

Marian Manor

600 Merritt Ave. Oshkosh, WI 54901

## **VOTING BY ABSENTEE BALLOT FOR THE AUGUST 11, 2020 ELECTION**

Any qualified elector who is unable or unwilling to appear at the polling place on Election Day may request to vote an absentee ballot. A qualified elector is any U.S. citizen, who will be 18 years of age or older on Election Day, who has resided in the ward or municipality where he or she wishes to vote for at least 10 consecutive days before the election. The elector must also be registered in order to receive an absentee ballot. Proof of identification must be provided before an absentee ballot may be issued.

### **TO OBTAIN AN ABSENTEE BALLOT YOU MUST MAKE A REQUEST IN WRITING**

Contact your municipal clerk and request that an application for an absentee ballot be sent to you for the August 11, 2020 Election. You may also submit a written request in the form of a letter. Your written request must list your voting address within the municipality where you wish to vote, the address where the absentee ballot should be sent, if different, and your signature. You may make application for an absentee ballot by mail, email or in person.

### **MAKING APPLICATION TO RECEIVE AN ABSENTEE BALLOT BY MAIL**

**The deadline for making application to receive an absentee ballot by mail is  
5:00 p.m. on August 6, 2020**

Note: Special absentee voting application provisions apply to electors who are indefinitely confined to home or a care facility, in the military, hospitalized, or serving as a sequestered juror. If this applies to you, contact the municipal clerk regarding deadlines for requesting and submitting an absentee ballot.

### **VOTING AN ABSENTEE BALLOT IN PERSON**

You may also request and vote an absentee ballot in the clerk's office or other specified location during the days and hours specified for casting an absentee ballot in person.

PAMELA UBRIG, CLERK, CITY OF OSHKOSH  
215 Church Ave., P.O. Box 1130, Oshkosh, WI 54903-1130  
920-236-5011

View more information at website: [www.ci.oshkosh.wi.us](http://www.ci.oshkosh.wi.us)

Hours: Mon – Fri, (Jul 28 to Aug 6, 2020) 8 am - 4:30 pm

Fri, (Aug 7, 2020) 8 am - 5 pm

No in-person absentee voting may occur on the day before the election.

The municipal clerk will deliver voted ballots returned on or before Election Day to the proper polling place or counting location before the polls close on August 11, 2020. Any ballots received after the polls close will not be counted.



**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**



## 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).

### ***Happiness during COVID.... Is that possible?***

The obvious question here is, can you be happy in the midst of the COVID crisis? Many people are feeling uncertain, anxious, sad, even depressed now. Others just feel kind of neutral or numb. Life may seem dull, flat or boring. One day blends into another without much change. How can we be happy in the midst of all that?

The good news is that research on happiness indicates that there is a strong connection between happiness and life success, regardless of the circumstances in which you find yourself. It also shows that it's the small positive daily happiness activities that make the difference. In other words, happiness is something you can create.

The activities of happiness are small daily things that, when done regularly, can create a "habit of happiness". They include basics, including a simple smile. The cynic in me wants to believe that smiling won't really make much difference. However, when I start smiling, even for no reason, on what seems to be a not so good day, things start to change. Smiling activates my "happy brain" and I just feel better or at least less bad. Now the ball is beginning to roll and I'm much more likely to do something else to promote my happiness. Maybe I'll take a deep breath and notice how good it feels to feel good (or less bad).

Next, I may realize how fortunate I am and then pass that forward by expressing my gratitude to someone else. Perhaps I'll send a spontaneous positive text or email to someone which makes us both feel good. Now my willpower and motivation are increasing, and I've created an opportunity to make it a good day.

Below are some of the "happiness habits" that have been shown to be effective and only take a small bit of effort and time, yet can yield big results with repetition. For more information you can review the previous messages that go into more detail on some of these. Let me know if you'd like a copy of all 18 messages on a Word document.

- SMILE! 😊 – Smiling turns on the part of the brain that regulates happiness. That means we can turn on a bit of happiness every time we smile.
- Practice gratitude daily – Just searching in your mind for something to be grateful for primes your brain with neurotransmitters that increase focus and positive mindset.
- Remember that what you do really does matter – Believing that you contribute positively in life can increase your happiness level.
- Connect with people – Staying socially connected increases happiness level for you and others. In fact, social support is the number one predictor of longevity.
- When you experience stress, take it on as a challenge rather than a burden.
- Savor your positive emotions for 10 or more seconds and they'll stick in your brain, contributing to a positive neuropathway that can help you focus more on positives.

Move – People who get up every 30 minutes and move for a bit are shown to be healthier than those who sit all day. The simple act of getting up can make a significant difference in your wellbeing.

# August 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 - 3:00 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**

