

Marian Messenger

Volume 11, Issue 11
November 2022

Marian Manor 600 Merritt Ave. Oshkosh, WI 54901

Daylight Savings Time Ends on Sunday, November 6th. Turn your clock back 1 hour before going to bed on Saturday night November 5th.



Housing Offices will be closed on Thursday, November 24th & Friday, November 25th for the Thanksgiving Holiday.

Election Day Tuesday, November 8th
7:00 am—8:00 pm Oshkosh Public Library
106 Washington Ave Oshkosh District 8 Ward 14



Bike Storage

If you would like us to store your bike for the winter stop by the office by Nov. 15th. Have your bike labeled with your name and apartment number.

Also all bikes must be in working order before being stored.

FIGHT THE FLU



THE 3 C'S

COVER

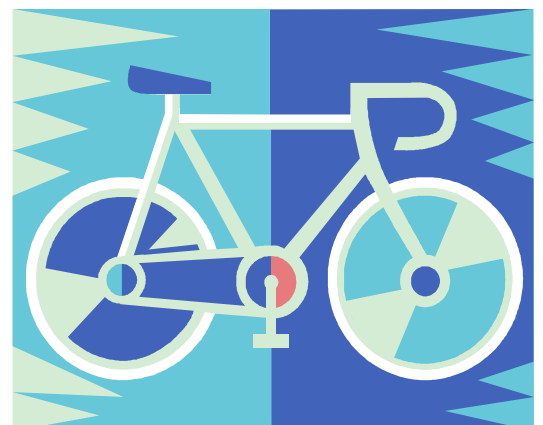
Cover your cough and sneeze

CLEAN

Frequently wash your hands with soap and warm water

CONTAIN

Contain your germs by staying home if you are sick



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.



Medicare Open Enrollment

The

Medicare annual election period this year will be from Saturday, October 15th through Wednesday, December 7th. This is the time of the year to compare plans to make sure you have the right health and prescription drug coverage. Plan costs and covered benefits can change from year to year.

During the open enrollment period you can do any of the following:

- Switch from Medicare Part A & B to an Medicare Advantage Plan (Part C)
- Switch from a Medicare Advantage Plan (Plan C) to Medicare Part A & B
- Switch from one Medicare Advantage Plan to another Medicare Advantage Plan
- Make changes in your Medicare Prescription Drug Plan (Part D)

Effective date for these changes will Sunday, January 1, 2023

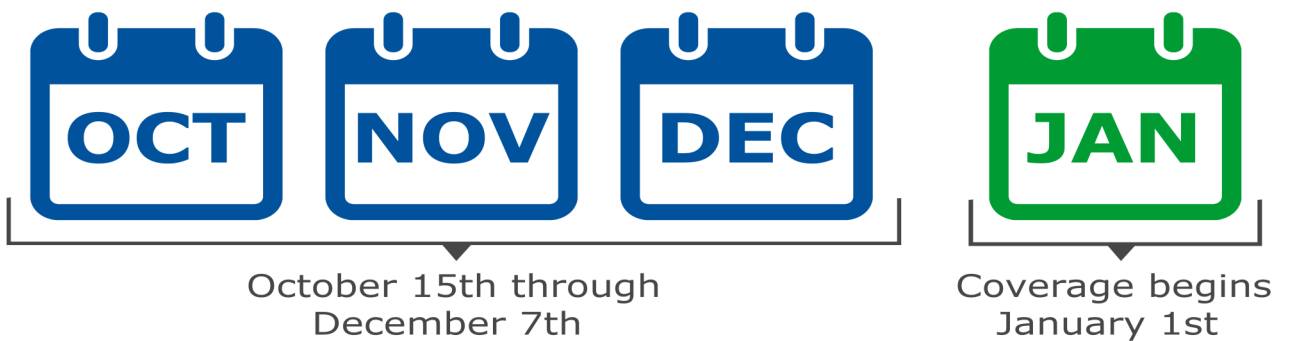
This can be a very confusing time of the year for many. Luckily there are a number of resources willing to help.

—You can go online to Medicare.gov or call 1-800-MEDICARE (1-800- 633-4227) 24 hours a day seven days a week.

—Contact Winnebago County Benefit Specialist at 236-4685.

—Set up an appointment to see Mary Jo, Social Services Coordinator at 424-1470 Ext. 136.

This is also a good time to check and see if you qualify for the Extra Help Subsidy. Even if you did not qualify in the past, program guidelines change each year or your own situation may have changed. I strongly encourage you to look at your options before the end of November.



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 11:00 am, so plowing can begin promptly at 11:30 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 \$30 fine and your car will be towed. A third offense will get another \$30 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.





REAC INSPECTIONS

Reminder Wednesday, November 9th REAC will be inspecting both the common areas and apartments that are randomly chosen the day of the inspection. Your apartment needs to be inspection ready. See the list that was given to you in early October otherwise the lists are still posted in the elevators.

If you need help ask friends, family and caregivers now or come to see Mary Jo. Turn in any work orders into Marian Manor office as soon as possible. We can not fix what we do not know is broken.

Follow the most current CDC Guidelines for Covid19 isolation and exposure. Below are the most current guidelines as of October 2022

When to Isolate:

Regardless of vaccination status, **you should isolate from others when you have COVID-19.** You should also isolate **if you are sick and suspect that you have COVID-19 but do not yet have test results.** If your results are positive, follow the full isolation recommendations below. If your results are negative, you can end your isolation. A negative COVID-19 test means the test did not detect the virus, but this **doesn't rule out that you could have an infection.** If your symptoms persist retest in 48 hours as you may have tested to early.

Exposed to COVID-19:

Wear a well-fitting mask around others at home and in public for a full 10 days after exposure and watch for symptoms even if you are up to date with your COVID-19 vaccine. Remember exposure date is day 0. Get tested at least 5 days after being exposed. If you test positive or develop symptoms isolate immediately.

Positive COVID-19 test:

If you test positive for COVID-19, **stay home for at least 5 days and isolate from others in your home. You are likely most infectious during these first 5 days. Isolate at home from others for a full 5 days with day 0 being symptom onset or day of test if have no symptoms.**

Day 0 date: _____ **Day 1-5 dates:** _____

If you had symptoms and your symptoms are improving you may end your isolation on day 5 if you are fever free 24 hours without using fever reducing medication.

*If you develop symptoms within 10 days of when you were tested, the **clock restarts at day 0 on the day of symptom onset.***

On day 6 you can end your isolation but will need to wear a well-fitting mask for the additional 5 days.

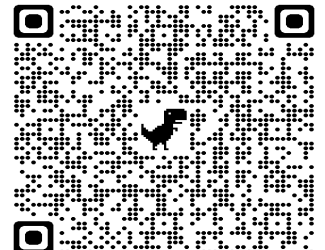
Day 6-10 dates: _____

You are **likely most infectious during these first 5 days so it is important that you wear a high-quality mask if you must be around others in your home.** Wear a high-quality mask if you must be around others at home and in public for the full 10 days. You may take your mask off on day 11. **If you had symptoms and had moderate illness** (you experienced shortness of breath or had difficulty breathing) You need to **isolate through day 10.** Regardless of when you end isolation, avoid being around people who are more likely to get very sick from COVID-19 until at least day 11.

Isolation and Exposure Calculator

This is a tool to help you determine if you need to isolate or take other steps to prevent spreading COVID-19. Use this QPR code to get to the calculator.

Remember with any infectious illness not just COVID to use precautions to prevent the spread.



If you need to know places to get vaccinated or to get tested Contact Mary Jo at 424-1470 Ext. 136 or the Nurses at 424-1470 ext. 124



Fr. Carr will be delivering Thanksgiving meals to Marian Manor. Sign up on the bulletin board before 8 am on Friday Nov. 18th.

November 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

Adam, Custodial

Tuesday, Thursday & alternate

Fridays

6:00 am –2:30 pm

After Hours Maintenance

920-966-4235

Nurses- 4th Floor Office

424-1470 Ext 124

Teresa, RN

Lori, RN

Wendy Fromm

Executive Director

424-1450 Ext. 112

Office Closed for Lunch

Noon—1:00 pm

Sun	Mon	Tue	Wed	Thur	Fri	Sat
		1	2	3	4	5
			2:00 pm Fire Alarm Test			

6	7	8	9	10	11	12
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**Just a Heads Up That
Daylight Saving Time
is Ending...Be Sure To
Set Your Clocks Back!**



Bug Day
Apt. #'s
211 –220



13	14	15	16	17	18	19
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20	21	22	23	24	25	26
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3:30 pm

OHA

Board

Meeting

Thanks-
giving

Offices
Closed

Offices
Closed

27	28	29	30
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