

Marian Manor

600 Merritt Ave. Oshkosh, WI 54901



## Falls on Housing Authority Property

The Housing Authority wants to keep residents, visitors and staff safe and free of injury. It seems natural to want to help a person up after they have fallen, but this can be harmful. You may hurt the person more by lifting them up. You also may injure yourself. If a resident/visitor falls anywhere on Housing Authority property (including an apartment), please follow the steps below:

When you discover that a resident/visitor has fallen and is unable to get up on their own, you should not physically assist that person to get up, but should do the following:

- \* Do not attempt to move the person in any way, even if they ask you to.
- \* Call 911 to request assistance for a person who has fallen. If housing staff is available you may ask them to call. If the person who fell asks you not to call 911, tell them it is your duty. Emergency Responders will determine and provide any help that is needed for the resident.
- \* Remain with the person until the Emergency Responders arrive.
- \* Notify the Housing Social Worker/Property Manager in your building as soon as possible so they can do any follow up that is needed.

If Housing Authority staff find a resident/visitor who has fallen, the same steps will be followed. Staff are not allowed to lift people.

If you have fallen and cannot get up on your own, do not ask others to help you up. Call 911 for help or let others call for you. If you have bad balance, talk to your doctor. There is help for this.

The Housing Authority Nurses can answer any further questions about falls. We can help find resources you may need. Lori and Teresa 920-424-1470 extension 124.

Article submitted by Teresa Paulus, RN

## RESIDENT MEETING



Marian Manor Resident Meeting will be held on Monday, August 19th beginning at 1:00 PM in the Activity Room. Housing Authority nurse Lori Duclon and Anna Carpenter from the Winnebago County Health Department will be offering an emergency preparedness presentation.



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.



## Maintain Muscle Mass with Protein and Physical Activity

The normal aging process results in lost muscle mass even when maintaining the same weight. After the age of 70, there is approximately 15% muscle loss per decade. Comparing the thigh muscle of a 25 year old, active individual with a 75 year old, sedentary individual, when both are the same weight and height, the 75 year old will have considerably less muscle. This loss of muscle is called sarcopenia. As people age, they lose muscle mass faster whenever there is a period of inactivity such as a hospitalization and bed rest. It is possible to lose 10% of leg muscle mass in 10 days of inactivity even while eating an adequate amount of protein.

Loss of muscle mass is an important predictor of overall health status. Muscle loss often leads to diminished strength and decreased activity levels and can contribute to mobility issues, osteoporosis, frailty, and loss of physical function and independence. The weakness that accompanies sarcopenia can dramatically increase the risk of falls for older adults, and one-half of all accidental deaths among people over the age of 65 are related to falls. Therefore it is very important to maintain muscle mass for independence, mobility and normal walking speed.

Muscle mass can be maintained by paying attention to both nutrition and physical activity. It is important to consume an adequate amount of protein evenly throughout the day. Unfortunately only 15 percent of older adults consume 75 percent of the protein they need. When less protein is consumed than is needed, there is muscle breakdown and muscle loss. Muscle growth requires adequate protein intake and exercise.

Studies have shown that consuming 20 to 30 g of protein or approximately three to four ounces of meat or high protein foods (depending on your body size) three times a day can help increase muscle growth both in the young and old. Protein containing the amino acid leucine provides additional benefits. Consuming more than 30 g of protein at one time is not beneficial. Adding exercise along with the protein is needed to maximize the muscle growth and strength. The best response is when protein foods are consumed 60-90 minutes before exercise or a protein beverage consumed up to 60 minutes after exercise. Consuming whey protein which is a good source of leucine following exercise has been shown to increase the muscle strengthening effects of resistance exercise.

### **Dietary recommendations to maintain muscle mass:**

Consume 30 g of protein three times a day i.e. breakfast, lunch, supper. The follow menu has approximately 30 grams of protein at each meal. Good sources of protein include: Meat, , Beans, Eggs, Fish, Milk, Cheese & Nuts

#### **Breakfast**

- 2 egg omelet with vegetables
- 1 slice wheat toast
- 8 oz. skim milk

#### **Lunch**

- Sandwich (2 oz. chicken, lettuce, tomato, whole wheat bread)
- Peach and ¼ cup cottage cheese salad
- 8 oz skim milk

#### **Dinner**

- 3 oz fish, sweet potato
- Asparagus
- Strawberries on angel food cake
- Whole grain roll
- 8 oz. skim milk

Crabby Road

1-18-11



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### **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.

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).

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 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 6:00 pm Shuffle- board	2	3
4	5	6 6-8 pm Game Night	7 2:00 pm Fire Alarm Test	8 Library Books Delivered 6:00 pm Shuffle- board	9	10
11	12 2- 3 pm Nurse Open Hour	13 Bug Day Apt. #'s 511 – 520 6-8 pm Game Night	14	15 6:00 pm Shuffle- board	16 	17
18	19 1:00 pm Resident Meeting Emergen- cy Prepar- edness	20 6-8 pm Game Night	21 1:30 Bingo	22 6:00pm Shuffle- board	23	24
25	26 3:30 pm OHA Board Meeting	27 6-8 pm Game Night	28	29 6:00pm Shuffle- board	30	31

