

# Marian Messenger

Volume 14, Issue 10

October 2025

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: Wednesday, October 29th**

**Time: To be determined**

**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.**

**\*Helpful Tip\*\*** 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.

**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 920-424-1450 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 Wednesday, October 15th through Sunday 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 Thursday,, January 1, 2026.

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 1-877-886-2372.
- Set up an appointment to see Mary Jo, Social Services Coordinator at 424-1450 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 Annual Inspections will be held on:**

- Monday, November 10th 9 am—3 pm for Floors 1 & 2
- Thursday, November 13th 8 am—11 am for Floor 3
- Tuesday, November 18th 9 am—3 pm Floors 4 & 5
- Thursday, November 20th 8 am—11 am Floor 6

**\*\*Reminder—Electronics can not be disposed of in the dumpsters.**  
Go to [Sadoffelectronicsrecycling.com](http://Sadoffelectronicsrecycling.com) to see what items can be recycled at Sadoff some items Sadoff will pay you other you will have to pay a fee.



## Prevention, Screening, Support—Share this info with the women in your life

[On average, over 5,400 women get breast cancer in Wisconsin each year.](#) The Wisconsin Well Woman Program (WWWP) is committed to partnering with women across the state to improve their overall health and well-being. The program provides free or low-cost health screenings and preventative care services to women who meet certain eligibility criteria. Women who are eligible can receive a clinical breast exam, mammogram, pelvic exam, and pap test at no cost.

The Winnebago County Public Health Department coordinates the WWWP program for women in [9 counties](#): Calumet, Green Lake, Fond du Lac, Marquette, Outagamie, Sheboygan, Waupaca, Waushara, and Winnebago. The program is currently servicing many rural and Spanish-speaking residents. It is collaborative in nature, working with healthcare providers and community organizations to ensure that women have access to the care they need. We believe that by working together, we can make a real difference in the health and well-being of women across Wisconsin.

### You may qualify if:

- You are a woman 45-64 years old
- You are a woman 35-44 years old with symptoms or concerns
- You do not have health insurance or your insurance policy has a high deductible for screenings or tests

Your income is within the [program guidelines](#).

By participating in the Wisconsin Well Woman Program, women can take control of their health and catch potential health issues early on. If you are a woman who is uninsured or underinsured, we encourage you to learn more and see if you are eligible for our services. Translation and interpretation services are available. Together, we can partner for better health.

### How to apply:

[Email us](mailto:health@winnebagocountywi.gov): [health@winnebagocountywi.gov](mailto:health@winnebagocountywi.gov)

- Call us at 920-727-8650
- Text us: 920-249--5111

Ask your healthcare provider to help you enroll.

For additional information please visit [winnebagopublichealth.org](http://winnebagopublichealth.org).

• Your income is within the program guidelines. Scan the QR code or visit [www.winnebagocountywi.gov/health](http://www.winnebagocountywi.gov/health) for guidelines.



It's true:  
**Women, you can help  
prevent cervical cancer.**



**One of the best things you can do to keep from getting cervical cancer is get regular testing for it.**

The Pap test looks for changes in the cervix that could lead to cancer. By treating these changes, most cervical cancers can be stopped before they happen. Changes in the cervix that can lead to cancer are mostly caused by a virus called human papilloma virus (HPV). HPV infections can lead to cervical (and several other kinds) of cancer.

**Your doctor or nurse** can tell you how often you need to have a Pap test.

**If you're over 30**, you should get an HPV test done at the same time as your Pap test to see if you have the kinds of HPV that can lead to cancer.

**Women who don't get tested**, or who don't get tested as often as they should, have the highest chance of getting cervical cancer.

**If you have cervical cancer**, the Pap test can help catch it early, when it's small and usually easier to treat.

**Most people don't know if they have HPV**, so it's important to get tested regularly.

**Even if you've gotten the HPV vaccine** and/or you're done having children, you still need to get regular Pap and HPV tests.

For more information about cervical cancer and the screening tests used to help prevent it, visit [cancer.org/PapTest](http://cancer.org/PapTest) or call the American Cancer Society 24 hours a day, seven days a week at **1-800-227-2345**.



# October 2025

**Marian Manor Staff**

**Stacy, Senior Property Manager**  
424-1450 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**  
424-1450 Ext. 136  
maryjos@ohawcha.org  
Monday-Thursday \ 8:00 am—4:30 pm  
Friday 8:00 am– Noon

**Cory Maintenance**  
Monday -Thursday 7:15 am-3:15pm  
Friday 7– Noon


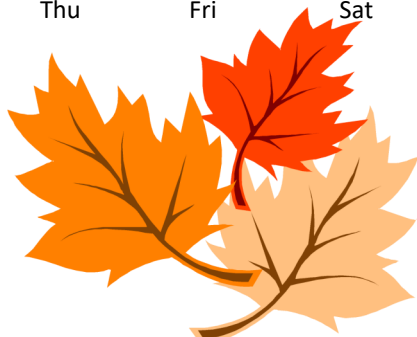
**Alex, Maintenance**  
Monday—Friday 8:00 am—4:30 pm

**After Hours Maintenance**  
920-735-3707

**Nurses- 4th Floor Office**  
424-1450 Ext 124  
**Lori**, Monday, Tuesday, & Alternate Fridays  
**Erin**, Wednesday, Thursday & alternate Fridays

**Wendy Fromm, Executive Director**  
424-1450 Ext. 111  
wendyf@ohawcha.org

**Office Closed for Lunch**  
Noon—1:00 pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
			1 2:00 pm Fire Alarm Test	2 Strong Bodies 2-3 pm Activity Room	3	4
5	6 Strong Bodies 2-3 pm Activity Room	7 Bug Day 311-320	8	9Library Books Delivered Strong Bodies 2-3 pm Act Room	10	11
12	13 Columbus Day NO Strong Bodies Class	14	15	16 Strong Bodies 2-3 pm Activity Room	17	18
19	20 Strong Bodies 2-3 pm Activity Room	21	22	23 Strong Bodies 2-3 pm Activity Room	24	25
26	27 Strong Bodies 2-3 pm Activity Room	28	29 Influenza Vaccina- tions TV Lounge	30 Strong Bodies 2-3 pm Activity Room	31	