

Marian Messenger

Volume 8, Issue 7
July 2019

Marian Manor

600 Merritt Ave. Oshkosh, WI 54901



Housing Offices will be closed on Thursday, July 4th in observation of Independence Day.



New Key Keeper

Bill Bauernfeind
Apt. # 204 is
joining Stephanie
Tomko Apt. # 114
as one of the
building's
Key Keepers.
Key Keepers
are to be used
when the Marian
Manor office is
closed for lock-
outs and welfare
checks.

HERE'S
THE
SCOOP!



Ice Cream Social & "Get the Scoop"
on United Healthcare Plans

Tuesday, July 9th

1:30 pm

Activity Room

Sign Up by 8:00 am on Friday, July 5th

going on
VACATION

Mary Jo will be out
of the office from
July 22nd—July 29th

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.



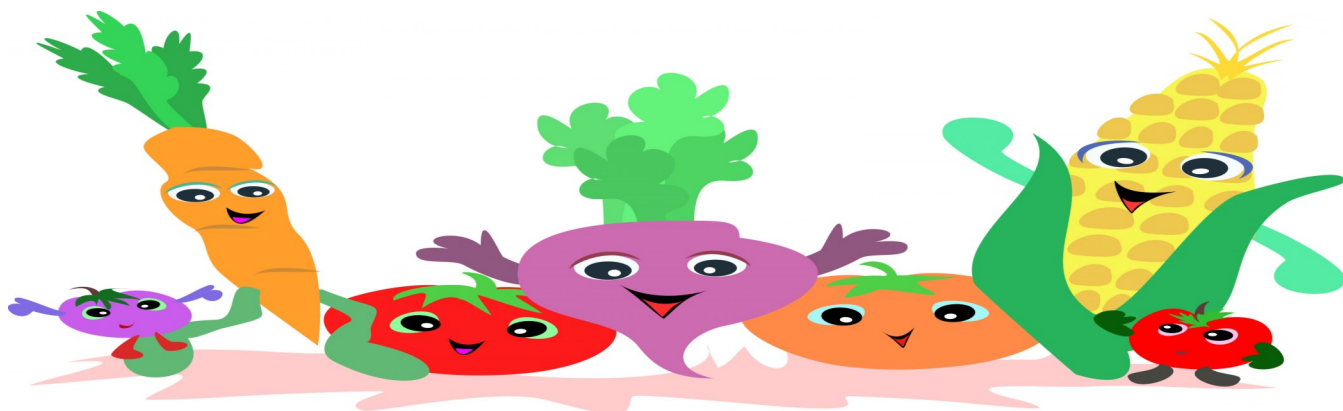


20 Ways to Enjoy More Fruits and Vegetables

Building a healthy plate is easy when you make half your plate fruits and vegetables. It's also a great way to add color, flavor and texture plus vitamins, minerals and fiber. All this is packed in fruits and vegetables that are low in calories and fat. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Try the following tips to enjoy more fruits and vegetables every day.

1. Variety abounds when using vegetables as pizza topping. Try broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini.
2. Mix up a breakfast smoothie made with low-fat milk, frozen strawberries and a banana.
3. Make a veggie wrap with roasted vegetables and low-fat cheese rolled in a whole-wheat tortilla.
4. Try crunchy vegetables instead of chips with your favorite low-fat salad dressing for dipping.
5. Grill colorful vegetable kabobs packed with tomatoes, green and red peppers, mushrooms and onions.
6. Add color to salads with baby carrots, grape tomatoes, spinach leaves or mandarin oranges.
7. Keep cut vegetables handy for mid-afternoon snacks, side dishes, lunch box additions or a quick nibble while waiting for dinner. Ready-to-eat favorites: red, green or yellow peppers, broccoli or cauliflower florets, carrots, celery sticks, cucumbers, snap peas or whole
8. Place colorful fruit where everyone can easily grab something for a snack-on-the-run. Keep a bowl of fresh, just ripe whole fruit in the center of your kitchen or dining table.
9. Get saucy with fruit. Puree apples, berries, peaches or pears in a blender for a thick, sweet sauce on grilled or broiled seafood or poultry, or on pancakes, French toast or waffles.
10. Stuff an omelet with vegetables. Turn any omelet into a hearty meal with broccoli, squash, carrots, peppers, tomatoes or onions with low-fat sharp cheddar cheese.
11. "Sandwich" in fruits and vegetables. Add pizzazz to sandwiches with sliced pineapple, apple, peppers, cucumber and tomato as fillings.
12. Wake up to fruit. Make a habit of adding fruit to your morning oatmeal, ready-to-eat cereal, yogurt or toaster waffle.
13. Top a baked potato with beans and salsa or broccoli and low-fat cheese.
14. Microwave a cup of vegetable soup as a snack or with a sandwich for lunch.
15. Add grated, shredded or chopped vegetables such as zucchini, spinach and carrots to lasagna, meat loaf, mashed potatoes, pasta sauce and rice dishes.

16. Make fruit your dessert: Slice a banana lengthwise and top with a scoop of low-fat frozen yogurt. Sprinkle with a tablespoon of chopped nuts.
17. Stock your freezer with frozen vegetables to steam or stir-fry for a quick side dish.
18. Make your main dish a salad of dark, leafy greens and other colorful vegetables. Add chickpeas or edamame (fresh soybeans). Top with low-fat dressing.
19. Fruit on the grill: Make kabobs with pineapple, peaches and banana. Grill on low heat until fruit is hot and slightly golden.
20. Dip: Whole wheat pita wedges in hummus, baked tortilla chips in salsa, strawberries or apple slices in low-fat yogurt, or graham crackers in applesauce.



**IT'S HOT
OUTSIDE!** *STAY COOL.
STAY HYDRATED.
STAY INFORMED.*

Tips for staying safe during extreme heat:

- Stay cool - Remain inside air-conditioned buildings as much as possible during the hottest parts of the day and avoid direct sunlight.
- Stay aware - Watch for signs of heat-related illnesses, such as weakness, dizziness, nausea, and muscle cramps. If symptoms don't improve, seek medical attention.
- Stay hydrated - Drink plenty of water. Don't wait until you're thirsty to drink!
- Stay informed - Pay attention to local weather forecasts and extreme heat alerts.

July 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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
		6-8 pm Game Night	2:00 pm Fire Alarm Test	OFFICES CLOSED 		
7	8	9	10	11	12	13
	2- 3 pm Nurse Open Hour	Bug Day Apt. #’s 611 – 620 1:30 pm Ice Cream Social		Library Books Delivered 6:00 pm Shuffle- board		
14	15	16	17	18	19	20
		6-8 pm Game Night		6:00 pm Shuffle- board		
21	22	23	24	25	26	27
		6-8 pm Game Night		6:00pm Shuffle- board		
						
28	29	30	31			
	3:30 pm OHA Board Meeting	6-8 pm Game Night	1:30 -3 pm Bingo			
						