



June 2018

River Cities Chronicle

Foxview Manor (Omro) & Riverside Apartments (Winneconne)

Vol 8 Issue 6

Do-Not-Resuscitate Orders

Did you know that if your heart stops while you are living in the community, the first responders or EMTs will give you cardiopulmonary resuscitation (CPR) even if you tell your family and have it in your Power-of-Attorney that you don't want this? The only way to ensure that they do not start CPR on you when you don't want it, is to get a DNR bracelet.



To get a DNR (do-not-resuscitate) bracelet in the state of Wisconsin, you will need to talk to your primary physician to get a DNR order. The DNR order directs emergency officials not to attempt CPR for those that suffer cardiac or respiratory arrest in accordance to the patient's wishes. During the doctor's visit, you should discuss your wishes and the doctor will give you written information about DNR procedures and place documentation in your medical record of the qualifying medical conditions that warrants the DNR order. There is a form that he will fill out issuing the DNR order. Your doctor's office should have these forms.

Your doctor can then give you a free plastic identification bracelet. These bracelets look like the hospital identification bracelet you get when you are admitted. The doctor will insert the DNR order into the plastic bracelet. However, the plastic bracelet is not completely water-proof and can cause skin tears in those with fragile skin. It is recommended that you order the metal DNR bracelet as if you are not wearing your DNR bracelet at the time that you need CPR, the emergency officials will start CPR on you. You need to wear it at ALL times! So for this fact, the metal bracelet is often a better option for people. You can only get the metal bracelet from StickyJ® Medical ID. Your doctor's office should have the form for the permanent DNR bracelet as well. The cost of the metal bracelet is \$27.90.

The DNR bracelet can be revoked at anytime by removing the bracelet. Also, your doctor should be notified of your desire to revoke as well.

If you need any help getting a DNR bracelet or want more information on this, please stop in to see Erin anytime!

Stimulate your mind with Brain Exercises: Use it or Lose it

Everyone knows that physical exercise is important to keep the body healthy and strong. Did you know that your brain also benefits from exercise too? Keeping your brain active and alert is a must as you get older.



Even as we age, our brains are constantly growing. Stimulating the brain improves its function and can protect against memory decline. Although brain exercises are not going to prevent the severe mental decline that is caused by disease, most of the common age-related losses in memory or motor skills simply result from inactivity and a lack of mental exercise and stimulation. These sorts of memory lapses can be caused by stress and sleep deprivation and are not a cause for concern. However, you can take simple steps to prevent them.

According to a New England Journal of Medicine study, adults who frequently engage in mentally stimulating activities are 63% less likely to develop dementia than those who rarely engage in such activities. A University of Michigan study has also found that adults who play a mentally challenging game every day for several weeks could dramatically improve their memories.

Brain exercises don't take much time to accomplish and are fun to do. Take a few minutes out of your day and make these brain games part of your routine!



Play games: Complete the puzzle or Sudoku in the daily newspaper

Give your senses a daily workout: Listen to music and smell flowers

Break Routines: Drive to church taking a different route. Try eating with the opposite hand.

Try taking up something new: Taking up exercise or art classes. Check out the Oshkosh Senior Center for low cost classes. Visit new places like museums or restaurants.

Make brain exercises part of your routine for healthy living!

Information from Benjamin Rose Institute on Aging



Foxview's Summer Picnic

Thursday, June 21st

At

1:00pm

In the

Community Room

**Menu: brats, hamburgers, potato
salad, baked beans, chips and ice
cream sundaes**

**Door prizes available for a couple
lucky winners!**

**Please sign up on the bulletin
board with your meat choices!**



Foxview Needs a Key Keeper

If you are interested in becoming a key keeper for the building, please talk to Erin! The main responsibilities of a key keeper would be to unlock the tenant's apartment door if they are locked out, let in emergency officials into a tenant's apartment during the event of an emergency, or do a welfare check on a tenant upon request. If you are interested, Erin would "train" you on all the rule and requirements of this important volunteer position.

Cassie's Farewell

As many may know, Cassie Sklenar, Property Manager will be leaving her position with the Housing Authority to stay home with her new baby boy. Her last day will be Friday, June 8th. As part of her farewell, she would like to say,

"It is with great sadness that I am informing you that I have decided to leave my job as Property Manager for the Oshkosh/Winnebago Housing Authority. As a new mom, I have decided to stay home with my son. Thank you to all of you for the great year that I had working here. I want to wish all of you the best of luck! Thank you for being such amazing tenants."

New Parking Lot at Foxview

At last, we have received a new parking lot at Foxview! Tenants and visitors will be able to use the parking lot again starting the week of June 4th! The tenants have enjoyed watching the construction!





**Oshkosh / Winnebago County
Housing Authority**

Oshkosh/Winnebago County Housing
Authority
PO Box 397
Oshkosh, WI 54903
(T) (920) 424-1470
(F) (920) 424-1474
www.ohawcha.org

Open Office Hours:

Foxview Manor

Monday	Tuesday	Wednesday	Thursday	Friday
Erin: by ap- pointment only	Erin: 9:00am — 11:30am	Cassie: 8:00am — noon	Erin: 9:00am — 11:30am	No office hours

Riverside Apartments

Monday	Tuesday	Wednesday	Thursday	Friday
Erin: by ap- pointment only	Erin: 1:30pm — 3:30pm	Cassie: 12:30pm — 4:30pm	Erin: 1:30pm — 3:30pm	No office hours

Foxview Manor

330 W. Main St.
Omro, WI 54963
(T) (920) 685-6322
(F) (920) 859-0223

Riverside Apartments

101 N. Second St.
Winneconne, WI 54986
(T) (920) 582-7656
(F) (920) 706-0066

Would you like the newsletter emailed directly to you every month?

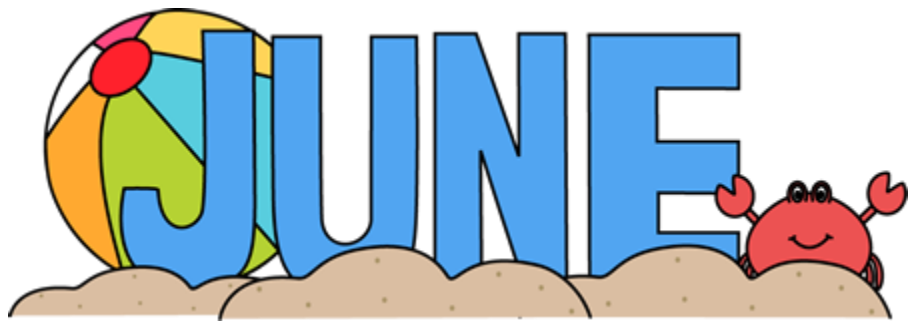
If so, let us know!

With the want to conserve unwanted waste and excess printing of the newsletter, you are encouraged to have our newsletter emailed to you every month. No need to worry about losing the paper copy. Many of you read it over once and then put it in recycling. What a waste!

Also, we will not be printing a copy for everyone anymore. We will be placing a stack of newsletters and a separate stack of calendars in the building sitting areas at the beginning of each month. This way, you can read the newsletter and put it back for someone else to read. However, I realize that many of you use the calendar every month so we have decided to have that separate for you to take if you want.

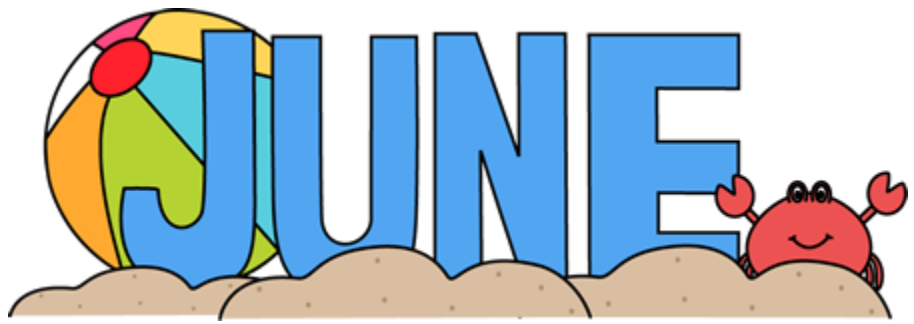
If you would like to get the newsletter emailed to you, please stop into the office to see Erin to give her your preferred email address!

Activity Calendar for Riverside Apartments



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 8:00am Birthday Coffee Hour 3:00pm Bingo	2
3	4	5 12:30pm Pokeno	6 6:30pm Bible Study	7 Bug Day (Apt # 103, 203, 303) 12:30pm Polish Poker	8 8:00am Coffee Hour	9
10	11 1:00pm Fire Alarm Testing	12 12:30pm Pokeno	13 6:30pm Bible Study	14 Flag Day 12:30pm Polish Poker	15 8:00am Coffee Hour	16
17 Father's Day	18	19 12:30pm Pokeno	20 3:00pm Bingo 6:30pm Bible Study	21 First Day of Summer 12:30pm Polish Poker	22 8:00am Coffee Hour OAFP Delivery Day	23
24	25	26 Patricia Weis's birthday 12:30pm Pokeno 3:00pm WCHA Board Meeting (@ Marian Manor)	27 Kelly Busha's birthday 6:30pm Bible Study	28 12:30pm Polish Poker	29 8:00am Coffee Hour	30

Activity Calendar for Foxview Manor



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 6:00pm Game Night	2
3	4	5	6	7 Bug Day (Apt # 103, 203, 303) Piggly Wiggly Delivery Day	8 6:00pm Game Night	9
10	11	12 1:00pm Fire Alarm Testing	13 3:00pm Bingo with b-day party to follow	14 Flag Day	15 6:00pm Game Night	16
17 Father's Day	18	19 Marie (beautician) coming to FV	20	21 First Day of Summer Piggly Wiggly Delivery Day Summer Picnic 1:00pm	22 OAFP Delivery Day 6:00pm Game Night	23
24	25	26	27	28	29 6:00pm Game Night	30