

Marian Manor 600 Merritt Ave. Oshkosh, WI 54901

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 title 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,

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.



Housing Offices will be closed on
Monday, January 1st in observation of
New Year's Day.

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.



START THE YEAR OFF WITH A HEART OF GRATITUDE!!

The last couple of years have been difficult for everyone and the promise that the start of a new year brings may not as be as bright as other years. But lets try to remember how our attitude towards our daily life has such a great effect.

We've all heard the phrase, "seeing the glass half empty or half full." It turns our that focusing on what is there instead of what is not, could be the key to living a happy life.

It may not come as a big surprise, but research shows that optimists are generally happier than pessimists. People who are hopeful about the future tend to lead healthier social lives, meet their goals, and have a higher sense of purpose. Studies show a positive outlook can even heal wounds faster than a negative one.

Optimists may not always be happy day to day, but they generally have a prespective that whatever challenges arise, they have the fortitude to see past them.

Whether you are naturally prone to realism or pessimism, tapping into gratitude and thankfulness techniques can help you manage stress.

GRATITUDE JOURNALS– One study from Harvard Medical School showed that people who wrote about what they were grateful for each week for 10 weeks felt better about their lives. They also exercised more and had fewer visits to a physician compared to participants who wrote about daily irritations and things that displeased them during the week.

WRITE A THANK YOU NOTE– Is there a person or organization that has gone out of their way to improve an area of your life? Let them know! In one study, letter writers felt more positive after giving a thank you note to someone who had done something nice for them.

MEIDITATE OR PRAY-By having a strong sense of self and purpose in life, optimists can face obstacles head on. Prayers or positive affirmations often elicit a sense of calm and confidence, while meditation can help you with the practice of focusing on the present and clearing your mind of judgements.

A NEW YEAR

- * Renewed Hope
- * New Opportunities
- * New Adventures
- * New Ways to Give and Love.

May this be
your best year ever!

GratitudeHabitat.com





Stimulate your mind with Brain Exercises Use it or Lose it



Everyone knows that physical exercise is important to keep the body healthy and strong. Did you know that your brain also benefits from exercise too? Keeping your brain active and alert is a must as you get older.

Even as we age, our brains are constantly growing. Stimulating the brain improves its function and can protect against memory decline.

Although brain exercises are not going to prevent the severe mental decline that is caused by disease, most of the common age-related losses in memory or motor skills simply result from inactivity and a lack of mental exercise and stimulation. These sorts of memory lapses can be caused by stress and sleep deprivation and are not a cause for concern. However, you can take simple steps to prevent them.

According to a New England Journal of Medicine study, adults who frequently engage in mentally stimulating activities are 63% less likely to develop dementia than those who rarely engage in such activities are. A University of Michigan study has also found that adults who play a mentally challenging game every day for several weeks could dramatically improve their memories.

Brain exercises don't take much time to accomplish and are fun to do. Take a few minutes out of your day and make these brain games part of your routine!

Play games: Complete the puzzle or sudoku in the daily newspaper

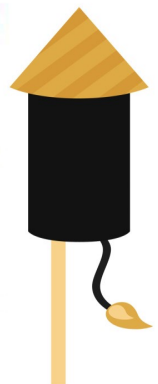
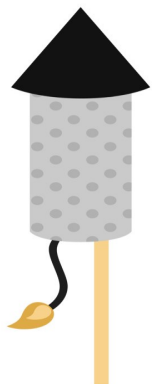
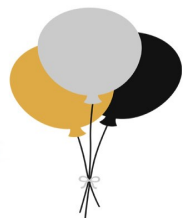
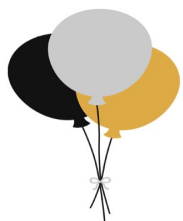
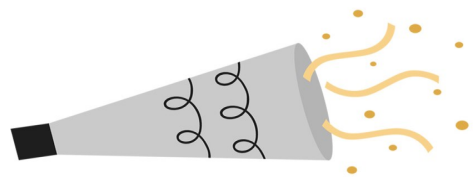
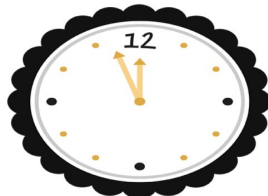
Give your senses a daily workout: Listen to music and smell flowers

Break Routines: Drive to church taking a different route. Try eating with the opposite hand.

Try taking up something new: Taking up exercise or art classes. Check out the Oshkosh Senior Center for low cost classes. Visit new places like museums or restaurants.

Make brain exercises part of your routine for healthy living!

HAPPY NEW YEAR!



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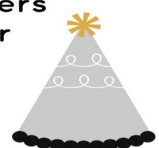
Countdown
Confetti
Midnight
Balloons

Celebration
Fireworks
January
Happy



New Year
Clock
Cheers
Goals

Party Poppers
Noisemaker
Resolution
Sparklers



JANUARY 2024

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

6:00 am —4:30 pm

Natalie, Custodial

Monday– Friday

7 an– 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

Housing Offices Close

at Noon on Fridays

Sun	Mon	Tue	Wed	Thur	Fri	Sat
	1 New Year's Day Offices Closed	2	3 Fire Alarm Testing 2:00 pm	4	5	6
						
7	8	9 Bug Inspection Apt. #'s 601-610	10	11 Library Books	12	13
14	15	16	17	18	19	20
						
21	22	23	24	25	26	27
28	29 3:30 pm OHA Board Meeting	30				
						