

# Marian Messenger

Volume 12, Issue 12  
December 2023

Marian Manor

600 Merritt Ave. Oshkosh, WI 54901



Marian Manor Offices will be closed on  
Tuesday, December 24th, & Wednesday,  
December 25th 2024 & Wednesday,  
January 1st 2025

Sign up on the bulletin board  
for Father Carr's Christmas  
Dinner. Meals will be  
delivered between  
10:30 am –11:30 am on  
Wednesday, December 25th

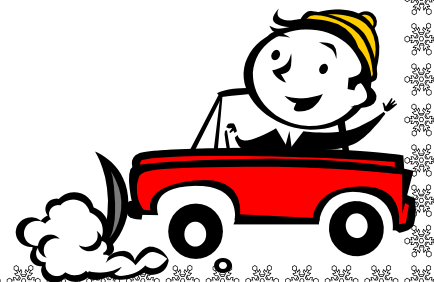


## Marian Manor Snowplowing Policy

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 at the elevators. **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.

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.

If you send me your email address I can notify you by email that the lot is being plowed. Make sure your phone number is updated as well.



## **\*\*\*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](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.



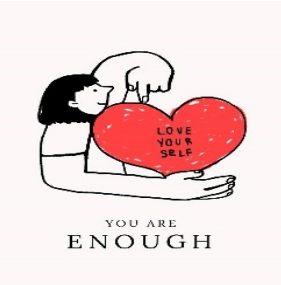
# Managing the winter blues and Seasonal Affective Disorder



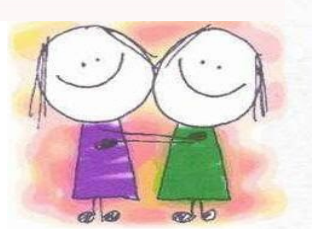
As colder weather and shorter days set in, many people experience what's commonly known as the **Winter Blues**. Symptoms include fatigue, sadness, difficulty concentrating and disrupted sleep. While these feelings are often mild and short lived, they can sometimes escalate into a more severe condition known as **Seasonal Affective Disorder (SAD)**.

Seasonal Affective Disorder (SAD) is a type of sadness or feeling down that happens during certain times of the year, usually in the fall and winter when there's less sunlight. Some people might feel cranky or notice other symptoms such as mood changes, low energy levels, sleep disturbances, social withdrawal, body aches, increased appetite (often for carbohydrates) and weight gain.

**Strategies for coping... While you can't change the season, there are several strategies to help manage symptoms of the winter blues and SAD:**



**Prioritize self-care.** Maintain a balanced diet, get regular physical activity and follow a consistent sleep schedule.



**Seek social support.** Stay connected with friends, family, and your support network. Social interaction can help alleviate feelings of isolation.



**Increase light exposure.** Exposure to bright light can help regulate mood. Keep curtains and blinds open during daylight hours and consider using a light box lamp for 30 to 60 minutes each morning to simulate natural sunlight.



**Spend time outdoors.** Even in winter, spending time outside during daylight hours can boost mood and increase Vitamin D levels, which can help boost your mood.



**Explore new activities.** Pursue creative hobbies and activities you enjoy. These can distract you from negative thoughts and provide a sense of accomplishment.



**Consider Supplements.** Talk to your healthcare provider about Vitamin D supplements, as reduced sunlight exposure can lead to deficiencies that may exacerbate symptoms.



**Avoid Stimulants.** Reduce your caffeine and alcohol consumption, which can worsen anxiety and disrupt sleep patterns.

**Seek professional help.** Consult a healthcare provider if symptoms persist or worsen. They can guide therapy options, including light therapy or medication. **Remember if you need to talk, the 988 Lifeline is available.**

988 is a 24/7 free, confidential mental health hotline that connects individuals in need of support with counselors. People do not have to be suicidal to call.

# 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.

## Holiday Self-Care Tips

Make space for messy feelings like grief.

Learn to say no without feeling guilty.

Create your own holiday traditions.

Keep your stress levels in check. It's okay to step back or delegate.

Set realistic expectations for yourself and the holiday.

Make a plan and try to stick to it. Organization is key

Keep your self-care routine or begin a new one.

Give yourself permission to let it be a normal day.

BlessinaManifestina

### 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*



# December 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

8:00 am—4:30 pm

Friday 8:00 am– Noon

**Cory, Maintenance**

Monday—Friday

7:00 am-3:00 pm

**Alex, Custodial**

Monday—Friday

7:30 am—3:30 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. 111**

**Office Closed for Lunch**

**Noon—1:00 pm**

Sun	Mon	Tue	Wed	Thur	Fri	Sat
						
1	2 Holiday Gift pick up 2-4 pm TV Lounge Floors 1-3	3 Holiday Gift Pick up 10- Noon TV Lounge Floors 4-6	4 2:00 pm Fire Alarm Test	5	6 	7
8	9	10 Bug Day Apt. #'s 111-120	11	12 Library Books delivered	13	14
15	16 3:30 pm OHA Board Meeting	17	18	19	20	21 winter Begins 
22	23	24 Offices Closed Christmas Eve	25 Offices Closed Christmas Hannukah	26 Kwanzaa Boxing	27	28 
29	30	31 New Year's Eve 				