

Marian Manor 600 Merritt Ave. Oshkosh, WI 54901

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 title 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,

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 on each floor by the elevator as well as by the parking lot entrance. 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 would like to get an email notification that the lot is being plowed let Mary Jo know.****



Housing Offices will be closed on Wednesday, January 1st in observation of New Year's Day.

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.



START THE YEAR OFF WITH A HEART OF GRATITUDE!!

The last couple of years have been difficult for everyone and the promise that the start of a new year brings may not be as bright as other years. But let's try to remember how our attitude towards our daily life has such a great effect.

We've all heard the phrase, "seeing the glass half empty or half full." It turns out that focusing on what is there instead of what is not, could be the key to living a happy life.

It may not come as a big surprise, but research shows that optimists are generally happier than pessimists. People who are hopeful about the future tend to lead healthier social lives, meet their goals, and have a higher sense of purpose. Studies show a positive outlook can even heal wounds faster than a negative one.

Optimists may not always be happy day to day, but they generally have a perspective that whatever challenges arise, they have the fortitude to see past them.

Whether you are naturally prone to realism or pessimism, tapping into gratitude and thankfulness techniques can help you manage stress.

GRATITUDE JOURNALS— One study from Harvard Medical School showed that people who wrote about what they were grateful for each week for 10 weeks felt better about their lives. They also exercised more and had fewer visits to a physician compared to participants who wrote about daily irritations and things that displeased them during the week.

WRITE A THANK YOU NOTE— Is there a person or organization that has gone out of their way to improve an area of your life? Let them know! In one study, letter writers felt more positive after giving a thank you note to someone who had done something nice for them.

MEIDITATE OR PRAY— By having a strong sense of self and purpose in life, optimists can face obstacles head on. Prayers or positive affirmations often elicit a sense of calm and confidence, while meditation can help you with the practice of focusing on the present and clearing your mind of judgements.

A NEW YEAR

- * Renewed Hope
- * New Opportunities
- * New Adventures
- * New Ways to Give and Love.

May this be
your best year ever!

GratitudeHabitat.com



Safety Tips for Seniors: Stay Safe This Winter Season

As winter sets in, we want to remind you to stay safe during the colder months. The chilly weather brings a variety of hazards that can be dangerous, especially for seniors. From slippery sidewalks to icy conditions, here are some important tips to help you stay safe while enjoying winter.

1. Watch Out for Ice and Snow

Slips and falls are more common in winter due to ice on sidewalks, driveways, and streets. Be cautious when walking outdoors:

- Wear shoes with non-slip soles to reduce the risk of slipping.
- Avoid walking on untreated sidewalks or icy paths. If you must go out, use salt or sand to melt the ice if possible.

Walk slowly and take smaller steps to maintain balance.

2. Dress Warmly and Layer Up

Cold weather can increase the risk of hypothermia, especially for seniors. Dress in layers, including a warm coat, hat, scarf, gloves, and thermal socks. Be sure to cover your ears and neck, as these areas lose heat quickly. Layering helps trap body heat and provides extra warmth.

3. Stay Informed About Weather Conditions

Before heading outside, check the weather forecast. Winter storms, heavy snow, and freezing temperatures can strike unexpectedly. If conditions are severe, consider staying indoors until the weather improves.

4. Protect Your Health with Proper Hydration and Nutrition

Winter can cause dehydration, as people often forget to drink enough water due to colder temperatures. Keep yourself hydrated by drinking warm beverages like tea or water throughout the day. Also, eat a balanced diet to keep your energy levels up and your body strong.

5. Keep a Cell Phone with You

Accidents can happen unexpectedly. Always carry a fully charged cell phone when going outside. It's a good idea to program emergency numbers, including a family member or neighbor, for quick access in case of an emergency.

6. Prevent Frostbite and Hypothermia

Frostbite and hypothermia are serious risks during extremely cold weather. If you feel numbness, tingling, or a sharp pain in your fingers, toes, nose, or ears, get indoors immediately and warm up. Avoid prolonged exposure to the cold, especially on windy days.

7. Stay Active Indoors

If the weather makes it unsafe to go outside, keep active indoors. Stretching, light yoga, or even dancing to your favorite music can help keep you healthy and energized during the colder months.

We hope these tips help you navigate winter safely and comfortably. Remember to always listen to your body and reach out for support when needed.

Stay warm and take care!

Happy New Year!

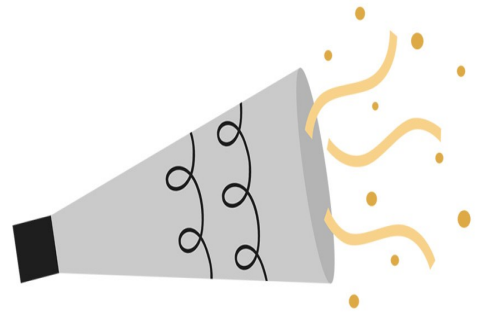
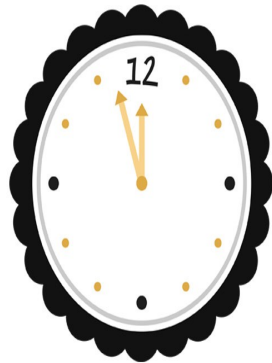
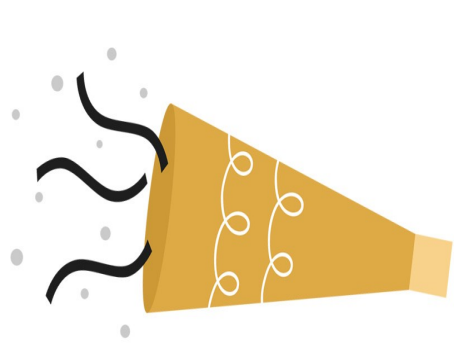
Your Housing Nurses,

Lori and Erin



[This Photo](#) by Unknown Au-

HAPPY NEW YEAR!



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

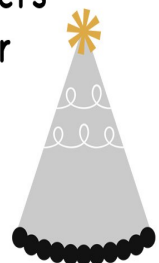
Countdown
 Confetti
 Midnight
 Balloons

Celebration
 Fireworks
 January
 Happy



New Year
 Clock
 Cheers
 Goals

Party Poppers
 Noisemaker
 Resolution
 Sparklers



JANUARY 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 \

8:30 am—4:30 pm

Friday 8:00 am— Noon

Cory, Maintenance

Monday—Friday

7:00 am –3:15 pm

Alex, Custodial

Monday– Friday

7:30 am - 4:00 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

**Housing Offices are Closed
on Fridays.**

Sun	Mon	Tue	Wed	Thur	Fri	Sat
			1 New Years Day Offices Closed	2 	3	4
5	6	7	8 Fire Alarm Testing 2:00 pm	9 Library Books	10	11
12	13	14 Bug Inspection Apt. #'s 601-610	15	16	17	18 
19	20	21	22	23	24	25
						
26	27	28	29	30	31	
		3:30 pm OHA Board Meeting				
						