

Marian Messenger

Volume 8, Issue 6

June 2019

Marian Manor

600 Merritt Ave. Oshkosh, WI 54901

Sign & Return Paperwork to Marian Manor Office

If you did not attend the May Resident Meeting you should of received a packet of papers in your mailbox to review and sign and then return to the office.

Please have all papers signed and returned by Friday, June 8th.

If you have any questions please stop in the office.

****You must also sign the Pet Policy for Marian Manor
even if you do not have a Pet.****



Thanks to all that came to the Marian Manor Picnic. The picnic was moved inside due to the threat of rain, but that did not dampen anyone's spirits. The food from Red's was delicious and Elvis –John put on a great performance.



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. Please submit any material by the 20th of the month if you would like your information posted in next month's newsletter.



Power Up with Breakfast

Breakfast gives you energy to start the day. A healthy breakfast is important for everyone. Get the morning nutrition you need with these quick breakfast ideas.

- Make instant oatmeal with low-fat milk instead of water. Toss in raisins or dried cranberries and chopped walnuts.
- Layer low-fat plain yogurt with your favorite crunchy cereal and blueberries.
- Blend a breakfast smoothie with low-fat milk, frozen strawberries and a banana.
- Make one packet of microwave oatmeal with low-fat milk. Mix in 1/4 cup unsweetened applesauce. Sprinkle with apple pie spice or cinnamon.
- Top a toaster waffle with low-fat yogurt and peach slices.
- Stuff a whole-wheat pita with a sliced, hard-cooked egg and low-fat shredded cheese.
- Spread a flour tortilla with peanut butter. Add a whole banana and roll it up.
- Spread low-fat cream cheese on a whole-grain toasted bagel. Top with sliced strawberries.

If your taste buds just don't crave breakfast foods, try these:

- Peanut butter and banana sandwich on whole-grain bread
- Leftover veggie pizza
- Deli turkey, a slice of low-fat cheese and lettuce wrapped in a tortilla
- Leftover rice mixed with low-fat yogurt, dried fruit and nuts. Sprinkle with cinnamon.

Power up with a healthy breakfast and you're off to a great start!



HOW TO GET RID OF NEEDLES SAFELY

You would not want anyone to get poked and hurt by any needle especially a used needle. If you have any kind of needle (includes those little needles used to poke your finger to test your blood sugar) please do the following:

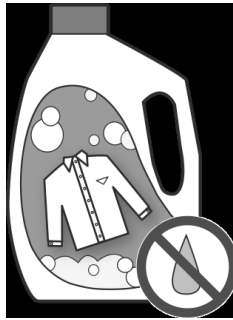
1. Put needle in a hard, heavy duty plastic container with a hard tight fitting lid/ cap. It must be a container that a needle cannot poke through.

Examples:

Use a red sharps container.
Check with your pharmacy or doctor.
There may be a cost.



Use a plastic laundry bottle.
If you don't have one, ask the
office in your building for one.



2. DO NOT PUT IN TRASH OR RECYCLING. Bring the sharps container or laundry bottle down to the office in your building. The Housing Nurse will take them to be disposed of in a safe way. (You can also check with your local hospital or pharmacy to see if they will take. Call ahead)

DO NOT USE containers that can break or puncture easily:

- Milk jug, water or soda bottle, deli container, cool whip container (too thin)
- Glass container (can break)
- Coffee can (lids are thin)
- Pop can (too thin and has no lid)

DO NOT throw needles out any other way:

- Do Not put in trash
- Do Not put in recycling
- Do Not flush down the toilet

Do Not leave needles out in open. Your pet or any children that come in could get hurt.

Questions: Call the Housing Nurse: 42401470 ext. 124.

Lost & Found



The items in the lost & found will be emptied on June 10th. Feel free to stop by and check for any items you may be missing before then. The lost & found items will also be brought to each resident meeting.

JUNE

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
		6-8 pm Game Night	2:00 pm Fire Alarm Testing	6:00 pm Shuffle- board		
9	10	11	12	13	14	15
	Nurse Open Hour 2-3 pm	Bug Day Apts 101- 110 &121 6-8pm Game Night		Library Books Delivered 		
16	17	18	19	20	21	22
		6-8 pm Game Night		6:00 pm Shuffle- board		
23	24	25	26	27	28	29
	3:30 pm OHA Board Meeting	6-8 pm Game Night	Bingo 1:30 –3pm	6:00 pm Shuffle- board		
30	