

Marian Messenger

Volume 12, Issue 2
February 2023

Marian Manor

600 Merritt Ave. Oshkosh, WI 54901



Filing Taxes-

AARP Tax Assistance Program volunteers are back. They will be assisting with filing Homestead Taxes on Monday, February 13th starting at 8:45 am in the TV Lounge.

Sign up on the bulletin board. See list of items needed. Please have your paperwork together so appointments run on time. You may need to get some items from your guardian or rep payees. Only come down at your assigned time. Rent Certificates will be kept in the office until your appointment unless your request your copy. If you want your copy of your rent certificate a sign will be posted when they are ready for pick up.

Come wish Teresa well before she retires. Thursday, Feb. 2nd at 2pm in the Activity Room.

Snacks and drinks will be provided. See page 2 for Teresa's last newsletter article.



Welcome Erin– New Housing Nurse

My name is Erin and I've been a nurse for 20 years. Fun fact... when I was a student, Teresa was my mentor for my public health rotation and I feel so lucky to be following in her footsteps as the next Housing Authority nurse. In my free time, I am a cheerleader for several high school events. Just kidding, but I am usually sitting on the bleachers cheering and supporting my two children with football, swimming, wrestling and show choir. If I'm not doing that, I love to travel, walk my 2 dogs or try out new restaurants with my husband. I am looking forward to working at the Housing Authority.



Annual inspections resuming in March details will be coming soon as to exact dates and times. Use this time to make sure your apartment is inspection ready. Reminder if you live on 1st, 2nd or 3rd Floors you cannot have your windows blocked this is a fire violation. See Mary Jo if you need assistance.



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.



For You: Healthy Aging at any Age

From: Teresa, the Nurse



I am aging into my later years now and am seeing health problems in me that I have helped others with these past 38 years. Yes, I am a nurse and here I am going to the doctor more; more tests; more medication. I love helping people with their health problems, but what about preventing problems. Why sit around and watch the problems start and grow and then do something? There are things we can do earlier in our life to prevent illness and disease. BUT the Good news is: there are things I can do now to make my health better and feel better no matter what age and condition I am in. Instead of sitting around feeling sad and being upset, do something about it! You have most likely heard of these things before and may have let it run in one ear and out the other. Been there! Done that! How about if you try to make just one change out of the ideas?

Move More: It can lessen pain, improve your blood pressure, blood sugars, stress and depression, weight loss, lets you do stuff for yourself. Anything is better than nothing. Walk in the halls; dance, use the treadmill in your building. Walk at Walmart or Target. Join the Y or other classes- Ask your social worker if need help signing up. Work up to 3 10-minute sessions a day and then try 30 minutes in a row or more a day. <https://www.nia.nih.gov/health/staying-motivated-exercise-tips-older-adults>

Eat Better: Helps with headaches, migraines, swelling, weight loss, blood pressure, Diabetes, stress and a clearer mind. You will most likely need help with this. Ask your doctor for a referral to a dietician. Join a reputable weight loss program, check the Y. <https://www.nia.nih.gov/health/how-much-should-i-eat-quantity-and-quality>

Get a Good Night Sleep: Helps with Depression, concentration, less chance of Dementia, lowers risks of heart disease, obesity, improves blood sugar. Go to sleep and wake up at same time every day. Avoid caffeine, smoking after 5pm. Alcohol doesn't help! Keep room dark and cool. No electronics at least an hour before bedtime <https://www.nia.nih.gov/health/good-nights-sleep>, Ask your doctor if you need help with sleep and talk about sleep apnea.

Quit Smoking: You can do it! Try again! Blood pressure, breathing, taste and smell improve, you smell better, less lung infections, improved energy. <https://www.nia.nih.gov/health/quitting-smoking-older-adults#quitline>. Call 800QUITNOW. Talk to your doctor or housing social services coordinator for help.

Avoid alcohol and other substances: Talk to your doctor or housing social services coordinator. <https://www.nia.nih.gov/health/facts-about-aging-and-alcohol>

Visit Your Doctor At least Yearly: You may feel fine, but like me, there are things going on that we can't see or feel. Example: You can't feel high blood pressure or the beginning of cancer or diabetes. Ask the social service coordinator or nurse in your building if you need help finding a doctor or have concerns with payment.

Take Care of your Mental Health. Mental wellness is important to your overall health and quality of life. It affects how we think, feel, act, make choices and relate to others. It can affect our physical health. Why struggle alone? Talk to your social services coordinator in your building or your religious leader; they can listen and help. Talk to your doctor. If you are thinking of harming yourself call 911. If you wish to talk with someone call 988 the 24 hr. Suicide and Crisis Lifeline.

Don't forget to Enjoy Yourself! Research shows that people who participate in hobbies and social and leisure activities may be at lower risk for some health problems. A study showed that older adults who spent at least an hour reading or engaged in other hobbies had a decreased risk of dementia. Look for opportunities to participate in activities. It can help with Depression and Stress. Go to a sporting event, try a new restaurant, or visit a museum. Learn how to cook or play a musical instrument. Consider volunteering somewhere. Maybe get a pet!

I wish you all wellness. Please take care of you. Remember, The Housing Nurse is available for you to help with any health problem or to help with prevention. Call 424-1470 ext 124.



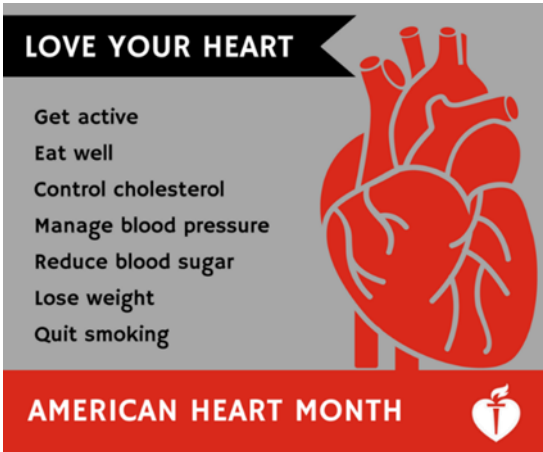
Along with Valentine’s Day, February marks **American Heart Month**, a great time to commit to a healthy lifestyle and make small changes that can lead to a lifetime of heart health.

Heart disease is the leading cause of death for American women and men, accounting for 1 in 4 deaths in the United States. Nearly half of Americans have at least one risk factor for heart disease , such as high blood pressure, obesity, physical inactivity or an unhealthy diet. Risk also increases with age.

Here are some healthy heart hints from the National Institute on Health for the month of February. **Try to do one of these each day this month.** You can repeat your favorites!

1. Have heart healthy snacks while watching your favorite game or movie. Make your own snack mix (oat cereal, dried cranberries, unsalted nuts) or humus and your favorite veggies.
2. March in place when there is a commercial on TV.
3. Call a friend or neighbor and go for a walk.
4. Share a funny video or story that makes you laugh.
5. Give Meatless Mondays a try. Chunky cut your favorite veggies and toss with a bit of oil, pepper and your favorite herbs and roast them for 30 minutes at 400 degrees. Or make a soup like black bean or minestrone.
6. Swap the sweets for a piece of fruit for dessert.
7. Walk an extra 15 minutes today.
8. Go salt free and use herbs to flavor your food.
9. Add a stretch break to your day.
10. Dance to your favorite song.

Adopted from the National Institute on Health.
Submitted by Lori Duclon, RN



Maintenance Updates

Fire Alarm Testing will occur on **Wed. Feb 8th** and not on the 1st. Summit will also be checking sprinkler heads that day so the alarms may sound longer than normal a time for the testing is not known.

Wednesday, February 15th Scott will be changing filters in all units. He will enter if you are not how and a “while your were out” notice will be left.



FEBRUARY
2023

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 \

8:00 am–4:30 pm

Friday 8:00 am– Noon

Scott, Maintenance

Monday– Thursday

6:00 am—4:30 pm

Custodial

Monday, Tuesday, Thursday

Friday until Noon

After Hours Maintenance

920-966-4235

Nurses- 4th Floor Office

Lori, RN

Erin RN

424-1470 Ext 124




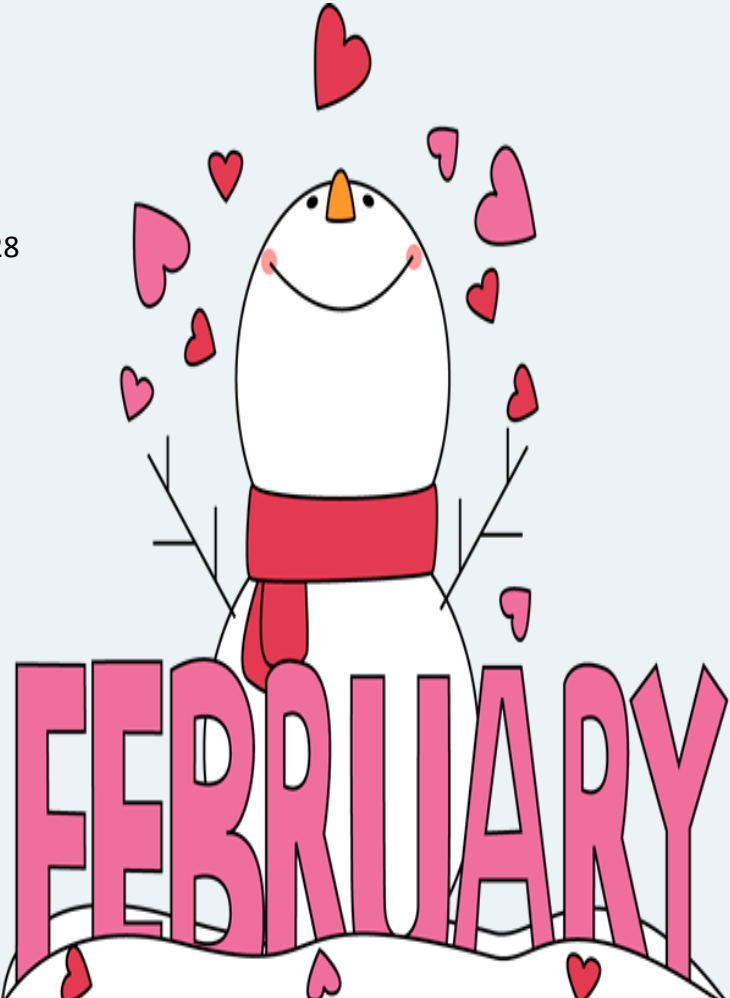
Wendy Fronn

Executive Director

424-1450 Ext. 112

Office Closed for Lunch

Noon—1:00 pm

Sun	Mon	Tue	Wed	Thur	Fri	Sat
			1	2	3	4
						
5	6	7	8	9	10	11
			Fire Alarm Testing 2:00 pm	Library Books delivered		
12	13	14	15	16	17	18
	8:45 Home- stead Tax filing TV Lounge Sign Up	Bug Day Apts 501- 510 	Filter Changed all apart- ment units			
19	20	21	22	23	24	25
26	27	28				
	3:30 OHA Board Meeting					