



Tips for Adjusting to Daylight Saving Time

Sunday, March 8th is when daylight saving time begins and we “spring” our clocks forward one hour. Are you someone that misses that hour of sleep and finds yourself more irritable after the change to daylight saving time? Here are some tips that can help the adjustment to the new schedule go smoothly.

- Give yourself a jump start in adjusting to the time change. In the days leading up to the time change, try going to bed and waking up a bit earlier than usual to prepare your body for the hour you will lose.
- Expose yourself to light -- ideally, sunlight -- as soon as you wake up. Seeing light first thing after waking up can help reset your body's clock, so try eating breakfast in front of a window or making a walk part of your morning routine.
- Avoid caffeine after lunch and other stimulants that can affect wakefulness, especially a few days before and after the time change.
- Try not to nap during this time as well, since napping can decrease your ability to sleep at night.
- Avoid driving if you are sleep deprived. If possible, take public transportation for a few days after the time change. If you must drive, make sure to get a full night's sleep each night and remain vigilant when on the road.

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.



Healthy Feet Help You Stay Mobile, Balanced, and Independent

Aging takes a toll on your feet. Foot care can be easily forgotten. Over time, feet flatten and become wider. The fatty padding naturally wears down. That leaves the bones and joints of the feet more exposed to wear and tear. An injury as simple as a bad blister can impair mobility, balance, and overall function in aging adults.

Use these 8 essential foot care tips to keep aging feet healthy and reduce the risk of health issues indirectly caused by foot problems.

1. **Keep feet clean** – Good foot hygiene is critical to preventing fungal, viral, and bacterial infections. As we age, we are not always taking daily showers anymore, but making a regular habit of simple foot wipe downs with warm water, soap, and a washcloth daily can keep your feet healthier. And if done at night, it can even promote relaxation prior to sleep.
2. **Moisturize feet** - Dry skin is more prone to cracking, flaking, and breaking which is why moisturizing is so important for preventing open foot sores, especially for aging adults whose skin is drier. Foot lotions should be applied after feet have been thoroughly washed and dried. That locks in moisture and helps keep skin soft and supple.
3. **Trim nails** - Keeping toenails trimmed is another important element of foot care. If they get overgrown, it can cause pain or interfere with stable walking. You could trim your nails yourself or find local nail care clinics that specialize in caring for senior feet. Podiatrists may also offer these types of foot care services.

Local Foot Care Clinics offered by Valley VNA

Appointments are 20 minute and include:

- Foot exam by a Registered Nurse
- Foot soak
- Massage
- Callus Reduction
- Toenail file and trim
- Education and referral.

Call 920-727-555 for appointment at the follow locations:

- American Legion, Winneconne
- Highlands at River Crossing, Winneconne
- Omro Community Center
- Oshkosh YMCA (Downtown)
- Oshkosh Senior Center **call 920-232-5310**

4. **Monitor for sores** - Checking your feet for sores when washing your feet and following up with your physician if you find anything is very important for foot health.
5. **Get properly fitting footwear** - The health of aging adult's feet can largely come down to their footwear. When was the last time you had your feet measured by a specialist? Wearing shoes that are too small or too big can impact more than comfort levels — they can rub and cause blisters and other foot ailments as
6. **Get medical attention when needed** - Common foot conditions like bunions, hammer toes, discolored toenails, corns, and calluses may seem harmless. But if you have any of these, it's worth getting an evaluation from a podiatrist to prevent harmful developments later, like infections.



7. **Address pain** - Feet are often the first parts of the body to show symptoms related to conditions like arthritis, diabetic neuropathy. They can also be affected by injuries like plantar fasciitis. If you are experiences pain, tingling, numbness, stiffness, or inflammation in their feet or ankles, see your doctor or podiatrist for a thorough exam as soon as possible. Catching early warning signs can help you take quick action to prevent medical complications down the line.

8. **Promote circulation** - Adults who suffer from chronic illnesses like diabetes, peripheral artery disease, or conditions that limit mobility may experience reduced circulation in their lower legs and feet. That can contribute to dangerous developments like blood clots. Circulation in senior feet can be improved with foot massages, elevating the lower legs when resting, and talking with their doctor about prescribing compression hose.

Adapted from dailycaring.com/8-essential-senior-foot-care-tips-for-improved-health Submitted by Lori Duclon, RN

Did you miss the date when Homestead Tax Preparers were at Marian Manor?

It is still not too late to file your Homestead Tax. You can **call the AARP Tax line at 385-6756** to schedule a tax assistance appointment.

The tax assistance program provides help to low & middle income individuals over age 60. Volunteer counselors assist individuals with the preparation of their tax returns in accordance with the guidelines established between the IRS, AARP & VITA.

Appointments are Required!!

Another option is you can file your taxes for FREE through MyFreeTaxes at <http://www.unitedway.org/myfreetaxes/> which provides free federal and state tax preparation and filing assistance online for individuals and families with a household income of \$66,000 or less in 2018. It's easy, safe and secure and FREE.

Visit MyFreeTaxes to file online or call 1-855-698-9435



UPCOMING ELECTION DATES:

- April 7, 2020 - Spring Election and Presidential Preference Primary
- August 11, 2020 - Partisan Primary
- November 3, 2020 - General Election

POLLING SITE CHANGE FOR 2020

The Polling location for Maria Manor District 4 has changed. It is no longer located at Webster Stanley School. The new location is at 106 Washington Ave. in the lower level of the Oshkosh Public Library



March 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

Roger, Custodial

Monday, Tuesday, Thursday

7:00 am - 3:30 pm

Friday 7:00 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	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

2:00 pm
Fire Alarm
Testing



Bug Day
Apts 401-
410



OHA
Board
Meeting
3:30 pm

