

Marian Manor 600 Merritt Ave. Oshkosh, WI 54901



Make a Plan to Protect Against Respiratory Illnesses This Fall

Anyone can get a respiratory virus infection, but some people have a higher risk of getting very sick from it. Certain respiratory viruses, like the ones that cause COVID-19, flu, and respiratory syncytial virus (RSV) infection, are more likely than others to make people very sick. Vaccines are the safest way to build immunity from a virus. Vaccines help the body learn how to defend itself from disease without the dangers of an infection. The immunity you gain from vaccination can reduce your risk of infection and becoming very sick if you do get infected.

As the fall respiratory virus season begins, it is essential for Wisconsinites to get all their recommended vaccines to keep everyone healthy and safe.

Influenza (Flu): Everyone 6 months and older is eligible and recommended to receive a flu vaccine every year. This is especially important for those at highest risk of experiencing severe symptoms, including older people, people with chronic health conditions, people who are pregnant, and young children. Doses are available now. *Eligible Wisconsinites can get their flu vaccine and the updated COVID-19 vaccine at the same time.*

COVID-19: Everyone 6 months and older is now eligible and recommended to receive the updated COVID-19 vaccine. Individuals 5 years of age and older regardless of previous vaccination are eligible to receive a single dose of the updated Pfizer or Moderna vaccine at least 2 months after the last dose of any COVID-19 vaccine. *Eligible Wisconsinites can get their flu vaccine and the updated COVID-19 vaccine at the same time.*

RSV: People 60 and older should contact their health care provider to determine if RSV vaccination is recommended for them. RSV vaccines for older adults are available now.



Flu Vaccination & COVID Booster Clinic

When: Tuesday, October 17th

Time: Noon –sign up

Where: TV Lounge

Sign up on the bulletin board. Once you are signed up I will send you a form for you to fill out and bring with you to your appointment.

Please come at your scheduled time so we can be respectful of others appointment times and privacy.

You may want to wear a long sleeved shirt that is easy to remove over a short sleeved shirt to make it easier to receive your vaccination.

Both Flu & Covid vaccinations are provided by Hometown Pharmacy.

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.



Don't Fall for this Scam!!!

It's the morning of a busy day at home and you get a call from an unknown number. You answer only to find yourself on the receiving end of a threatening message saying your Social Security benefits will stop immediately unless you provide your personal information. It happens every day to thousands of Americans. And it's not Social Security calling.

Scammers have many ways to lure their victims into providing information and then stealing their identities. Sometimes they call under a guise of helping you complete a disability application.

Protecting your information is an important part of Social Security's mission to secure today and tomorrow. SSA employees occasionally contact citizens by telephone for customer-service purposes. In only a few special situations, usually already known to the citizen, an SSA employee may request the citizen confirm personal information over the phone. If you do receive a call from one of our representatives, they will provide you with a telephone number and extension.

The Acting Inspector General for Social Security, Gail Stallworth Stone, urges everyone to stay vigilant of impersonation schemes and to not be afraid to hang up.

You must always remember that you're in control. Also remember that Social Security will never do any of the following:

- Call you to demand an immediate payment;
- Demand that you pay a debt without the ability to appeal the amount you owe;
- Require a specific means of payment, such as requiring you to pay with a prepaid debit card;
- Ask you for your personal information or credit or debit card numbers over the phone; or
- Threaten you with arrest or deportation.

If you receive one of these scam calls or emails, do not provide them with any information. You should:

- Hang up immediately;

For Social Security impersonations, contact Social Security's Office of Inspector General at <https://oig.ssa.gov/report>.

If you receive a notice from Social Security, please use the telephone numbers provided in the notice sent to you. You can also call 1-800-772-1213 or visit socialsecurity.gov for how to contact Social Security. Remember that scammers try to stay a step ahead of the curve. You can do the same by protecting your information.



Chili Supper

Wednesday, October 25th

3:00 pm

Activity Room

\$6.00— You will be signed up when you pay.

Chili (with or without noodles), toppings, crackers,
beverage and dessert

Maintenance will be changing filters in your unit on

Wednesday, October 11th

Beginning at 9:00 am

on 6th Floor North.

You do not need to be present.

A Notice of Entry slip will
be left if you are not at home.



october word search

F F H B S L K C X D Y R Y Z P U M P K I N T G M
 G A D X K P U C A M Z R R K X N I J A E D D T L
 O I L Q E C O T U T K Z W F M B I O G R E X N D
 B D G L L L K O K P J C A E O O V C W R I R X D
 L D F C E E J H K C L H G O F S O G Y T R T R Y
 I M B O T C W Z G Y B T E D M A E R C S S D J V
 N H G S O M W C O Q A C V X W S J Z B O P E S L
 C C C T N I A R W M A Q M L H U Q D H G D K L M
 O A V U Q W W S W F B L I T Q A K G N X V C R Z
 T C D M O L O M K L X I U T F A R C H C T I W Y
 L R E E E R I P M A V K E O D B W U X O L W J K
 M X E S M H C T I W Q M E S Y D J B T U Z S I G
 P L R A N U F N I E T S N E K N A R F O G U F L
 T R I C K O R T R E A T J R L W A M C S R P A A
 W T E T I R I T B Y H J J T C J N O L F A E P N
 U Y D C B R F T K M K G L Z H E F C G R V R P T
 Z E T W E R E W O L V E S R W F Q V S H E N L E
 K A K I A T A F L P Q V I S I X V F U J Y A E R
 B C O B W E B S A P Y H E N U F Y W L Y A T C N
 P R I D C D B O J Y L N E Q H A U N T W R U I R
 F A H F H O C U S P O C U S U A J M P B D R D N
 L M X Q T L W S L B E V G I R N B E L O A A E C
 N R O C Y D N A C S R R R C O C T O B E R J L R U
 E J L L E P S Y J M O N S T E R S F R I G H T G

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|----------------|-------------|-------------|--------------|
| apple cider | bat | bones | boo |
| broom | candy corn | cobwebs | coffin |
| costume | eerie | fall | frankenstein |
| fright | ghost | goblin | graveyard |
| haunt | hex | hocus pocus | jinx |
| lantern | mask | monster | october |
| ogre | potions | pumpkin | scream |
| skeleton | spell | spooky | supernatural |
| trick or treat | vampire | werewolves | wicked |
| witch | witch craft | zombies | |

Medicare Open Enrollment

The Medicare annual election period this year will be from Sunday, October 15th through Thursday, 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 be Monday, January 1, 2024.

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.



October 2023

Marian Manor Staff

Stacy, Senior Property Manager

424-1470 Ext. 126

stacyg@ohawcha.org

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

maryjos@ohawcha.org

Monday-Thursday \

8:00 am—4:30 pm

Friday 8:00 am— Noon

Scott, Maintenance

Monday -Thursday

6:30 am-4:30 pm

Natalie, Custodial

Monday-Friday

7:00 am—3:00 pm

After Hours Maintenance

920-966-4235

Nurses- 4th Floor Office

424-1470 Ext 124

**Lori, Monday, Tuesday, &
Alternate Fridays**

**Erin, Wednesday, Thursday &
alternate Fridays**

Wendy Fromm,

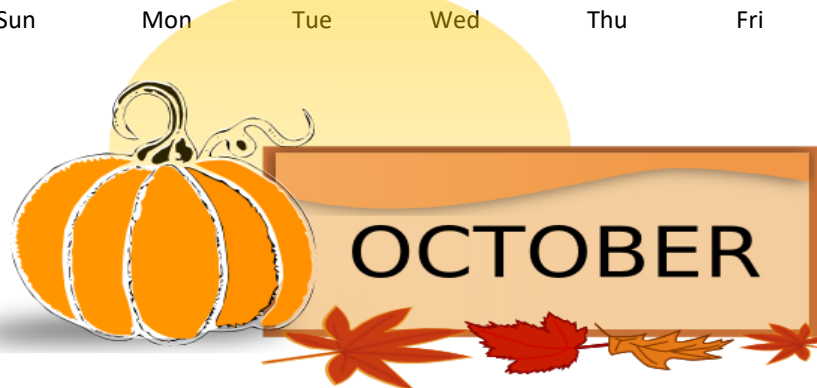
Executive Director

424-1450 Ext. 112

wendyf@ohawcha.org

Office Closed for Lunch

Noon—1:00 pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <h1 style="font-size: 2em; margin: 0;">OCTOBER</h1>						
1	2	3	4	5	6	7
			2:00 pm Fire Alarm Test			
8	9	10	11	12	13	14
		Bug Day 311-320	Filters changed in Apts.	Library Books Delivered		
15	16	17	18	19	20	21
		Noon Flu & Covid vaccina- tions Sign Up TV Lounge				
22	23	24	25	26	27	28
	3:30 pm OHA Board Meeting		3:00 pm Activity Room Chili Sup- per \$6.00 Sign up			
29	30	31				
