

# Marian Messenger

Volume 11, Issue 9  
September 2022

Marian Manor

600 Merritt Ave. Oshkosh, WI 54901



**Oshkosh Housing Authority Offices will be Closed on Monday, September 5th in observation of Labor Day.**

Welcome Adam-

Many of you may have noticed a new face around Marian Manor the last 2 weeks. Adam has been recently hired to fill the custodial position previously held by Roger. Adam will be here on Tuesdays, Thursdays and every other Friday. Thanks you for all of you that have stepped up and helped while we were filling



You may have heard on the news or through friends and neighbors that one of our housing buildings recently had a fire where several people were displaced. This is just a reminder to be mindful when you are using your stove or oven. **NEVER** leave your stove unattended when on and to **NEVER** have items on your stove top except cooking pans and pots. Other reminders are not to use extension cords with multiple items plugged in it. Burning candles and smoking is also prohibited in your units. These rules are to keep you and your neighbors safe.



In April's newsletter I did an article on renter's insurance but now is a good time for a reminder on this as well. Renter's insurance is very affordable typically a plan runs less than \$10/month. Renter's insurance protects your personal belongings. You can get renter's insurance through any insurance carrier you choose. If you need help feel free to reach out to Mary Jo for assistance.

## Oshkosh Public Library Offers Home Delivery Service?

Free home delivery Service is available for Oshkosh residents that are physically unable to visit the library. The following items can be delivered: books, audiobooks, music, DVDs and magazines. You can borrow items for 2 months or until your next scheduled home visit. You will never be charged overdue fines. If interested you can call the library at 236-5206 for more information. There are brochures in the office for those that would like one.

If you are able to access the library you can check out materials online or by calling 236-5203. The library no longer charges for overdue fines and past overdue fines have been forgiven. If you have not used the library due to past fines you can now start using the library again.

At home COVID tests are also available at the library. Just call 236-5203 to schedule curbside pick up— do not come into the library to get your test kits.

**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.**



Beginning Saturday, July 16

**988**

is available nationwide  
to call or text during a mental health,  
substance use or suicidal crisis.

Want to learn more?  
Visit [nami.org/988](https://www.nami.org/988)





# WALK-IN WEDNESDAY VACCINE CLINIC

**SUNNYVIEW EXPO CENTER  
500 E CTY RD Y, OSHKOSH  
EVERY WEDNESDAY  
3-6 PM**



**Public Health**  
Prevent. Promote. Protect.  
**Winnebago County  
Health Department**

- **Offering Pfizer, Moderna, and Novavax vaccines.**  
(Vaccine type subject to availability)
- **Available to anyone aged 6 months or older.**  
Parent or guardian must be present if under 18.
- **Additional and booster doses available for eligible individuals.**
- **Just walk in! No appointment needed.**
- **The vaccine is free. No ID or insurance required.**
- **Clinics are subject to cancellation. Please call ahead to confirm.**



Point your phone's  
camera at the QR code  
for more information.

**WWW.WCVACCINE.ORG / 920-232-3026**



**#HELPMYNHS**

## Does Your Doctor Know?

Do you take vitamins and minerals, Tylenol or Advil; maybe some fish oil or other over the counter pills? Do you let your doctor know you take these? Most people don't, but you should. Here is why.

These things can interact with your prescribed medications and change the way they work in the body, making the medications either more or less effective, or increase certain side effects.

Prescribed pain pills can contain Tylenol (Acetaminophen) or Ibuprofen (Advil).

Too much Tylenol can cause liver damage. Too much Ibuprofen can cause kidney damage.

There are many other bad side effects too. Talk with your doctor about how much Acetaminophen and Ibuprofen you can safely take.

Some of these pills when taken with other medication can increase the risk of bleeding. Some can decrease the effectiveness of Warfarin-a blood thinner, so that a clot develops, which may cut off part of the blood supply to the brain and cause a stroke.

Taking vitamins and supplements changes the chemistry of your body.

They may benefit your overall health, but need to be taken properly.

Let your doctor know what over the counter pills you are taking so they can advise on any interaction with your prescriptions. The doctor can also advise on how much you should take to get the most benefit. Write them down and bring in the list to your appointment.



# Word Search



See how many of these newspaper related words you can find in the puzzle.  
The words can be forward, backward or diagonal.

Created by Sue Lindlauf  
Grand Forks Herald 2012

- |              |            |              |              |
|--------------|------------|--------------|--------------|
| 1. LABOR     | 5. WORK    | 9. SUMMER    | 13. AMERICAN |
| 2. DAY       | 6. LONG    | 10. NATIONAL | 14. MONDAY   |
| 3. HOLIDAY   | 7. WEEKEND | 11. USA      | 15. DAY      |
| 4. SEPTEMBER | 8. ENDING  | 12. TRAVEL   | 16. OFF      |



# September 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 6:30 am-4:30 pm

**After Hours Maintenance**  
920-966-4235

**Nurses- 4th Floor Office**  
424-1470 Ext 124  
**Lori,** Monday, Tuesday, & alternate Fridays  
**Teresa,** Wednesday, Thursday & alternate Fridays

**Wendy Fromm**  
**Executive Director**  
424-1450 Ext. 112

**Office Closed for Lunch**  
Noon—1:00 pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
				1	2	3
						
4	5 Labor Day  OFFICES CLOSED	6	7 2:00 pm Fire Alarm Test	8	9	10
11	12	13 Bug Day Apt. #'s 411 – 420	14	15	16	17
18	19	20	21	22 Autumn Begins 	23	24
25	26	27	28	29	30	
