

Marian Messenger

Volume 13, Issue 5

May 2024

Marian Manor

600 Merritt Ave. Oshkosh, WI 54901



Housing Offices will be closed on Monday, May 27th in observation of Memorial Day.

Welcome Doug to the Marian Manor Team

You may have seen a new face around Marian Manor. Doug is our new maintenance worker. Doug is taking over for Scott's role. You may still see Scott from time to time in our building as he has a new role floating between all of our many housing properties.



Every May is
MENTAL HEALTH MONTH

An estimated 1 in 5 adults experience a mental health disorder each year. Many of these conditions are treatable, but many suffer in silence because of stigma or shame.

If you know someone in crisis, contact the Military Crisis Line: 800-273-8255 or Website: militaryonesource.mil/health-wellness



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.





Housing Authority Nursing Services

The Housing Authority Nurse provides services to help residents improve their health and to help them remain in their independent living apartment as long as possible. The role of the Nurse includes the following services. There is no cost to the residents.

Visits in your apartment or nurse's office. One time or multiple visits.

Visits to monitor health problems (i.e. blood pressures, blood sugars, weights, etc)

Health crises checks and follow-up which may include 911 calls.

Medication set-up and monitoring when other services are not available.

Check on your safety and follow-up to meet safety needs.

Follow-up on hospitalization or nursing home placement with Discharge Planner to communicate concerns or assist in coordination of care to return home.

Assist to get medical equipment.

Referrals to other healthcare resources.

Help find affordable medical, dental, mental health care.

Assist in understanding instructions from healthcare provider.

Help prepare for tests, surgery.

Provide health information in monthly newsletter.

Health teaching to individual residents and to groups at resident meetings.

Work closely with the Housing Authority Social Workers to meet needs of residents.

Work with community resources: Healthcare providers, families, guardians, ADRC, Lakeland, Community Care and Home Care Agencies etc. to meet needs of residents.

Sharps container program for resident's used needles and lancets.

Assist with proper disposal of old or no longer needed medications.

Buildings served: Marian Manor, Court Tower, Raulf Place and Waite Apts. in Oshkosh; Fox View Manor in Omro; and Riverside Apts. in Winneconne.

Contact: Lori Duclon, RN available on Mondays & Tuesday and alternating Fridays

Erin Roberts, RN available on Wednesdays, Thursdays and alternating Fridays

Office Number: 424-1470 ext. 124 Monday -Friday 8 am-4 pm

Or let Mary Jo know you would like to see the nurse.

Make sure to Thank our Nurses for all that they do.

National Nurses Week is May 6th—May 12th

NOW IS THE PERFECT TIME TO GET TO YOUR SPRING CLEANING DONE

Make a to-do list, then divide and conquer—

Start with a wish list of all the things at home you want to scrub, wash or tidy up. You'll figure out what's feasible later, but for now, shoot for the moon.

Try not to clean the whole apartment at once. Find a cleaning routine that spreads the work out over the day, week or month is much more productive and keeps the apartment clean most of the time versus having to do a full apartment clean in a hurry when you can't stand it anymore or when someone is coming over.

Coming up with a calendar for different tasks might also help make things less daunting. Starting by wiping counters, vacuuming, running a few loads of laundry, putting away clutter and making your bed. Once that's taken care of, try splitting different chores into different days:

- **Monday:** Bathroom day.
- **Tuesday:** Dusting day.
- **Wednesday:** Vacuuming day.
- **Thursday:** Floor washing day.
- **Friday:** Catch up on anything from the previous days you didn't get to.
- **Saturday:** Sheets and towels day, Laundry day.
- **Sunday:** Relax and Enjoy your day.

I would also suggest adding this to your cleaning schedule.

Week 1: Organize Bedroom Closet

Week 2: Organize Nightstands/Dresser Drawers

Week 3: Organize Bathroom Closets

Week 4: Organize Kitchen Cupboards

Week 5: Clean Out Refrigerator & Freezer

Week 6: Organize Entry and Hallway Closets



Most odors (and fruit flies) come from the garbage not being taken out frequently enough and from dirty dishes. Empty your garbage a couple of times a week. Do dishes daily (this may mean just rinsing them off and putting them in the dishwasher and running the dishwasher when it is full.

Continue to fill out work orders as items in your apartment need repair.



The Oshkosh/Winnebago County Housing Authority Offices
have moved to 1100 W. 20th Ave. Oshkosh.

Their phone number remains the same as before 920-424-1450.

Office Hours are Monday– Thursday: 9:00 am– 4:00 pm ; Friday: Closed

Marian Manor Offices remain the same with April, Mary Jo & Stacy
continuing to work onsite in the Marian Manor building

MAY 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

Doug Maintenance

Monday -Thursday

7:00 am-330 pm

Friday—7:00am— Noon

Natalie, Custodial

Monday– Friday

11:15 am—3:15 pm

After Hours Maintenance

920-966-4235

Nurses- 4th Floor Office

424-1470 Ext 124

**Lori, Monday, Tuesday,
Erin, Wednesday, Thursday
alternating Fridays**

Wendy Fromm,

Executive Director

424-1450 Ext. 112

Office Closed for Lunch

Noon—1:00 pm

**Housing Offices Close
at Noon on Fridays**

**Oshkosh Housing
Authority Office
is now located at
1100 W. 20th Ave
Phone number is
920-424-1450**

Sun	Mon	Tue	Wed	Thur	Fri	Sat
			1	2	3	4
			2:00 pm Fire Alarm Testing			
5	6	7	8	9	10	11
				Library Books Delivered		
12	13	14	15	16	17	18
		Bug Day Apts. 201-210				
19	20	21	22	23	24	25
	3:30 pm OHA Board Meeting	RN Open Hour 1-2 PM 4th Floor				
26	27	28	29	30	31	
	Offices Closed					

