

Medicare Open Enrollment

The Medicare annual election period this year will be from Tuesday, October 15th through Saturday, 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 Wednesday, January 1, 2025.

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 236-4685.

—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 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 the parking lot entrances and in the elevators. **When in doubt check for the signs.**

Cars will need to be removed from the lot by 11:00 am, so plowing can begin promptly at 11:30 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 \$30 fine and your car will be towed. A third offense will get another \$30 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 would like to get an email notification to move your car send your email address to Mary Jo at maryjos@ohawcha.org*****



November is Diabetes Awareness Month

Diabetes affects millions, but with awareness and education, people living with diabetes can lead a healthy life! Millions of Americans have prediabetes, but the majority of them don't even know it. Put your health first by discovering your risk for type 2 diabetes with this 60-second Type 2 Diabetes Risk test. [60-Second Risk Test for Type 2 Diabetes | ADA](#) Over 7 million people with diabetes are undiagnosed, and 1 in 3 Americans adults is at risk for developing type 2 diabetes.



Get smart about risks and diabetes prevention.

With early detection and awareness, you can take steps to prevent or delay the onset of type 2 diabetes. Small changes to your lifestyle can help to prevent or delay diabetes, even if you've been diagnosed with prediabetes. Your doctor will help you create a plan and set goals that work for you. Maybe you've just been diagnosed with type 2 diabetes. Or maybe you've been living with it for awhile. No matter where you are with type 2 diabetes, there are some things you should know. It's the most common form of diabetes. Type 2 means that your body doesn't use insulin properly. And while some people can control their glucose (blood sugar) levels with healthy eating and exercise, others may need medication or insulin to manage it.

Symptoms of Types 2 Diabetes

The following symptoms of diabetes are typical. However some people with type 2 diabetes have symptoms so mild they go unnoticed. Here are some common symptoms of diabetes: urinating often, feeling very thirsty, feeling very hungry (even though your are eating), extreme fatigue, blurry vision, cut/bruises that are slow to heal and/or tingling, pain or numbness in the hands/feet. Early detection and treatment of diabetes can decrease the risk for developing the complication of diabetes. Diabetes can lead to severe and in some case life-threatening complications. But you can lower your risk of diabetes-related complications like heart, kidney and eye disease, as well as nerve damage by making healthy lifestyle changes, knowing the warning signs and see your health care provider regularly.

Other Nurse's Notes:

As a reminder our nurse's phone number has changed to 920-424-1450 extension 124. Nurse hours are Monday – Friday 8AM to 4PM. We do service all 6 of the housing authority building 4 of which are in Oshkosh the other 2 are in Winneconne and Omro so please be patient with us. We may not be able to get to see you the same day you call, but we do try.

Biohazard containers – As a reminder biohazard containers are now required to be able to drop them off at Mercy Medical Center so if you are using a detergent bottle please ask one of the nurse's or your social worker to get you one. Please use the biohazard container until it is full and turn it in to your social worker or nurse and we will get you a new one.

Also a reminder do not throw out your unused or expired medication in the garbage or down the drain. Please get them to either your social worker or one of the nurses and we will get them over to the drug drop box at the Oshkosh police department. If you can get over to the drug drop box that works too.

Respiratory illness is rising so if you're ill stay home until your symptoms have improved for 24 hours. Wear a mask if you need to be out and about to protect others around you if you still have cold like symptoms. Also we still have COVID tests so if you need one just call. You are also now able to order free COVID tests through this website as well. Here is the website <https://www.hhs.gov/coronavirus/testing/index.html>

November 2024

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 \

8:30 am—4:30 pm

Friday 8:00 am— Noon

Cory, Maintenance

Monday –Friday

7:15 am-3:15 pm

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. 112

Office Closed for Lunch






Noon—1:00 pm

Mary Jo will be out of

the office the week of

October 28th– November 1st.

Returning on November 4th

Sun	Mon	Tue	Wed	Thur	Fri 1	Sat 2
	<div style="border: 1px dashed black; padding: 5px;"> Mondays & Thursdays Strong Bodies Activity Room 2pm—3pm Everyone Welcome </div>					
3	4	5	6	7	8	9
<div style="border: 1px solid black; padding: 5px;"> Just a Heads Up That Daylight Saving Time is Ending...Be Sure To Set Your Clocks Back!   </div>			2:00 pm Fire Alarm Test			
10	11	12	13	14	15	16
			Bug Day Apt. #'s 211 –220		Library Books Delivered 	
17	18	19	20	21	22	23
24	25	26	27	28	29	30
	3:30 pm OHA Board Meeting			Thanks- giving Offices Closed		
