

Marian Messenger

Volume 8, Issue 9
September 2019

Marian Manor

600 Merritt Ave. Oshkosh, WI 54901



Oshkosh Housing Authority Offices will be Closed on
Monday, September 2nd in observation of Labor Day.

Do you know the difference between a National Weather Service Severe Thunderstorm Watch and a Severe Thunderstorm Warning?

Severe Thunderstorm Watch: Be Prepared! Severe thunderstorms are possible in and near the watch area. Stay alert. Look for storms. Be ready to act.

Severe Thunderstorm Warning: Take Action! Severe weather has been reported by spotters or indicated by radar. Warnings indicate approaching danger to life and property. People may be hurt in the storm. Homes and buildings may be damaged. Protect yourself. Take action now.



What you can do when severe weather strikes. Acting quickly is key to staying safe.

- **Stay Weather Ready:** Continue to listen to local news or a NOAA Weather Radio to stay updated about severe thunderstorm watches and warnings.
 - **At Your House:** Go to your secure location, like your bathroom if you hear a severe thunderstorm warning. Damaging wind or large hail may be approaching. Take your pets with you if time allows. Stay away from windows if there is a severe thunderstorm warning.
 - **Outside:** Go inside a sturdy building immediately if severe thunderstorms are approaching. Sheds and storage facilities are not safe. Taking shelter under a tree can be deadly. The tree may fall on you. Standing under a tree also put you at a greater risk of getting struck by lightning.
- In a Vehicle:** Being in a vehicle during severe thunderstorms is safer than being outside; however, drive to closest secure shelter if there is enough time.

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.



MAINTAINING MOBILITY – the ability to rise from a chair and keep one’s balance, walk across a parking lot, and climb a set of stairs – is an under-appreciated component of good health later in life. When mobility is compromised, older adults are more likely to lose their independence, become isolated, feel depressed, and have shorter lives than those who don’t have difficulty moving around.

According the National Institutes of Health, problems with mobility are distressingly common. About 17 percent of people age 65 and older are unable to walk one-quarter of a mile and another 28 percent have limited ability to do so.

Research confirms the extraordinary benefits of physical activity to lower an individual’s risk of heart disease, cognitive impairment, diabetes, depression and some cancers. Regular exercise – aerobic activity and strength training – not only increases the likelihood that a person will maintain strength and flexibility, it also makes it less likely for someone to develop a long-term disability.

be Active!

Decompression Techniques for Dealing with Stress

After a long day, we could all use some time to de-stress and decompress. Here are a few tips to help you let go of tension and refocus on what’s important. Try these calming techniques after you leave the office or practice when you get home.

1. **Deep breathing** – Reduce tension by taking deep breaths in through your nose and slowly exhaling through your mouth. This practice will calm you as your heart rate slows down.
2. **Write in a journal** – It might be difficult to express your feelings out loud. Write them down to gain perspective on a situation and develop a plan for moving forward.
3. **Plan a day off** – You don’t have to leave town for a break. Take a day off and do something that you enjoy – get a massage, schedule a hair appointment, have coffee with a friend, or treat yourself to a shopping spree.
4. **Exercise** – Stretching, yoga and walking are great ways to get rid of stress. A good workout will leave you tired and calm.
5. **Meditate** – Find a quiet place to relax and ease your mind. Close your eyes and focus on nothing but your breathing.
6. **Play a tune** – Music can be a powerful stress-reducing tool. Kick back with classical or jazz.
7. **Connect with nature** – Enjoy the beauty around you. Take a walk in the park or sit on a park bench and listen to the birds.
8. **Read** – Get lost inside of an interesting book and take your mind off everything serious.
9. **Disconnect** – Turn off your phone and computer for a set time.
10. **Nap** – You’ll feel like a new person after a rejuvenating 30-minute nap.





Word Search

W U U O H N S Y A D I L O H Z
S I J I L Y P P H S O C T L X
D E M W E E K E N D U G E I S
E T P S I J I L S Y A D N O M
C V K T R M W U U O H N S Y G
F Q L E E N S I M I L Y P U H
N A O C V M D R M W U U O N S
A Z I F Q L B T E S I A I A R
T X U K R O W E R D Y D W C E
I S Y M Z I F Q R E T A S I R
O C T R A V E L O C V K D R O
N G E I S D M Z G N O L E E B
A H R O A T L X U K A O F M A
L N S Y G N I D N E Z I F A L
L Y P P H R O C T L A B O R P

See how many of these newspaper related words you can find in the puzzle.
The words can be forward, backward or diagonal.

Created by Sue Lindlauf
Grand Forks Herald 2012

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|--------------|------------|--------------|--------------|
| 1. LABOR | 5. WORK | 9. SUMMER | 13. AMERICAN |
| 2. DAY | 6. LONG | 10. NATIONAL | 14. MONDAY |
| 3. HOLIDAY | 7. WEEKEND | 11. USA | 15. DAY |
| 4. SEPTEMBER | 8. ENDING | 12. TRAVEL | 16. OFF |

September 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

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

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SEPTEMBER

1

2 Labor Day

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FALL

Autumn Begins

3:30 pm

OHA Board Meeting

BINGO

