

# Marian Messenger

Volume 12, Issue 11  
November 2023

Marian Manor 600 Merritt Ave. Oshkosh, WI 54901

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

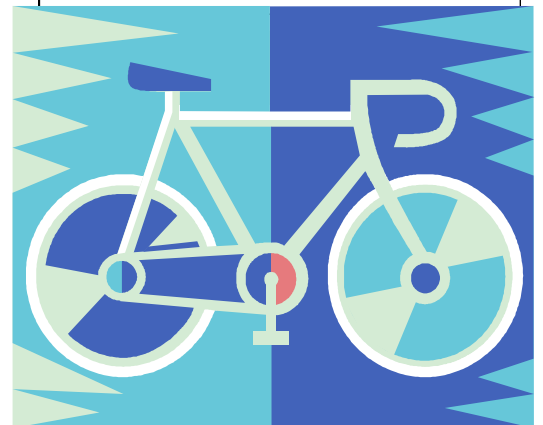


Fr. Carr will be delivering Thanksgiving meals to Marian Manor. Sign up on the bulletin board before 8 am on Friday Nov. 17th.

Housing Offices will be closed on Thursday, November 23rd & Friday, November 24th for the Thanksgiving Holiday.

## 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. Make sure it is registered in the office. Also all bikes must be in working order before being stored.



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

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.



## 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 Monday, January 1, 2024

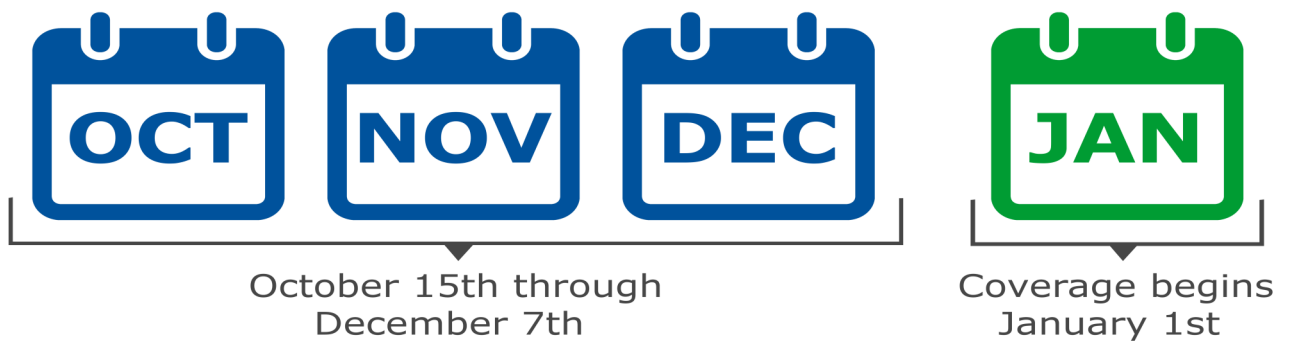
This can be a very confusing time of the year for many. Luckily there are a number of resources willing to help.

—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.

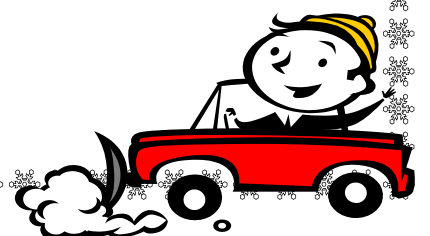
—Set up an appointment to see Mary Jo, Social Services Coordinator at 424-1470 Ext. 136.

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.



## 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.



# November is National Diabetes Month

Take charge of your tomorrow. Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high.

It affects about 37 million Americans, including adults and youth. Diabetes can damage the eyes, kidneys, nerves, and heart, and it is linked to some types of cancer.

But there's also good news: Taking charge of your health may help you prevent diabetes health problems.

You can start by managing your diabetes ABCs.

A is for the A1C test that health care professionals use to measure your average blood glucose levels. Some people with diabetes also use devices to track their blood glucose throughout the day and night.

B is for blood pressure.

C is for cholesterol.

Ask your health care team what your ABCs goals should be.



Make lifestyle changes to slowly build healthy habits

- Take small steps to eat healthier
- Be more physically active
- Get enough sleep



Take care of your mental health



Managing your diabetes can be hard. If you feel down, sad or overwhelmed learn about healthy ways to cope with stress. Try deep breathing, gardening, taking a walk, doing yoga, meditating, doing a hobby or listening to your favorite music are some ideas. You may also want to consider talking to a mental health counselor or join a support group.

Take your medication on time, even if you feel healthy.




Talk with your doctor, pharmacist or your Housing Authority Nurse for help if you have trouble managing your medication.

Information from [healhtinfo@niddk.nih.gov](mailto:healhtinfo@niddk.nih.gov) Submitted by Lori Duclon, Housing Authority RN

**FIGHT THE FLU**

The best defense is a good offense

**GET YOUR FLU SHOT!**



**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

ILLINOIS DEPARTMENT OF PUBLIC HEALTH  
**IDPH**  
PROTECTING HEALTH. IMPROVING LIVES.

# November 2023

## 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

**Natalie, Custodial**

Monday—Friday

7:00 am –3:00 pm

**After Hours Maintenance**

**920-966-4235**

**Nurses- 4th Floor Office**

**424-1470 Ext 124**

**Erin, 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
	Mondays & Thursdays Strong Bodies Activity Room 2pm—3pm Everyone Welcome		2:00 pm Fire Alarm Test			

5	6	7	8	9	10	11
		Bug Day Apt. #'s 211 –220		Library Books Delivered		

12	13	14	15	16	17	18

19	20	21	22	23	24	25
				Thanks- giving	Offices Closed	
				Offices Closed		
26	27	28	29	30		

3:30 pm  
OHA  
Board  
Meeting

