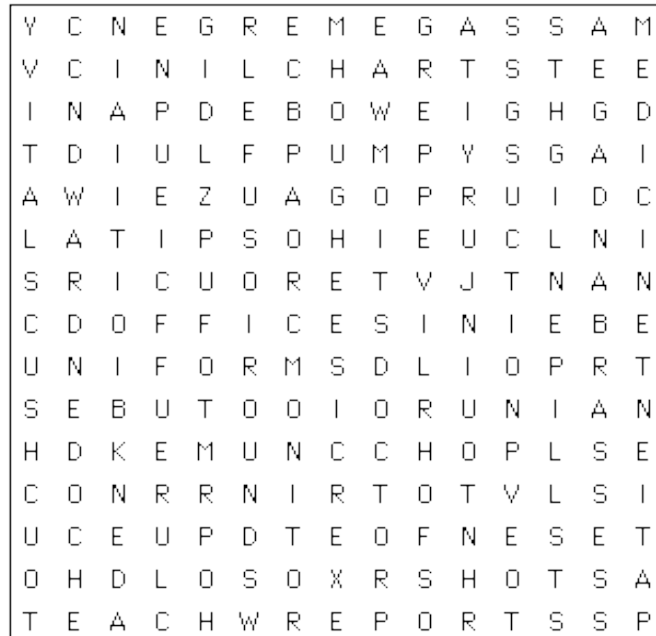


Nursing



ASSESS	FLUID	OFFICE	STETHOSCOPE
BANDAGE	GAUZE	ORDERS	SUCTION
BEDPAN	HOSPITAL	PATIENT	TEACH
CHARTS	ICU	PENLIGHT	THERMOMETER
CLINIC	INJURY	PILLS	TOUCH
CODE	IV	PULSE	TUBES
COMPUTER	LPN	PUMP	UNIFORMS
DOCTOR	LVN	REPORTS	VITALS
EMERGENCY	MASSAGE	RN	WARD
ER	MEDICINE	ROUNDS	WEIGH
EXERCISE	MONITOR	SHOTS	WOUNDS



Marian Messenger

Volume 7, Issue 5

May 2018

Marian Manor

600 Merritt Ave. Oshkosh, WI 54901

Housing Offices will be closed on Monday, May 28th in observation of Memorial Day.



Marian Manor Health Open Hour
Monday, May 14th
2:00– 3:00 pm
4th Floor Nurses Office



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.



May 6th –12th is National Nurse's Week. Take some time to THANK Teresa and Lori for all that they do.

Their office is located on the 4th Floor of Marian Manor. Remember that they visit five of our properties and are often on home visits so you may not always find them at their desk. Leave them a confidential voicemail message at 424-1470 Ext. 124 and they will return your call. An Open Health Hour is held the 2nd Monday of each month from 2:00– 3:00 pm in the nurse's office.



Have you ever had chickenpox?

If you have you are at risk for shingles.

Anyone who has had chickenpox can develop shingles.

Shingles is an infection of an individual nerve and the skin surface that is supplied by the nerve. It is caused by the varicella-zoster virus, the same virus that causes chickenpox.

Most adults who have had chickenpox will never experience an outbreak of shingles or any further problems. However, in some individuals, they may get shingles multiple times. Shingles is most common in people over the age of 50 years. However, the virus may reappear in people of all ages who have previously had chickenpox.

It is not possible to have shingles if you have never been exposed to chickenpox or the varicella virus that causes it.

Around 1 in 3 people will develop shingles during their lifetime. Each year in the U.S., there are an estimated 1 million cases of shingles

Symptoms of shingles include pain, tender skin, and a rash, usually on one side of the body. Pain is the most common symptom of shingles. There may also be a blistering skin rash. A shingles episode normally lasts 2-4 weeks. In some cases, there is a rash but no pain, or no visible rash but a band of pain.

Can I get it from someone who has it? Shingles cannot be passed from one individual to another. However, the varicella-zoster virus can be spread from a person with shingles to someone who has never had chickenpox. In these cases, the infected individual would get chickenpox, not shingles. Shingles is not spread through coughing or sneezing, but through direct contact with fluid from the blisters. Before the blisters develop and after the crusts form, the person is not contagious. Shingles is less contagious than chickenpox. The risk of spreading the virus is low if the rash is covered.

What can you do to protect yourself from getting shingles?

Your best protection is getting the shingles vaccine. The shingles vaccine is called Zostavax. If you have not had the vaccine talk with your doctor at your next visit to see if you are able to get it.



Submitted by Lori Duclon, Housing Nurse

Take Action to Prevent Aging Skin and Skin Cancer

Excessive sun exposure is the most significant cause of aging skin. It can cause early aging skin conditions such as brown spots, white blotches on arms, legs and hands, wrinkles, crow's feet, frown lines, scars, thinning of skin that leads to easy bruising, skin growths, and scaly patches that lead to skin cancer.

Skin cancer is the most common type of cancer in the United States. Ultraviolet (UV) radiation from the sun is the main cause of skin cancer. The good news is that skin cancer can be prevented, and it can almost always be cured when it's found and treated early.

Take simple steps today to protect your skin:

*Stay out of the sun as much as possible between 10 a.m. and 4 p.m.

*Use sunscreen with SPF 15 or higher that has both UVA and UVB protection. Do not use after expiration date on bottle.

*Don't use sunscreens with SPF factors greater than 50 as they give a false sense of security and may encourage you to stay in the sun too long.

*Put on sunscreen 30 minutes before you go outside. Reapply every 2 hours and after you swim or sweat.

*Don't forget to apply it to your ears, hands, feet, the back of your neck, and any part of your scalp that isn't covered by hair. Use lip balm with sunscreen to protect your lips.

*Wear sunglasses that block UV light. This will help protect your eyes and the skin around them from sun damage. Wrap-around sunglasses are best, because they block UV rays from the side

*Wear sunscreen even on cloudy days. UV rays can still harm your skin through the clouds

*Cover up with long sleeves and a hat.

Check your skin regularly

See a doctor or nurse right away if you notice:

A new growth on your skin

A mole that bleeds or a sore that doesn't heal

An existing growth that has changed in size, shape, color, or feel



Submitted by Teresa Paulus, RN

Aging & Driving Safely

As people age, their joints may get stiff and muscles may weaken. Some people have trouble walking or feel pain in their knees, legs, or ankles. They may not be able to turn their head easily, turn the steering wheel quickly, or brake safely. These problems can make it hard to drive safely. Exercise can improve older drivers' strength and flexibility. In one study, 12 weeks of exercise improved older drivers' flexibility and coordination, and reduced driving errors.

Some exercises to try:

Hand grip strengthening to help you hold on to the steering wheel
Shoulder and upper arm flexibility exercises to make it easier to reach for your seat belt

Neck and back flexibility exercises to help you turn to look behind you when backing out of a parking space or driveway

Lower-body strength exercises to help with accelerating and braking

Here are some tips to help you drive safely:

Talk with your doctor if you think pain, stiffness, or another health problem gets in the way of your driving.

Make sure you can see and hear well enough to drive safely.

Make sure your medications don't interfere with your driving.

Always wear your seat belt.

Stay off the cell phone.



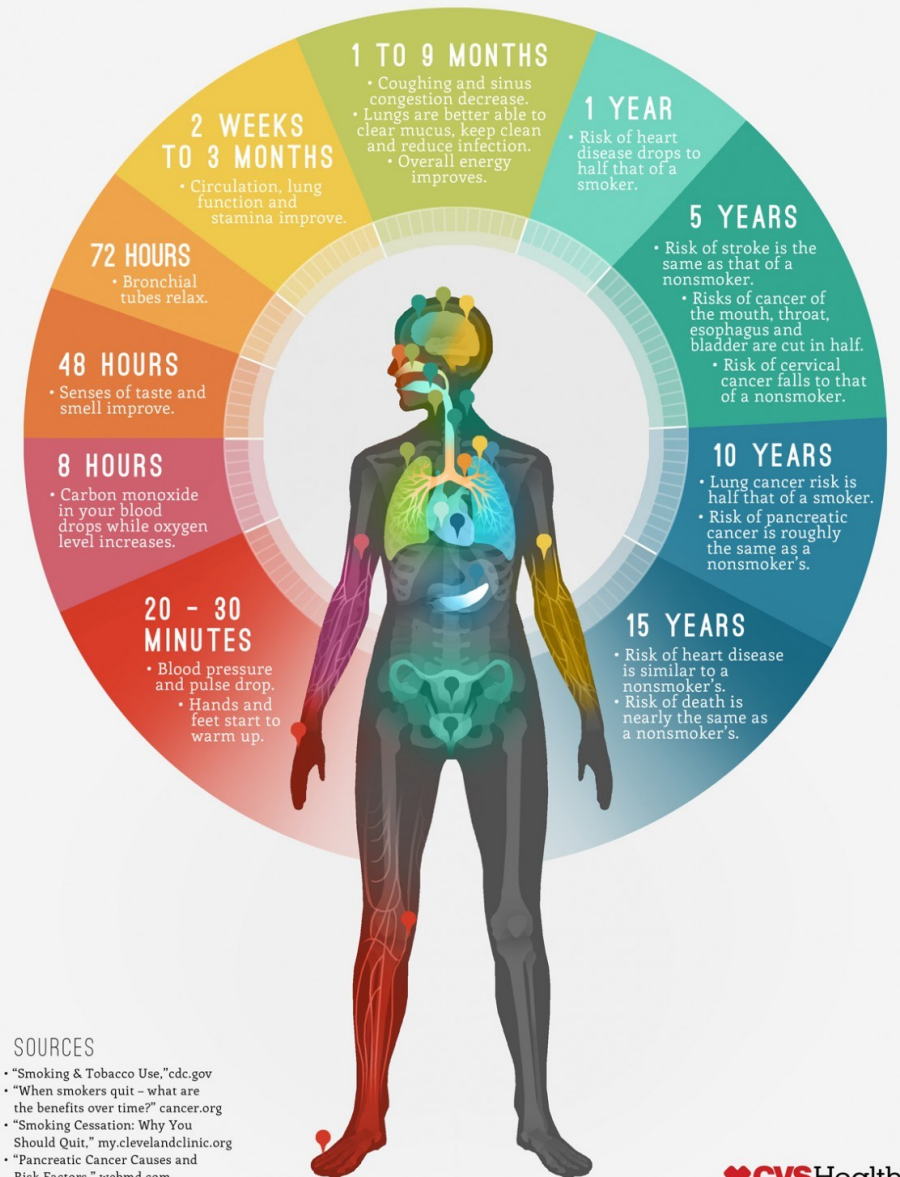
BIKE STORAGE

If your bike is being stored in the Marian Manor garage and you would like it put in the bike rack please bring your lock to the office and let us know. Reminder that bikes are not to be stored in your apartment. This includes bikes your guests may bring in. A bike rack is located by the Marian Manor resident parking lot near the building entrance for your convenience.



HOW QUITTING SMOKING CHANGES YOUR BODY

Here's what happens to your body after your last cigarette:



SOURCES

- "Smoking & Tobacco Use," cdc.gov
- "When smokers quit - what are the benefits over time?" cancer.org
- "Smoking Cessation: Why You Should Quit," my.clevelandclinic.org
- "Pancreatic Cancer Causes and Risk Factors," webmd.com

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

Bob, Maintenance

Monday -Thursday 7:00 am-4:30 pm

Friday 7:00 am- 11:00 am

Stacy, Custodial

Monday, Tuesday, Thursday 6:00 am - 2:30 pm

Friday 6:00 am—Noon

After Hours Maintenance 920-966-4235

Nurses- 4th Floor Office 424-1470 Ext 124

Lori, Monday, Tuesday, & alternate Fridays

**Teresa, Wednesday, Thursday &
alternate Fridays**





Su van Houwelingen, Executive Director

424-1450

Office Closed for Lunch Noon—1:00 pm



2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Game Night 6:00-8:00 pm	2 Fire Alarm Test 2:00 pm	3 Shuffleboard 6:00 pm	4	5
Stacy on Vacation May 3rd– May 8th						
6	7 YMCA chair Exercises 9:00 am Library	8 Bug Day 201-210 Game Night 6:00-8:00 pm	9	10 Library Books Delivered Shuffleboard 6:00 pm	11	12
Stacy on Vacation May 3rd– May 8th						
13 Mother's Day 	14 YMCA chair Exercises 9:00 am Nurse Open Hour 2:00-3:00 pm	15 National Peace Officers Day Game Night 6:00-8:00 pm	16	17 Shuffleboard 6:00 pm	18	19 Armed Forces Day 
20	21 YMCA chair Exercises 9:00 am OHA Board Meeting 3:00 pm	22 Game Night 6:00-8:00 pm	23	24 Shuffleboard 6:00 pm	25	26
Stacy on Vacation May 21st—May 25th						
27	28 Offices Closed 	29 Game Night 6:00-8:00 pm	30 Bingo 1:30—3:00 pm	31 Shuffleboard 6:00 pm	