

## New Medicare Cards Have Been Mailed

Be on the lookout for your new Medicare Card, residents of the State of Wisconsin cards are currently being mailed.

### 3 things to know

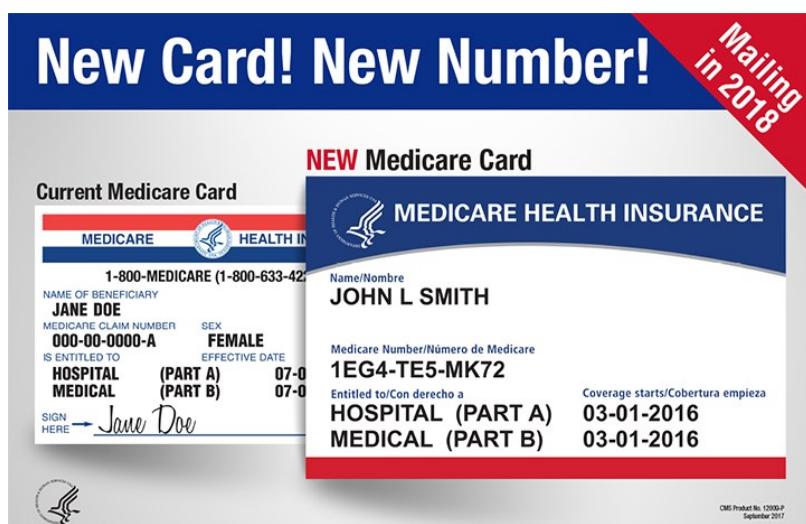
- 1 Your new card will automatically come to you. You don't need to do anything as long as your address is up to date. If you need to update your address, visit your My Social Security Account.
2. Once you get your new Medicare card, destroy your old Medicare card and start using your new card right away.
3. Your new Medicare Number is a unique combination of numbers and letters. Your new number uses numbers 0 thru 9. The letters S, L, O, I, B, and Z are never used.

### Watch out for scams

Medicare will never call you uninvited and ask you to give us personal or private information to get your new Medicare Number and card.

Scam artists may try to get personal information (like your current Medicare Number) by contacting you about your new card.

If someone asks you for your information, for money, or threatens to cancel your health benefits if you don't share your personal information, hang up and call us at 1-800-MEDICARE (1-800-633-4227).



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.



smoke**free**60+

## Household Chemicals in Cigarette Smoke

There are **7,000** known chemicals in cigarette smoke. At least **69** are known to cause cancer in humans. Here are some examples you can find in your own home:



**Ammonia**  
Found in household cleaners



**Butane**  
Cigarette lighter fluid



**Acetone**  
Found in nail polish remover



**Carbon Monoxide**  
Found in car exhaust fumes



**Benzene**  
Found in gasoline



**Arsenic**  
Found in rat poison



**Toluene**  
Found in paint thinner



**Lead**  
Once found in paint



**Cadmium**  
Used in making batteries

### Other

- Hydrogen Cyanide – Gas chamber poison
- Beryllium – Found in nuclear weapons and rocket fuel
- Formaldehyde – Used to preserve dead bodies



Every time you smoke a cigarette or your loved one breathes secondhand smoke, these harmful chemicals enter your bodies.

## Want to quit smoking but don't know where to start?

The American Lung Association's Freedom From Smoking® program has helped hundreds of thousands quit smoking. Choose between in-person classes, over-the-phone support by a trained specialist, or online support, and set a quit date, build a quit plan, track your success and chat with other quitters.

Quitting smoking is possible with the right help. If you're interested in signing up for telephone support or in-person classes, talk to Mary Jo. In-person classes will start this fall at Marian Manor.

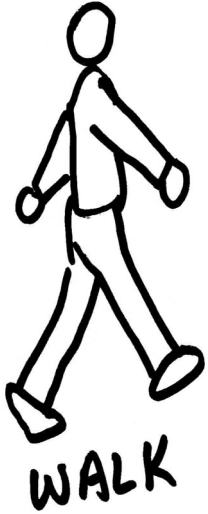
And if you're ever in need of some instant support, you can lean on our network of tobacco cessation counselors through the Wisconsin Tobacco Quit Line at 1-800-QUIT-NOW (800-784-8669).



## **Let's Talk about Transportation**

*Do you get around Oshkosh by bike? Walking or wheeling? On the bus? Or wish you could use these modes of transportation more often? Please join us to share your ideas! You are invited to participate in a group discussion to talk about what works and what needs improvement with the Oshkosh transportation system.*

*Please join members of Fox Valley Thrives for a chat on:*



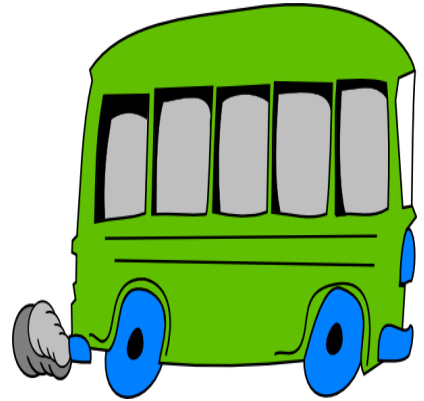
**Date: Wednesday, August 22nd**

**Time: 1:00 pm**

**Location: Marian Manor Activity Room**

*There will be refreshments available.*

***If you would like to participate, please call  
Mary Jo at 424-1470 Ext. 136 by August 15th***



Every time you talk with a health care provider

## **Ask these 3 questions**

What is the main problem?

What do I need to do?

Why is it important for me to do this?



### **When to ask questions**

You can ask questions when:

You see a doctor, nurse, pharmacist or other health care provider.

You prepare for a medical test or procedure.

You get your medicine.

### **What if I ask and still don't understand?**

Let your health care provider know that you still don't understand what you need.

You might say "This is new to me. Will you please explain that to me one more time?"

### **Who needs to ask 3?**

Everyone wants to help with health information. You are not alone if you find things confusing at times. Asking questions helps you understand how to stay well or to get better.

## **Always ask 3 good questions for your good health**

To learn more, visit **[ihi.org/AskMe3](http://ihi.org/AskMe3)**

# August 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
				6:00 pm Shuffle-board		
5	6	7	8	9	10	11
	9:00 am YMCA Exercises	6-8 pm Game Night	2:00 pm Fire Alarm Test	Library Books Delivered 6:00 pm Shuffle-board		
12	13	14	15	16	17	18
	9:00 am YMCA Exercises	Bug Day Apt. #'s 511 – 520 2- 3 pm Nurse Open		6:00 pm Shuffle-board		
19	20	21	22	23	24	25
	9:00 am YMCA Exercises	6-8 pm Game Night	1 pm Transpor- tation Focus Group Activity Room	6:00pm Shuffle-board		
26	27	28	29	30	31	
	9:00 am Exercises 3:30 pm OHA Board Meeting	6-8 pm Game Night	1:30 Bingo	6:00pm Shuffle-board		
