

RAULF PLACE'S ***THE UPTOWNER***

June 2018

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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



Raulf Place Summer Picnic

Wednesday, June 27th

At

1:00pm

In the

Parking lot under a tent

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

Entertainment: to be announced

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

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



Raulf Place

(Formerly
Mainview Apartments)

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Office Hours: Mon.—Thurs.: 8:00am—4:30pm

Fri.: 8:00am—noon

SOCIAL WORKER: Erin Reismann, CSW

(T) (920) 424-7652

Office Hours: Mon.: 8:00am—noon

Wed.: 9:00am—4:00pm

Fri.: 9:00am—noon

MAINTENANCE: Harvey

Work Hours: Mon.—Thurs.: 7:00am—4:30pm

Fri.: 7:00am—11:00am

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.”

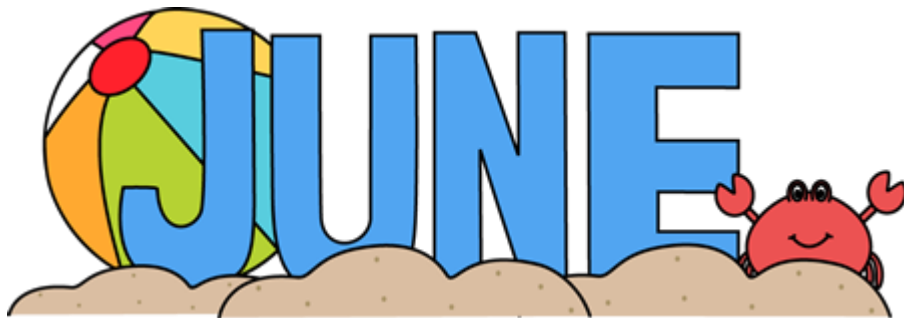
Would you like the newsletter emailed directly to you every month? If so, let us know!

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 first floor 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 Raulf Place



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			(ER) = exercise room (2nd floor) (T) = theater (3rd floor) (MM) = Marian Manor (600 Merritt) (CR) = Community Room (2nd floor) (L) = Library (2nd floor)		1	2
3	4 10:30am Chair Exercise Group (ER)	5	6	7	8 Anna Hilson's birthday	9
10	11 10:30am Chair Exercise Group (ER)	12 Brian Reynold's birthday Bug Day (2nd floor)	13 Judy Kroll's birthday	14 Flag Day Amy Hoffman's birthday New Library books from Oshkosh Library (L)	15	16 6:00pm Bingo (CR)
17 Father's Day	18 10:30am Chair Exercise Group (ER)	19 Sally Helm's birthday	20 2:00pm Monthly Birthday Party (CR)	21 First Day of Summer	22 OAFP Delivery Day	23
24	25 10:30am Chair Exercise Group (ER) OHA Board Meeting (3:30pm) (MM)	26 2:00pm Fire Alarm Testing	27 1:00pm Summer Picnic	28	29	30