

Exposure to ultraviolet (UV) rays causes most cases of melanoma, the deadliest kind of skin cancer. To lower your skin cancer risk, protect your skin from the sun and avoid indoor tanning.

Summer is full of outdoor activities. Sun protection is important all year round, and it's best to use several different kinds. You probably put sunscreen on when you go out. But do you know you should protect your skin with more than just sunscreen anytime you're outside?

How To Protect Your Skin From the Sun

Shade

You can reduce your risk of sun damage and skin cancer by staying in the shade under an umbrella, tree, or other shelter. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you're outside—even when you're in the shade.

Clothing

When possible, wear long-sleeved shirts and long pants and skirts, which can provide protection from UV rays. If wearing this type of clothing isn't practical, try to wear a T-shirt or a beach cover-up. Clothes made from tightly woven fabric offer the best protection. Darker colors may offer more protection than lighter colors..

Hat

For the most protection, wear a hat that has a brim all the way around that shades your face, ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays. Avoid straw hats with holes that let sunlight through. If you wear a baseball cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas, using sunscreen, or staying in the shade.

Sunglasses

Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure. Sunglasses that block

Sunscreen

Put on broad spectrum that blocks both UVA and UVB rays and has an SPF of 15 or higher before you go outside. Sunscreen is not recommended for babies who are 6 months old or younger. And remember, sunscreen works best when combined with other options.

SPF. Sunscreens are assigned a *sun protection factor* (SPF), which is a number that rates how well they block UV rays. Higher numbers indicate more protection. You should use a broad spectrum sunscreen with SPF of 15 or higher.

Reapplication. Sunscreen wears off. Put it on again if you stay out in the sun for more than 2 hours and after swimming, sweating, or toweling off.

Expiration date. Check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf life of no more than 3 years. Its shelf life is shorter if it has been exposed to high temperatures



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.



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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QUIT SMOKING!

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).

FREE

**Wheelchair
Wash & Inspection**

Friends

Fun

Food

**You're cordially invited to the Winnebago County Wheelchair Wash,
join us for a free wash, food, music, and fun!**

When: **Saturday, August 7 10a - 1p**
Where: **J & R AUTO SERVICE, 629 N Main St, Oshkosh**
Appointments encouraged, drop-ins welcome.
To schedule please contact:

Making the Ride Happen
920.225.1719 or mrh@lsswis.org

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August 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
			2:00 pm Fire Alarm Test			
8	9	10	11	12	13	14
		Bug Day Apt. #'s 511 – 520				
15	16	17	18	19	20	21
						
22	23	24	25	26	27	28
	OHA Board Meeting 3:30 pm					
29	30	31				

stay

COOL

this summer

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
6:30 am-4:30 pm
Friday Off

Roger, Custodial
Monday, Tuesday, Thursday
6:30 am - 3:00 pm
Friday 6:30 am—Noon

After Hours Maintenance
920-966-4235

Nurses- 4th Floor Office
424-1470 Ext 124
Lori, Monday, Tuesday, &
Teresa, Wednesday, Thursday
Fridays

Stuart Kuzik
Executive Director
424-1450 Ext. 112

Office Closed for Lunch
Noon—1:00 pm