

Marian Messenger

Volume 14, Issue 12
December 2025

Marian Manor

600 Merritt Ave. Oshkosh, WI 54901



**Marian Manor Offices will be closed on
Wednesday, December 24th &
Thursday, December 25th 2023 & Thursday,
January 1st**

Sign up on the bulletin board for Father Carr's Christmas Dinner. Meals will be delivered between 10:30 am –11:30 am on Thursday, 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 in the elevators and at the parking lot entrance. **When in doubt check for the signs.** 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.

If you have an email address send it to Mary Jo and she will send out an email when the lot will be plowed.

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 920-424-1450 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.



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.*

Alex, Cory, MaryJo & Stacy





Happy Holidays from the Nurses!

While this time of year is often filled with joy and togetherness, we also recognize that the holidays can be hard for many of us. The focus on celebration and connection can sometimes bring up difficult emotions or highlight challenges we've been carrying throughout the year. Festivities can magnify our stress, emotions, and struggles- and that's why the "holiday blues" can feel especially tough.

This season, we want to offer you simple, supportive ways to manage those feelings and take care of yourself- because your well-being matters, especially during the holidays.

10 Ways to Deal with the Holiday Blues:

Feel your feelings- the only way out is through them.

Accepting and fully feeling your feeling is one way to work through them.

Open up to others- you don't have to face this alone.

Remember that you don't have to face your feelings alone. Social isolation is linked to depression. If you don't have any close friends or family, you feel comfortable opening up to, 988 can connect you with trained staff who would be happy to assist you in working through your feelings.

Meditate to quiet the thoughts that torment you.

Many people find meditation is a helpful practice for working through bad thoughts. One study even found that it can be helpful in relieving depression and anxiety symptoms. Click here for a [beginner's guide to meditation](#).

Start a new holiday tradition instead of focusing on what once was.

This can be particularly helpful for individuals who are facing the holidays following a loss of a loved one.

Try [browsing through some of these ideas](#) for a new tradition, or talk with your friends to see if you can start a new tradition together.

Try light therapy to counter the gray weather.

According to the Mayo Clinic, Seasonal affective disorder (SAD) is a type of depression that typically occurs each year during fall and winter. The use of a light therapy box can offer relief. It's important to note that for some people, light therapy may be more effective when combined with another treatment.

Make a gift- creativity can be therapeutic.

Did you know that creativity can be therapeutic? It's true. This holiday season, try making a gift and seeing if the act of creating helps you. [Click here for a list of 80 crafty holiday gift ideas](#).

Get Moving- exercise boosts endorphins.

There are several health reasons to exercise, but did you know that exercising is good for your mental health as well? Exercise can be an effective stress reliever, and it produces good endorphins.

Get outside, even if it's cold. Nature heals.

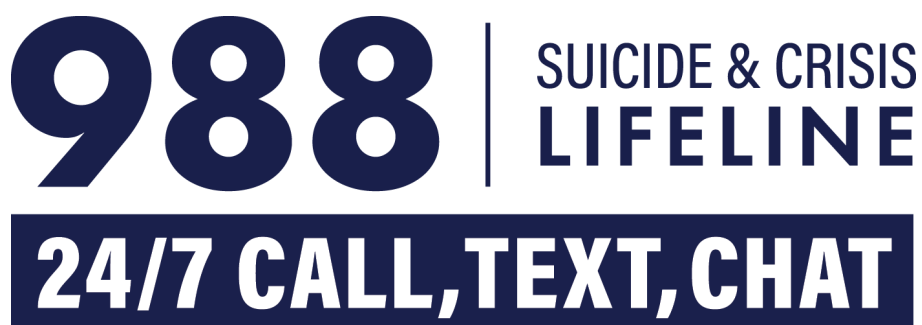
Nature can be healing! Even though it's cold and windy, try to bundle up and spend time outside for at least a little bit each day.

Treat yourself. A little self-care can go a long way.

Self-care is extremely important and should not be forgotten during the holiday season. A little self-care can go a long way. Some ways you can treat yourself are by investing in a new exercise class that you like, preparing yourself your favorite meal, buying and writing in a new journal, and more.

Give to someone in need and get a helper's high.

Volunteering during the holiday season is one way you can feel a "helper's high"! Be a part of something bigger than yourself by giving to someone in need or finding an organization you want to support and finding out how to volunteer.



[Beginner's Guide to Meditation:](#)

<https://www.gaiam.com/blogs/discover/meditation-101-techniques-benefits-and-a-beginner-s-how-to>

[Holiday Traditions:](#)

<https://www.southernliving.com/holidays-occasions/christmas/christmas-tradition-ideas>

[Crafty Holiday Gift Ideas:](#)

<https://www.hgtv.com/lifestyle/holidays/55-crafty-handmade-gift-ideas-pictures>



Jingle & Mingle Brunch

Tuesday, Dec. 9th 1:00 PM

Activity Room

Come Enjoy a Delicious Brunch
with your Neighbors.

Wearing Holiday Themed pajamas
is encouraged.



Merry
Christmas

ALMEDA FISK GALLUP TRUST FUND

The Oshkosh Seniors Center is honored to receive funding from the Almeda Fisk Gallup Foundation. This funding plays a vital role in helping us support the senior residents of the City of Oshkosh by providing assistance with vision, hearing, and dental needs.

If you or someone you know needs assistance with vision, hearing, or dental care, please contact Bobbie Jo Nagler at the Oshkosh Seniors Center. She will be happy to guide you through the application process for available funding.

Please note that specific eligibility criteria must be met.

PLEASE CALL 920.232.5301 TO APPLY



Merry Christmas Word Search



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

- | | | | |
|-----------|------------|-------------|-----------|
| Wreath | Bethlehem | Jolly | Bells |
| Stocking | Santa | Clause | Mistletoe |
| Tinsel | Merry | Joy | Sleigh |
| Tree | Elves | Gingerbread | Reindeer |
| Sugarplum | North Pole | Gifts | Carol |

December 2025

Marian Manor Staff

**Stacy, Senior Property
Manager**

424-1450 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**

424-1450 Ext. 136

Monday-Thursday

8:00 am—4:30 pm

Friday 8:00 am– Noon

Cory Maintenance

Monday -Thursday

6:30 am-3:30 pm

Friday 6:30 am– 10:30 am

Alex, Maintnenace

Monday—Friday

8:00 am—4:30 am

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

**Nurses- 4th Floor Office
424-1450 Ext 124**

Erin RN

Lori, RN

**Wendy Fromm
Executive Director**

424-1450 Ext. 111

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

Sun	Mon	Tue	Wed	Thur	Fri	Sat
	1	2	3	4	5	6
	Last day to Sign up for Brunch on 12/9	Bug Day Apt. #'s 111-120	2:00 pm Fire Alarm Test			
7	8	9	10	11	12	13
		Jingle & Mingle Brunch 1pm Activity Room Sign up		Library Books delivered		
14	15	16	17	18	19	20
	Hannukah					



21	Winter Begins	22		23		24	Offices closed Christmas Eve	25	Offices Closed Christmas	26	Kwanzaa Boxing Day	27	
													
28		29		30		31	New Year's Eve						



QuotesIdeas.com

