

Marian Messenger

Volume 12, Issue 12
December 2023

Marian Manor

600 Merritt Ave. Oshkosh, WI 54901



**Marian Manor Offices will be closed on
Monday December 25th & Tuesday
December 26th 2023 & Monday,
January 1st 2024**

Sign up on the bulletin board for Father Carr's Christmas Dinner. Meals will be delivered between 10:30 am –11:30 am on Monday, December 25th

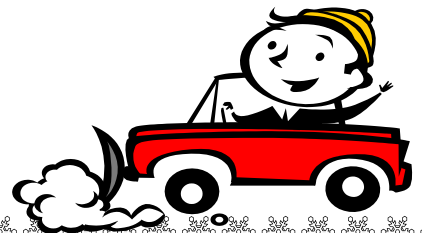


Marian Manor Snowplowing Policy

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 10:30 am, so plowing can begin promptly at 11:00 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 \$40 fine and your car will be towed. A third offense will get another \$40 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.

When possible the back 2 rows (where staff typically parks) will be plowed ahead of time so you may be able to move your vehicle into those rows while the rest of the lot is being plowed.



What did Social Security Send Me in the Mail and Do I Need It?

In the next couple of months those of you receiving social security benefits will be receiving the following two notices. The first notice is called a Proof of Income Letter it will provide you with your monthly benefit amount. Please bring this letter to the office to be copied. It will be used at your annual recertification to calculate your rent. Also other human services agencies often request this letter to determine eligibility for their programs or services. It is a good idea to hold onto this letter until you receive a new one. The second notice you will receive comes in January and is titled SSA-1099. This notice shows you the total benefit amount you received in the previous year. SSA-1099 is used for tax purposes. Keep this form if you file taxes, including Homestead Tax Credit.

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.



Winter Weather Preparedness

As we have seen throughout the past couple of years is you never know what it is going to happen-

Winter can be extremely dangerous—Take time to make sure your emergency kits are fully supplied, and get your vehicle checked out to make sure its ready for winter road conditions.

“The time to get ready for winter weather is before temperatures drop and snow is on the ground,” said Dr. Darrell Williams, Wisconsin Emergency Management administrator. “Getting prepared now could help save your life during a winter storm.”

Winter emergency kits should include items such as food, water, a flashlight and batteries, and blankets. In your vehicle, include a snow shovel, extra gloves and hats, and kitty litter or sand to help give your wheels traction on icy roads in case you get stuck.

According to the National Weather Service, Wisconsin experiences an average of 3-6 winter storms during a season.

Winter driving can be extremely hazardous. Between 2014-2018, the Wisconsin Department of Transportation says an average of 46 people were killed and almost 4,200 injured each year in crashes on icy or snow-covered roads in the state. On average, there are about 18,000 vehicle crashes in the state each year caused by poor winter driving conditions.

“When bad winter weather is in the forecast, drivers should always check current road conditions before they head out,” Williams urged. “If you don’t need to be on the road during a severe winter storm, then stay home. If that’s not an option, carry an emergency kit in your vehicle, drive slow in treacherous conditions, and let people know where you are going and when you expect to arrive.”

You can check travel conditions for most major roadways in the state by using 511 Wisconsin, which is updated with the latest traffic and road conditions. This information, along with live traffic cameras and traffic alerts, can be accessed through the free 511 Wisconsin mobile app, @511WI on Twitter, or the mobile-friendly site www.511wi.gov.

EMERGENCY PREPAREDNESS



Winter Weather

Geriatric Depression Poses a Significant Threat to Older Adults

Depression is one of the most common mental and emotional disorders experienced by older adults. It is estimated that seven million American adults over the age of 65 experience depression each year. The condition tends to be a recurrent disorder, which means that many older adults will have experienced previous bouts of depression and will be at increased risk.

Complications associated with aging may contribute to geriatric depression, but lasting depression is not a typical part of aging. Causes of geriatric depression can include: limited mobility, isolation, facing mortality, transitioning from work to retirement, financial hardships, prolonged substance abuse, deaths of friends and loved ones, widowhood or divorce, and chronic medical conditions.

Depression can reduce quality of life and increase risk of suicide. In fact, men ages 85 and older have the highest rates of suicide of any age group in the country. Typical treatment for geriatric depression involves a combination of therapy, medication and lifestyle changes.

HAPPY HOLIDAYS FROM THE NURSES, LORI AND ERIN!

The holidays are a time for giving- so give yourself the time and energy to love and care for yourself.

Holiday Self-Care Tips

-  Make space for messy feelings like grief.
-  Learn to say no without feeling guilty.
-  Create your own holiday traditions.
-  Keep your stress levels in check. It's okay to step back or delegate.
-  Set realistic expectations for yourself and the holiday.
-  Make a plan and try to stick to it. Organization is key.
-  Keep your self-care routine or begin a new one.
-  Give yourself permission to let it be a normal day.

BlessinaManifestina

It's the Thought that Counts

It's not unusual to want to give a gift during the holiday season to someone you like or someone who has helped you during the past year. Just remember, it is the policy of the Housing Authority that Housing Authority employees are NOT allowed to accept gifts from those we serve. Our staff asks that you not give gifts to them as they do not want to put anyone in an uncomfortable situation or hurt anyone's feelings by not accepting a gift. If you want to show your appreciation to staff during the holiday season, a simple, "Thank You. I'm glad you are here", or a note to our supervisor stating your appreciation goes a long way in spreading your warm holiday wishes.

*The Staff at Marian Manor
would like to wish you all a
Happy Holiday Season.*

*Natalie, Scott,
MaryJo & Stacy*



December 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

8:00 am—4:30 pm

Friday 8:00 am– Noon

Scott, Maintenance

Monday -Thursday

6:30 am-4:30 pm

Friday Off

Natalie Custodial

Monday—Friday

7:15 am—11:15 am

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 1	Sat 2
						
3	4 Holiday Gift pick up 2-4 pm TV Lounge Floors 1-3	5 Holiday Gift Pick up 10- Noon TV Lounge Floors 4-6	6 2:00 pm Fire Alarm Test	7	8	9
10	11	12 Bug Day Apt. #'s 111-120	13	14 Library Books delivered	15	16
17	18 Hannukah 3:30 pm OHA Board Meeting	19	20 Winter Begins 	21	22	23
24 Christ- mas Eve 	25 Offices Closed Christmas	26 Offices Closed Kwanzaa Boxing	27 	28	29	30
31 New Year's Eve 