

Marian Manor

600 Merritt Ave. Oshkosh, WI 54901



## Keeping Safe When Severe Weather Comes

When you are alerted to severe weather in the area. It is best to know your safety plan ahead of time rather than try to figure it out at the last minute. If a tornado warning is issued the safest place to be in your apartment is in your bathroom. This is because it is an interior room and that it has no windows. Most injuries during severe weather are due to breaking glass and flying debris. If it is safe to do so stay in your apartment if you feel it is unsafe to remain in your apartment meet in the Activity Room on 1st floor or at the church parking lot across the street. Please do not leave the area, if you must leave make sure you inform someone who will be remaining at the building. We hope you will never have to experience this type of situation but it is wise to always be prepared.

### OSHKOSH FARMERS MARKET

When:

June - October

Every Saturday

8:00AM - 12:30PM

(Rain or Shine!)

Where:

400 & 500 Blocks of N Main St

& 100 Block of Church Ave

Oshkosh, Wisconsin



Mary Jo will be out  
of the office from

Wed., June 20th—Fri., June 22nd.



We would like to wish

all the Fathers at

Marian Manor a

Happy Father's Day on  
Sunday, June 17th.

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](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.



# EYE” SPY THESE EYE HEALTHY FOODS

— Article courtesy of United Healthcare

Like other parts of your body, your eyes thrive on nutritious foods. Research suggests that a healthy diet may help prevent several serious eye problems. Take a close look at these six tips for nutrient-packed foods and drinks that may do your eyes some good:



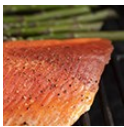
## 1. Corner some kale.

This food favorite is loaded with two antioxidants: zeaxanthin and lutein. They may be linked to a lower risk of cataracts a clouding of the eye’s lens and age-related macular degeneration (AMD), which destroys central vision. You can get these nutrients from other dark green, leafy veggies too, such as spinach and romaine lettuce.



## 2. Crunch on a carrot.

Ever see a rabbit with glasses? You may have heard that nibbling on carrots is a sight-saver. Here’s why: The orange color in carrots is a clear clue that they’re high in beta-carotene, which may help slow the progress of AMD. Other orange-colored fruits and veggies such as sweet potatoes, butter-nut squash and apricots are also good for the eyes. And beta-carotene has a bonus benefit: It may help you maintain good night vision.



## 3. Feast on fish.

Certain fish such as salmon, albacore tuna and sardines are rich in omega-3 fatty acids. These essential fats may help keep eyes healthy as we age. You can also look for omega-3s beyond the sea: Think walnuts or chia seeds.



## 4. See your way to more citrus.

The vitamin C in citrus fruits such as oranges and grapefruit may help protect against cataracts and AMD. Other C-rich gems include cantaloupe, bell peppers, broccoli and strawberries.



## 5. Brew up some benefits.

Green tea contains catechins. Those are plant compounds that may help lower the risk of cataracts and AMD.



## 6. Look for legumes.

Peas, beans and other legumes contain a must-have mineral: zinc. It may help protect eyes from the damaging effects of light. Another easy way to get zinc: Snack on a handful of peanuts. They’re a legume too.



**Please make sure to update the  
Marian Manor Office with your  
current phone number. Thank You!**

# June 2018

## 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 Ext. 112


## Office Closed for Lunch


**Noon—1:00 pm**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2



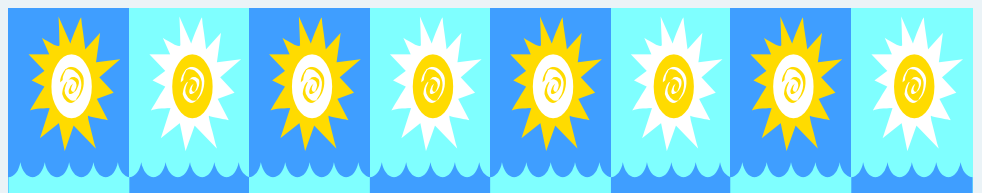
3	4	5	6	7	8	9
	9:00 am	6-8 pm	2:00 pm	6:00 pm		
	YMCA	Game	Fire Alarm	Shuffle-		
	Exercises	Night	Test	board		

10	11	12	13	14	15	16
	9:00 am	Bug Day		<b>Flag Day</b>		
	YMCA	Apt. #'s		Library		
	Exercises	101-110		Books		
	2- 3 pm	& 121		Delivered		
	Nurse	6-8 pm		6:00 pm		
	Open	Game		Shuffle-		
	Hour	Night		board		

17	18	19	20	21	22	23
	9:00 am	6-8 pm		Summer		
	YMCA	Game		Begins		
	Exercises	Night		6:00pm		
				Shuffle-board		



24	25	26	27	28	29	30
	9:00 am	6-8 pm	1:30—	6:00 pm		
	Exercises	Game	3:00 pm	Shuffle-		
	3:30 pm	Night	Bingo	board		
	OHA					
	Board					
	Meeting					







## 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 are. A University of Michigan study has also found that adults who play a mentally challenging game every day for several weeks could dramatically improves 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*

Even with holding the Marian Manor Picnic in May it looks like Mother Nature won with unusually hot temperatures and the threat of rain the “picnic” was held inside. But that did not stop everyone that attended from having a great time. The food from Red’s Pizza and Catering was delicious and musician Patti Friday put on a great show taking a lot of requests.

