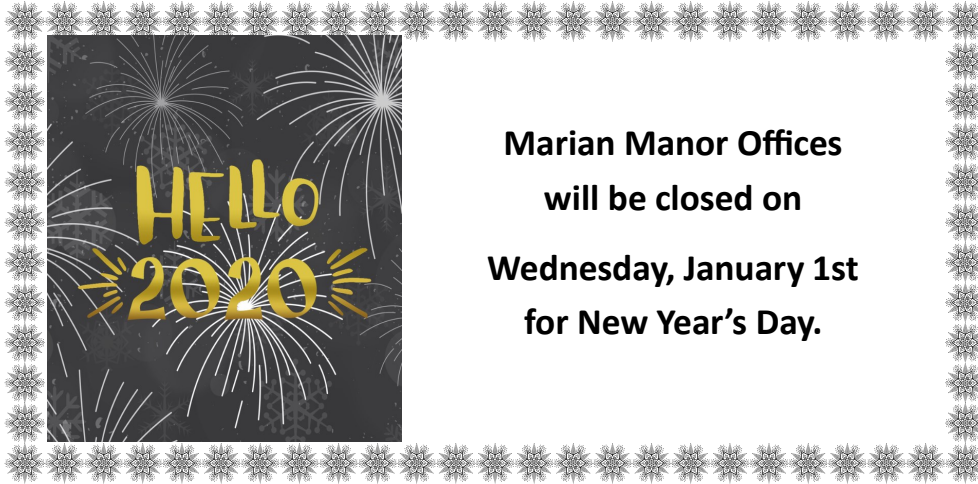


Marian Manor

600 Merritt Ave. Oshkosh, WI 54901



## Winter Safety Tips

When the temperature drops, older adults run a higher risk of health problems and injuries related to the weather, including hypothermia, frostbite, and falls in ice and snow.

**Like most things in life, it is better to be prepared.**

Here are a few precautions everyone should take, especially older adults during the winter. See tips on Page 3.



## Marian Manor Snowplowing Policy

Before the snow starts to fly let's review the snowplowing policy at Marian Manor.

The parking lot will be plowed when three inches or more of snow has finished falling.

Clearing of the parking lot will not be done during the snowfall, unless the snowfall is expected to be several inches or last over a couple of days. Signs will be posted at both main entrances. **When in doubt check for the signs.** You will be able to view the signs on your television, tune into channels 955 & 956 and look for the "happy plower" (as shown below) Cars will need to be removed from the lot by 11:00 am, so plowing can begin promptly at 11:30 am. If you fail to move your car a warning will be issued for the first offense. If you fail to move your car a second time you will get a \$30 fine and your car will be towed. A third offense will get another \$30 fine, your car towed and you will lose your parking privileges. When moving your car do not move it to one of the front circle parking spots as this area will be plowed as well. Do not return your car to the lot until the **entire** lot has been plowed and salted. Thank you for your cooperation in this matter, if everyone follows these guidelines the snowplowing of the parking lot goes smoothly for all.



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.



# 10 Relaxation Techniques That Zap Stress Fast

Relax. You deserve it, it's good for you, and it takes less time than you think.

Each of these stress-relieving tips you can do in less than 15 minutes.



## 1. Meditate

A few minutes of practice per day can help ease [anxiety](#). It's simple. Sit up straight with both feet on the floor. Close your [eyes](#). Focus your attention on reciting -- out loud or silently -- a positive mantra such as "I feel at peace" or "I love myself." Place one hand on your belly to sync the mantra with your breaths. Let any distracting thoughts float by like clouds

## 2. Breathe Deeply

Take a 5-minute break and focus on your breathing. Sit up straight, [eyes](#) closed, with a hand on your belly. Slowly inhale through your nose, feeling the breath start in your abdomen and work its way to the top of your head. Reverse the process as you exhale through your mouth "Deep breathing counters the effects of stress by slowing the heart rate and lowering blood pressure. psychologist Judith Tutin, PhD, says.

## 3. Be Present

Slow down. "Take 5 minutes and focus on only one behavior with awareness," Tutin says. Notice how the air feels on your face when you're walking and how your feet feel hitting the ground. Enjoy the texture and taste of each bite of food.

"Simply be aware of places you feel tight or loose without trying to change anything," Tutin says. For 1 to 2 minutes, imagine each deep breath flowing to that body part. Repeat this process as you move your focus up your body, paying close attention to sensations you feel in each body part

## 4. Reach Out

Your social network is one of your best tools for handling stress. Talk to others -- preferably face to face, or at least on the phone. Share what's going on. You can get a fresh perspective while keeping your connection strong.

## 5. Tune In to Your Body

Mentally scan your body to get a sense of how stress affects it each day. Lie on your back, or sit with your feet on the floor. Start at your toes and work your way up to your scalp, noticing how your body feels.

## 6. Decompress

Place a warm heat wrap around your neck and shoulders for 10 minutes. Close your [eyes](#) and relax your face, neck, upper chest, and back muscles. Remove the wrap, and use a tennis ball or foam roller to [massage](#) away tension. "Place the ball between your back and the wall. Lean into the ball, and hold gentle pressure for up to 15 seconds. Then move the ball to another spot, and apply pressure," says Cathy Benninger, a nurse practitioner and assistant professor at The Ohio State University Wexner Medical Center in Columbus

## 7. Laugh Out Loud

A good belly laugh doesn't just lighten the load mentally. It lowers cortisol, your body's stress hormone, and boosts brain chemicals called endorphins, which help your mood. Lighten up by tuning in to your favorite sit-com or video, reading the comics, or chatting with someone who makes you smile

## 8. Crank Up the Tunes

Research shows that listening to soothing music can lower blood pressure, heart rate, and anxiety "Create a playlist of songs or nature sounds (the ocean, a bubbling brook, birds chirping), and allow your mind to focus on the different melodies, instruments, or singers in the piece,"

## 9. Get Moving

You don't have to run in order to get a runner's high. All forms of [exercise](#), including [yoga](#) and walking, can ease [depression](#) and anxiety by helping the [brain](#) release feel-good chemicals and by giving your body a chance to practice You can go for a quick walk around the block, take the stairs up and down a few flights, or do some [stretching exercises](#) like head rolls and [shoulder](#) shrugs.

## 10. Be Grateful

Keep a gratitude journal or several (one by your bed, one in your purse, and one at work) to help you remember all the things that are good in your life. "Being grateful for your blessings cancels out negative thoughts and worries," says Joni Emmerling, a wellness coach in Greenville, NC.

Use these journals to savor good experiences like a child's smile, a sunshine-filled day, and good health.

Don't forget to celebrate accomplishments. When you start feeling stressed, spend a few minutes looking through your notes to remind yourself what really matters

Information obtained from <https://www.webmd.com/balance/guide/blissing-out-10-relaxation-techniques-reduce-stress-spot#3>

Submitted by Lori Duclon RN

## Hypothermia

Hypothermia occurs when your body temperature drops to a dangerous level. Your body temperature can drop when you are out in the cold for an extended time because it begins to lose heat quickly. Older adults are at an increased risk for hypothermia due to changes that happen to your body with aging.

**Warning Signs:** cold skin that is pale or ashy color; feeling very tired; confused and sleepy; feeling weak; problems walking; slowed breathing or heart rate. Call 911 if you think you or someone else has hypothermia. *Note: Shivering is not a reliable warning sign because older people tend to shiver less or not at all when their body temperature drops.*

### Precautions can you take to protect yourself:



Stay indoors ( don't stay outside for very long)  
Keep indoor temperature at 65 degrees or warmer  
Stay dry because wet clothing chills your body more quickly  
Dress smart- protect your lungs from cold air. Layer up! Wearing 2 or 3 thinner layers of loose-fitting clothing is warmer than a single layer of thick clothing. Think about using your thermals!  
Important winter wear; hats, gloves (or preferably mittens), winter coat, boots and a scarf to cover your nose and mouth.

## Frostbite

Frostbite occurs when your body experiences damage to the skin that can go all the way down to the bone. Extreme cold can cause frostbite. It is most likely to occur on body parts farthest away from the heart. **Common places include your nose, ears, cheeks, chin, fingers and toes.** In severe cases frostbite can result in a loss of a limb. People with heart disease and other circulation problems are at a high risk.

### How can you protect yourself?

Cover up! All parts of your body should be covered when you go out in the cold.  
If your skin turns red or dark or starts to hurt, go inside right away.

**Warning signs of frostbite:** skin that's white or ashy or grayish-yellow; skin that feels hard or waxy; numbness. If you think you or someone has frostbite, call for medical help immediately.

## Falls

It is easy to slip and fall in the winter, especially in icy and snow conditions.

### Precautions to take:

Make sure steps and walkways are clear before you walk. Be especially careful if you see wet pavement that could be iced over.  
Wear boots with non-skid soles- this will prevent you from slipping  
If you use a cane, replace the rubber tip before it is worn smooth.  
Consider an ice pick-like attachment that fits onto the end of the cane for additional traction.



## Accidents while driving

Adults 65 and older are involved in more car crashes per mile driven than those in nearly all other age groups. Winter is an especially important time to be more aware when driving because road conditions and weather may not be the best.

### Precautions to take:

"Winterize" your car before the bad weather hits! Make sure you have your antifreeze, tires and windshield wipers checked and change if necessary.  
Remember your cell phone when you drive in bad weather, and always let someone know where you are going and when you will be back.  
Avoid driving on icy roads, be especially careful on overpasses or bridges. Often bigger roads are cleared of snow better than smaller roads. You may need to consider alternate routes because of the road conditions  
Stock your car with basic emergency supplies such as: First aid kit; blankets; extra warm clothes; booster cables; windshield scraper; bag of sand or kitty litter (in case your wheels get stuck); water, dried or canned food with can opener; flashlight; local maps



# JANUARY 2020

## 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 New Year's Day Offices Closed	2	3	4
						
5	6	7 6-8 pm Game Night	8 Fire Alarm Testing 2:00 pm	9 Library Books Delivered 	10	11
12	13 2- 3 pm Nurse Open Hour 	14 Bug Day Apt. #'s 601-610 6-8 pm Game Night	15	16 6:00 pm Shuffle - board	17	18
19	20 MLK Day 	21 6-8 pm Game Night	22	23 6:00 pm Shuffle- board	24	25
26	27 3:30 pm OHA Board Meeting	28 6-8 pm Game Night	29 Bingo 1:30	30 6:00 pm Shuffle- board	31	
						