

Marian Messenger

Volume 10, Issue 3
March 2021

Marian Manor

600 Merritt Ave. Oshkosh, WI 54901

Annual Inspections Resuming this Month

The schedule for inspections will be as follows:

6th Floor: March 4th 9 am - 4 pm

5th Floor: March 5th 10am - 2 pm

4th Floor: March 10th 9 am – 4 pm

3rd Floor: March 12th 10 am - 2 pm

2nd Floor March 17th 9 am – 4 pm

1st Floor March 18th 9 am – 4 pm



Reminder if you live on 1st, 2nd or 3rd Floors you cannot have your windows blocked this is a fire violation.

Due to the low supply of vaccine doses available it is unknown when Hometown Pharmacy will be able to hold a vaccination clinic at Marian Manor. We will keep you posted when a date is scheduled. If you are able to get your vaccination elsewhere you are encouraged to do so. Here are some possible suggestions for getting your vaccination.

Call Aurora Covid Hotline at 920-424-2019 to sign up for waiting list for vaccine at Culver Welcome Center 625 Pearl St. on the UW– Oshkosh Campus. All you will need is your name, date of birth and telephone number. You will get a call when your name comes off the list. It takes about 1-2 weeks to get in to receive the vaccine.

-Call your Health provider office to get on waiting list for a clinic with the healthcare system: Aurora, Ascension, ThedaCare

-Call your local pharmacy to get on a wait list

-Check the Winnebago County Health Dept. website for updates: <https://www.co.winnebago.wi.us/health/divisions-program-areas/communicable-disease/covid-19-coronavirus>



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.
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 well as impair mobility.
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 experience 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





Tips for Adjusting to Daylight Saving Time

Sunday, March 14^h 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.

UPCOMING ELECTION:

Tuesday, April 6th the polling location is the lower level of the Oshkosh Public Library at 106 Washington Ave



March 2021

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

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

Teresa, RN

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
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2:00 pm

Fire Alarm

Testing

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Bug Day

Apts

401-410

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20 Spring
Begins



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OHA
Board
Meeting
3:30 pm

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