

# Marian Messenger

Volume 8, Issue 5  
May 2019

Marian Manor

600 Merritt Ave. Oshkosh, WI 54901



Housing Offices will be closed  
on Monday, May 27th in  
observation of Memorial Day.



May 6th –12th is National Nurse's Week. Take some time to THANK Teresa and Lori for all that they do.

Their office is located on the 4th Floor of Marian Manor. Remember that they visit five of our properties and are often on home visits so you may not always find them at their desk. Leave them a confidential voicemail message at

424-1470 Ext. 124 and they will return your call. An Health Open Hour is held the 2nd Monday of each month from 2:00– 3:00 pm in the nurse's office. The nurses are always happy to help.

May's Health Open Hour will be on Monday, May 13th.

## Marian Manor Picnic

Wednesday, May 29th

Lunch served at 12:30 pm

Brat or Burger, Potato Salad, Coleslaw, Baked Beans, Cookies Catered by Reds

Music by Elvis John to follow lunch

Sign up by Thursday, May 16th and indicate your choice of a Hamburger or a Brat



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.



## Medication Safety for Older Adults



More than 700,000 emergency room visits each year are due to medicine interactions and side effects. Older adults, who often take several prescribed and over-the-counter medications, and are twice as likely to visit the emergency room for complications with their medicines, and nearly seven times more likely to be hospitalized after an emergency room visit.

Here are five reminders for older adults to prevent poison emergencies due to medicine misuse:

- **Participate** – Only take medicines with the permission and guidance from your medical team. Discuss all your medicines with your doctor and ask questions about appropriate dosing. Follow up with your doctor about side effects.

**Read the Label** – Adhere to the directions on all medication labels, even those purchased over the counter. Make sure to note how often to take the medications, and whether there are certain foods, beverages or other medications that you should avoid. Remember, take only one medicine at a time with the same active ingredient.

- **Take notes** – Keep a list of medications you are taking including prescriptions, over-the-counter medicine, vitamins and supplements. Store the list in your wallet or save it in your cell phone in preparation for appointments with your doctor.
- **Record** – Keep track of the medications you take with a pill box or weekly storage container. Using these containers will decrease the likelihood of taking too much of your medicines.
- **Do not share** – Never share your medicine with someone else or use someone else's medicine.
- **Put medicine in a safe place** – Keep medicine out of reach and sight of children, teens, visitors and pets.

### *Be Prepared for a Poison Emergency*

Poison control centers are staffed with experts, including doctors, nurses, pharmacists and toxicologists, who can help answer general questions about medicines or can provide help over the phone. Save the Poison helpline, 1-800-222-1222, in your cell phone, make a note that you can text POISON to 797979, and visit [PoisonHelp.org](http://PoisonHelp.org) for assistance. There, you can enter details and get quick advice to manage an emergency.

The American Association of Poison Control Centers developed a program to help adults 65 and older make sure they're taking their medications properly to prevent accidental poisoning. Contact your local poison control center to find out more about in-person programming and medicine safety resources.



## Spring is here! Thinking about doing some spring cleaning.

It is a great time to look in your medicine cabinet and get rid of medications that have expired or you are no longer taking. Medication strength changes over time and is not typically safe after one year.

### How can I safely dispose of the medications I no longer need?

It is no longer acceptable to flush or throw away medications in your garbage

Proper disposal removes the medications from your home in a safe way so that others don't have access to it.

Find your local drug Drop locations or ask your Social Worker or Nurse to help you.



### Medication Drop-off Guidelines

Empty all your pills you are disposing of into a sandwich-sized sealable bag

Keep all liquids, creams and powders in the original containers

Drop off all bags of pills, liquids, creams and powders at your local drop off locations

### What medications do they accept?

All prescriptions and over the counter medications

Pills, creams, ointments, liquids, powders, inhalers and pet medications

### What are the things they will not accept?

Sharps, Needles, syringes and lancet



Never put medical sharps in your garbage or recycling

Used and unused sharps must be placed in an acceptable sharps container and taken to a registered collection facility.

Acceptable containers are red sharps containers. If you are unable to get a red sharps container use a heavy-duty plastic container with a tight fitting lid like a detergent bottle

**Do not use** milk containers, soda cans, glass containers or water bottles

### Safe Drug Drop-Off Locations in Winnebago County

Oshkosh Public Safety Building

Neenah Police Department

Menasha Police Department

Town of Menasha Police Department



Submitted by Lori Duclon, RN

### BIKE STORAGE



If your bike is being stored in the Marian Manor garage and you would like it put in the bike rack bring your lock to the office. Reminder bikes are not to be stored in your apartment. This includes bikes that your guests may bring in. Bike racks are located by the Marian Manor parking lot entrance and by the garage.



# MAY

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## 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
			2:00 pm	6:00 pm		
			Fire Alarm	Shuffle-		
			Testing	board		
5	6	7	8	9	10	11
		Bug Day		Library		
		Apts 201-		Books		
		210		Delivered		
		6-8 pm				
		Game				
		Night				
12	13	14	15	16	17	18
	Nurse	6-8 pm				
	Open	Game		6:00 pm		
	Hour	Night		Shuffle-		
	2-3 pm			board		
19	20	21	22	23	24	25
	3:30 pm					
	OHA	6-8 pm		6:00 pm		
	Board	Game		Shuffle-		
	Meeting	Night		board		
26	27 Offices	28	29	30	31	
	Closed			6:00 pm		
		6-8 pm	Picnic	Shuffle-		
		Game	12:30 pm	board		
		Night	Sign Up			

