



## Tips for Adjusting to Daylight Saving Time

Sunday, March 10<sup>th</sup> is when daylight saving time begins and we “spring” our clocks forward one hour. Are you someone that misses that hour of sleep and finds yourself more irritable after the change to daylight saving time? Here are some tips that can help the adjustment to the new schedule go smoothly.

- Give yourself a jump start in adjusting to the time change. In the days leading up to the time change, try going to bed and waking up a bit earlier than usual to prepare your body for the hour you will lose.
- Expose yourself to light -- ideally, sunlight -- as soon as you wake up. Seeing light first thing after waking up can help reset your body's clock, so try eating breakfast in front of a window or making a walk part of your morning routine.
- Avoid caffeine after lunch and other stimulants that can affect wakefulness, especially a few days before and after the time change.
- Try not to nap during this time as well, since napping can decrease your ability to sleep at night.
- Avoid driving if you are sleep deprived. If possible, take public transportation for a few days after the time change. If you must drive, make sure to get a full night's sleep each night and remain vigilant when on the road.

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.



## Poor Dental Hygiene Linked to Serious Health

Oral hygiene influences much more than bad breath. In fact, untreated cavities, tooth decay and gum disease can contribute to serious health problems including:

- **Heart disease:** Bacteria from gum disease can enter the bloodstream, travel to the arteries in the heart, and block blood flow throughout the body. This may increase the risk of a clot that can trigger a stroke or heart attack.
- **Dementia:** Bacteria from gingivitis may enter the brain through cranial nerves or the bloodstream and might lead to the development of memory problems.
- **Respiratory infections:** Breathing in bacteria from infected teeth and gums over a period can cause infections in your lungs, including pneumonia.
- **Diabetic complications:** Gum disease can make it harder to control blood sugar making diabetes symptoms worse. Diabetics are also more susceptible to infections including periodontal disease.



### *Maintain Good Oral Health*

Practicing proper dental hygiene is important to maintaining good health. Encourage your residents to brush their teeth after every meal with a fluoride toothpaste, floss daily, use a mouthwash to kill bacteria, and visit a dental professional regularly for cleanings.

Americans often let dental ailments go untreated until they are so bad that they are forced to visit an emergency room, where the care is more expensive and often more extreme. This might be due to a lack of insurance coverage. According to the [Kaiser Family Foundation](#), only 15 states offer extensive adult dental coverage through Medicaid. Recently introduced [legislation](#) may encourage more competition in the marketplace and help to make health and dental insurance more affordable if passed.

## DENTAL HYGIENE FOR LIFE

Whether you have natural teeth or wear dentures, your oral health matters! Your dental hygienist can recommend the oral care routine that's right for you.



**SMILE! YOUR TOTAL HEALTH STARTS HERE**



## Upcoming Inspections

Wisconsin Housing & Economic Development Agency (WHEDA) will be conducting inspections of Marian Manor units on Monday, March 4th & Tuesday, March 5th. Units are chosen by random. If your unit is selected for inspection and you are not at home a Notice of Entry will be left.

Make sure your unit is ready for inspection. Report any maintenance repairs to the office as soon as possible. Make sure windows are not blocked. Aluminum foil can not be in the bottom of your oven (or drip pans for those that have them) also pots and pans are not to be stored in your oven. Do not store items that can not get wet in your dishwasher. They will run your dishwasher if inspected and they will not take time to remove items. Make sure walkways are clear this includes being free of extension cords. Doors need to close and latch completely. See the office if you have any further questions.

## Medication Safety

As we experience illnesses we tend to be on more and more medications. One of the most important factors with medications is safety. I will start with safety for yourself.

**Participate.** Safe medication use is a shared responsibility between you, your doctor, the pharmacist, and other healthcare providers. Know your medications and ask questions if you're not sure how, when, or why to take any drug.

**Follow directions.** Always follow your doctor's directions about taking medications. There are often important reasons to take a medication at a specific dose and time.

**Keep a list.** A current list of your medications, including the times and reasons you take each one, will help your providers adjust your medications and identify potential interactions. Don't leave out over-the-counter drugs, herbal medications, and supplements.

**Be honest if you miss taking your medications.** If you don't tell them, your doctor will think the dose is not enough and raise it, or will prescribe additional medications. Your doctor can help you problem solve if you have difficulties such as remembering, affording or obtaining your medications. (discuss options here and nurses help)

**Read prescriptions and labels.** Read new prescriptions before leaving the doctor's office and ask questions if the instructions are unclear. Do the same with labels when you receive the medication and make sure it matches the doctors' orders.

**Know what side-effects to report**

**Know what foods/drink may interact with your medication.**

**When in doubt, ask.** Your doctor and pharmacist are valuable resources for drug information. The Housing Authority Nurses are here for YOU!



**Avoid others' medications.** Taking other people's drugs may cause adverse reactions or interactions. Never take prescription medications your doctor has not prescribed for you. Stealing medications is a felony.

**Do not share your medications.** They were prescribed for you. They could cause serious life-threatening problems for others. Sharing medication=delivery of drugs in the eyes of the law. Also if a person overdoses and dies you could be charged with reckless homicide

**Store medications properly.** Most should be stored in a dry place at room temperature, away from direct sunlight, and out of children's reach; others may require refrigeration. Never leave medication out even if you intend to use it again in a few hours.

**Throw away expired medications, which may be ineffective or even toxic.**

Medications you use can be disposed of at your local drug drop box. In Oshkosh it is at the Oshkosh Police Department or ask you Housing Authority Nurse for more information

Submitted by the Teresa Paulus, RN and Lori Duclon, RN your Housing Authority nurses

Did you miss the date when Homestead Tax Preparers were at Marian Manor?

It is still not too late to file your Homestead Tax. You can **call the Oshkosh United Way at 426-0150** to schedule a tax assistance appointment.

The tax assistance program provides help to low & middle income individuals over age 60.

Volunteer counselors assist individuals with the preparation of their tax returns in accordance with the guidelines established between the IRS, AARP & VITA.

**Appointments are Required!!**

Another option is you can file your taxes for FREE through MyFreeTaxes at <http://www.unitedway.org/myfreetaxes/> which provides free federal and state tax preparation and filing assistance online for individuals and families with a household income of \$66,000 or less in 2018. It's easy, safe and secure and FREE. Visit MyFreeTaxes to file online or call 1-855-698-9435



# March 2019

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**

**Housing Offices Close  
at Noon on Fridays**

Sun	Mon	Tue	Wed	Thur	Fri	Sat
					1	2
						
3	4	5	6	7	8	9
		6-8 pm Game Night		6:00 pm Shuffle- board		
10	11	12	13	14	15	16
		Nurse Bug Day Open Apts 401- Hour 410 2-3 pm 6-8 pm Game Night		Library Books Delivered 		
17	18	19	20	21	22	23
		6-8 pm Game Night		6:00 pm Shuffle- board		
24	25	26	27	28	29	30
	3:30 pm OHA Board Meeting	6-8 pm Game Night	1:30 pm Bingo	6:00 pm Shuffle- board		
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