

Marian Manor

600 Merritt Ave. Oshkosh, WI 54901



Housing Offices will be closed on
Tuesday, July 4th in observation
of Independence Day.

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 both UVA and UVB rays offer the best protection.

Happy summer everyone!

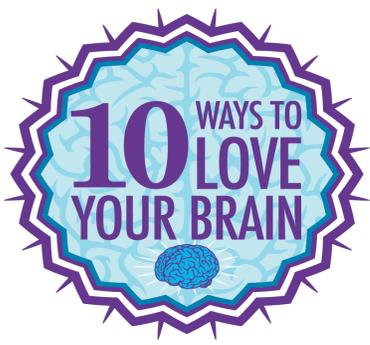
There has been a change for those who use detergent bottles as sharp's containers. Mercy Medical Center no longer accepts sharps in the detergent bottles. Going forward, you will need a biohazard container provided by Mercy Medical Center. To get a free biohazard container, reach out to one of us or Mary Jo! In the meantime, continue to use your detergent bottle. We hope you have been able to get out and enjoy the sunshine this summer. The sunshine is good for our brain health too. For more brain health information, read the article on the next page. As always, if you need to see a nurse, just call us at 920-424-1470 ext. 124. We are here to help you.

Thank you, Lori and Erin



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 that month's newsletter.





10 Ways to Love Your Brain

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body. Start now. It's never too late or too early to incorporate healthy habits.



Break a sweat

Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain and body. Several studies have found an association between physical activity and reduced risk of cognitive decline.



Hit the books

Formal education in any stage of life will help reduce your risk of cognitive decline and dementia. For example, take a class at a local college, community center or online.



Butt out

Evidence shows that smoking increases risk of cognitive decline. Quitting smoking can reduce that risk to levels comparable to those who have not smoked.



Follow your heart

Evidence shows that risk factors for cardiovascular disease and stroke — obesity, high blood pressure and diabetes — negatively impact your cognitive health. Take care of your heart, and your brain just might follow.



Heads up!

Brain injury can raise your risk of cognitive decline and dementia. Wear a seat belt, use a helmet when playing contact sports or riding a bike, and take steps to prevent falls.



Fuel up right

Eat a healthy and balanced diet that is lower in fat and higher in vegetables and fruit to help reduce the risk of cognitive decline



Catch some Zzz's

Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking.



Take care of your mental health

Some studies link a history of depression with increased risk of cognitive decline, so seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns. Also, try to manage stress.



Buddy up

Staying socially engaged may support brain health. Pursue social activities that are meaningful to you. Find ways to be part of your local community — if you love animals, consider volunteering at a local shelter. If you enjoy singing, join a local choir or help at an after-school program. Or, just share activities with friends and family.



Stump yourself.

Challenge and activate your mind. Build a piece of furniture. Complete a jigsaw puzzle. Do something artistic. Play games, such as bridge, that make you think strategically. Challenging your mind may have short and long-term benefits for your brain.

July 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

8:30 am—4:30 pm

Friday 8:00 am– Noon

Scott Maintenance

Monday -Thursday

6:30 am-4:30 pm

Fridays Off

Natalie, Custodial

Monday- Friday

7:00 am-2:30 pm

After Hours Maintenance

920-966-4235

Nurses- 4th Floor Office

424-1470 Ext 124

Lori, Monday, Tuesday and
alternate Fridays

Erin Wednesday, Thursday &
alternate Fridays

Wendy Fromm

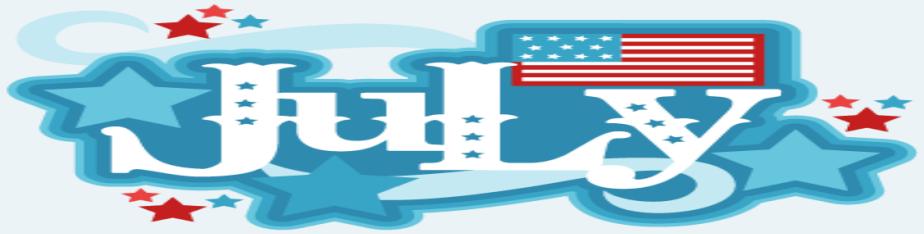
Executive Director

424-1450 Ext. 112

Office Closed for Lunch

Noon—1:00 pm

Sun Mon Tue Wed Thu Fri Sat
1



2 3 4 Offices 5 6 7 8

Closed 2:00 pm
Fire Alarm
Fest



9 10 11 12 13 14 15

Bug Day
Apt. #'s
611 –
620

16 17 18 19 20 21 22



23/30 24/31 25 26 27 28 29

Mary Jo will be out of the office from
July 24th—July 31st

