



# Marian Messenger

Volume 15, Issue 2  
February 2026

Marian Manor

600 Merritt Ave.



**AARP Tax Assistance Program** volunteers are back. They will be assisting with filing Homestead Taxes on Monday, March 2nd starting at 9:00 am in the TV Lounge. Only 20 spots are available. It has been an issue in the past of not bringing the needed paperwork to your appointment making completing your taxes more difficult. Bring all needed paperwork to MaryJo and you will get assigned a time once your information has been gathered. You may need to get some items from your guardian or representative payee. Rent Certificates were put in your mailbox on Tuesday, January 27th.

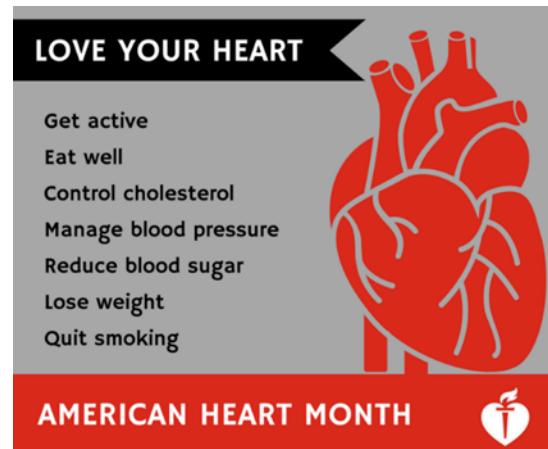
**Other options are Algoma Blvd church 1174 Algoma Blvd call 920-385-6756  
835 High Ave on the UW-Oshkosh Campus call 920-424-1454**

Along with Valentine's Day, February marks **American Heart Month**, a great time to commit to a healthy lifestyle and make small changes that can lead to a lifetime of heart health.

Heart disease is the leading cause of death for American women and men, accounting for 1 in 4 deaths in the United States. Nearly half of Americans have at least one risk factor for heart disease, such as high blood pressure, obesity, physical inactivity or an unhealthy diet. Risk also increases with age.

Here are some healthy heart hints from the National Institute on Health for the month of February. **Try to do one of these each day this month.** You can repeat your favorites!

1. Have heart healthy snacks while watching your favorite game or movie. Make your own snack mix (oat cereal, dried cranberries, unsalted nuts) or humus and your favorite veggies.
2. March in place when there is a commercial on TV.
3. Call a friend or neighbor and go for a walk.
4. Share a funny video or story that makes you laugh.
5. Give Meatless Mondays a try. Chunky cut your favorite veggies and toss with a bit of oil, pepper and your favorite herbs and roast them for 30 minutes at 400 degrees. Or make a soup like black bean or minestrone.
6. Swap the sweets for a piece of fruit for dessert.
7. Walk an extra 15 minutes today.
8. Go salt free and use herbs to flavor your food.
9. Add a stretch break to your day.
10. Dance to your favorite song.



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.



## For You: Healthy Aging at any Age

Why sit around and watch the problems start and grow and then do something? There are things we can do earlier in our life to prevent illness and disease. BUT the Good news is: there are things I can do now to make my health better and feel better no matter what age and condition I am in. Instead of sitting around feeling sad and being upset, do something about it! You have most likely heard of these things before and may have let it run in one ear and out the other.

Been there! Done that! How about if you try to make just one change out of the ideas?

**Move More:** It can lessen pain, improve your blood pressure, blood sugars, stress and depression, weight loss, lets you do stuff for yourself. Anything is better than nothing. Walk in the halls; dance, use the treadmill in your building. Walk at Walmart or Target. Join the Y or other classes- Ask your social worker if need help signing up. Work up to 3 10-minute sessions a day and then try 30 minutes in a row or more a day. <https://www.nia.nih.gov/health/staying-motivated-exercise-tips-older-adults>

**Eat Better:** Helps with headaches, migraines, swelling, weight loss, blood pressure, Diabetes, stress and a clearer mind. You will most likely need help with this. Ask your doctor for a referral to a dietician. Join a reputable weight loss program, check the Y. <https://www.nia.nih.gov/health/how-much-should-i-eat-quantity-and-quality>

**Get a Good Night Sleep:** Helps with Depression, concentration, less chance of Dementia, lowers risks of heart disease, obesity, improves blood sugar. Go to sleep and wake up at same time every day. Avoid caffeine, smoking after 5pm. Alcohol doesn't help! Keep room dark and cool. No electronics at least an hour before bedtime <https://www.nia.nih.gov/health/good-nights-sleep>, Ask your doctor if you need help with sleep and talk about sleep apnea.

**Quit Smoking:** You can do it! Try again! Blood pressure, breathing, taste and smell improve, you smell better, less lung infections, improved energy. <https://www.nia.nih.gov/health/quitting-smoking-older-adults#quitline>. Call 800QUITNOW. Talk to your doctor or housing social services coordinator for help.

**Avoid alcohol and other substances:** Talk to your doctor or housing social services coordinator. <https://www.nia.nih.gov/health/facts-about-aging-and-alcohol>

**Visit Your Doctor At least Yearly:** You may feel fine, but like me, there are things going on that we can't see or feel. Example: You can't feel high blood pressure or the beginning of cancer or diabetes. Ask the social service coordinator or nurse in your building if you need help finding a doctor or have concerns with payment.

**Take Care of your Mental Health.** Mental wellness is important to your overall health and quality of life. It affects how we think, feel, act, make choices and relate to others. It can affect our physical health. Why struggle alone? Talk to your social services coordinator in your building or your religious leader; they can listen and help. Talk to your doctor. If you are thinking of harming yourself call 911. If you wish to talk with someone call 988 the 24 hr. Suicide and Crisis Lifeline.

**Don't forget to Enjoy Yourself!** Research shows that people who participate in hobbies and social and leisure activities may be at lower risk for some health problems. A study showed that older adults who spent at least an hour reading or engaged in other hobbies had a decreased risk of dementia. Look for opportunities to participate in activities. It can help with Depression and Stress. Go to a sporting event, try a new restaurant, or visit a museum. Learn how to cook or play a musical instrument. Consider volunteering somewhere. Maybe get a pet!

I wish you all wellness. Please take care of you. Remember, The Housing Nurse is available for you to help with any health problem or to help with prevention. Call 424-1450 ext 124.

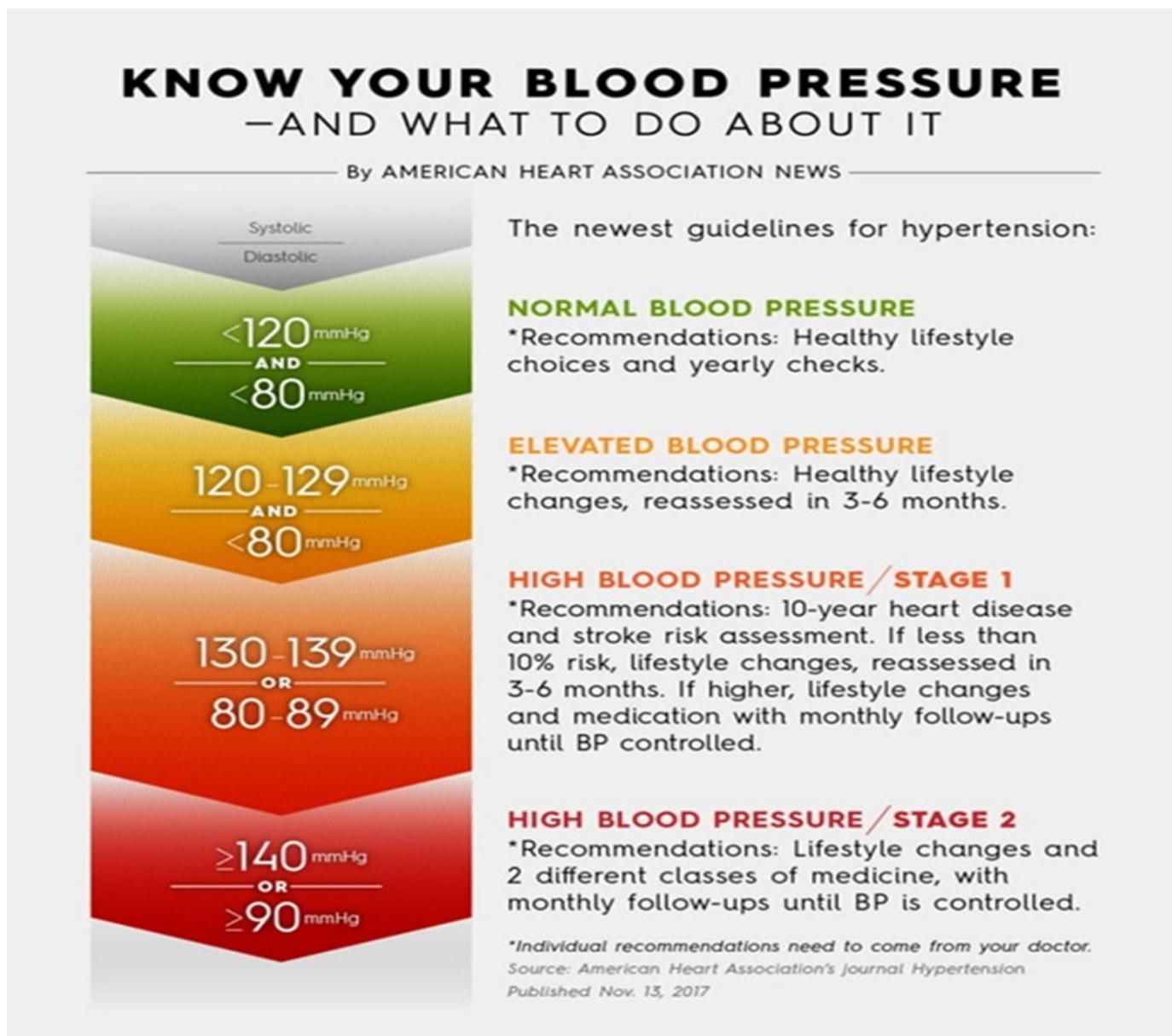


Welcome Bill to the Marian Manor maintenance staff.

We wish Cory the best as he is transitioning to another property.

In 2025, the American Heart Association updated the guidelines for blood pressure. Having high blood pressure puts you at risk for heart disease and stroke, which are the leading causes of death in the United States.

Is your blood pressure in the healthy range? The best way to know is to get your blood pressure checked. The Housing Authority Nurses can help and are available to check your blood pressure and discuss next steps. Visit us during our open hours!



## **OPEN HOURS**

### **Court Tower:**

1<sup>st</sup> Tuesday of the month 1pm-2pm

### **Marian Manor:**

3<sup>rd</sup> Tuesday of the month 1pm-2pm

### **Raulf Place:**

2<sup>nd</sup> Thursday of the month 1pm-2pm

### **Riverview:**

2<sup>nd</sup> Friday of the month 12pm-1pm

### **Waite Rug:**

3<sup>rd</sup> Tuesday of the month 2:30pm-3:30pm

### **Fox View:**

3<sup>rd</sup> Friday of the month 9am-10am

# FEBRUARY

# 2026

## 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

**Bill, Maintenance**

Monday— Friday

7:00 am—3:00 pm

**After Hours Maintenance**

**920-735-3707**

**Nurses- 4th Floor Office**

**Lori, RN**

**Erin RN**

**424-1450 Ext 124**

**Wendy Fronn**  
**Executive Director**  
**424-1450 Ext. 111**

**Office Closed for Lunch**

**Noon—1:00 pm**

**Housing Offices**  
**Closed on Fridays**

Sun Mon Tue Wed Thur Fri Sat

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Library  
Books  
delivered



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