom management.

Please join us if you feel this is a good fit for you. Any questions please call 920-232-3320 or email [statestreetcenter.co.winnebago.wi.us](mailto:statestreetcenter.co.winnebago.wi.us) or Also, do not hesitate to stop in and see what we are all about.

Sincerely,

Julie Frederick  
State Street Center

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](mailto: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.





## Housing Authority Nursing Services

The Housing Authority Nurse provides services to help residents improve their health and to help them remain in their independent living apartment as long as possible. The role of the Nurse includes the following services. There is no cost to the residents.

Visits in your apartment or nurse's office. One time or multiple visits.

Visits to monitor health problems (i.e. blood pressures, blood sugars, weights, etc)

Health crises checks and follow-up which may include 911 calls.

Medication set-up and monitoring when other services are not available.

Check on your safety and follow-up to meet safety needs.

Follow-up on hospitalization or nursing home placement with Discharge Planner to communicate concerns or assist in coordination of care to return home.

Assist to get medical equipment.

Referrals to other healthcare resources.

Help find affordable medical, dental, mental health care.

Assist in understanding instructions from healthcare provider.

Help prepare for tests, surgery.

Provide health information in monthly newsletter.

Health teaching to individual residents and to groups at resident meetings.

Work closely with the Housing Authority Social Workers to meet needs of residents.

Work with community resources: Healthcare providers, families, guardians, ADRC, Lakeland, Community Care and Home Care Agencies etc. to meet needs of residents.

Sharps container program for resident's used needles and lancets.

Assist with proper disposal of old or no longer needed medications.

Buildings served: Marian Manor, Court Tower, Raulf Place and Waite Apts. in Oshkosh; Fox View Manor in Omro; and Riverside Apts. in Winneconne.

Contact: Lori Duclon, RN available on Mondays & Tuesday and alternating Fridays

Teresa Paulus, RN available on Wednesdays, Thursdays and alternating Fridays

Office Number: 424-1470 ext. 124 Monday -Friday 8 am-4 pm

Or let Mary Jo know you would like to see the nurse.



Make sure to Thank our Nurses for all that they do.

National Nurses Week is May 6th—May 12th

## NOW IS THE PERFECT TIME TO GET TO YOUR SPRING CLEANING DONE

Make a to-do list, then divide and conquer—

Start with a wish list of all the things at home you want to scrub, wash or tidy up. You'll figure out what's feasible later, but for now, shoot for the moon.

Try not to clean the whole apartment at once. Find a cleaning routine that spreads the work out over the day, week or month is much more productive and keeps the apartment clean most of the time versus having to do a full apartment clean in a hurry when you can't stand it anymore or when someone is coming over.

Coming up with a calendar for different tasks might also help make things less daunting. Starting by wiping counters, vacuuming, running a few loads of laundry, putting away clutter and making your bed. Once that's taken care of, try splitting different chores into different days:

- **Monday:** Bathroom day.
- **Tuesday:** Dusting day.
- **Wednesday:** Vacuuming day.
- **Thursday:** Floor washing day.
- **Friday:** Catch up on anything from the previous days you didn't get to.
- **Saturday:** Sheets and towels day, Laundry day.
- **Sunday:** Relax and Enjoy your day.

I would also suggest adding this to your cleaning schedule.

Week 1: Organize Bedroom Closet

Week 2: Organize Nightstands/Dresser Drawers

Week 3: Organize Bathroom Closets

Week 4: Organize Kitchen Cupboards

Week 5: Clean Out Refrigerator & Freezer

Week 6: Organize Entry and Hallway Closets



Most odors (and fruit flies) come from the garbage not being taken out frequently enough and from dirty dishes. Empty your garbage a couple of times a week. Do dishes daily (this may mean just rinsing them off and putting them in the dishwasher and running the dishwasher when it is full.

Continue to fill out work orders as items in your apartment need repair.



### BIKE STORAGE



If your bike is being stored in the Marian Manor garage and you would like it put in the bike rack bring your lock to the office. Reminder bikes are not to be stored in your apartment. This includes bikes that your guests may bring in. Bike racks are located by the Marian Manor parking lot entrance and by the garage.

# MAY 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

7:00 am-4:30 pm

Friday—OFF

**Roger, Custodial**

Monday—Thursday

6:30 am—3:30 pm

Friday 6:30 am—12:30 pm

**After Hours Maintenance**

**920-966-4235**

**Nurses- 4th Floor Office**

**424-1470 Ext 124**

**Lori, Monday, Tuesday,  
Teresa, Wednesday, Thursday  
alternating 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	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



2:00 pm  
Fire Alarm  
Testing

Bug Day  
Apts 201-  
210

3:30 pm  
OHA  
Board  
Meeting

Offices  
Closed

