

Marian Manor 600 Merritt Ave. Oshkosh, WI 54901

Stay healthy in extreme heat with these simple steps!

THE HEAT AND HEALTH CONNECTION

Summer is here and that means warm weather! And some days may even bring extreme heat. An extreme heat event is a series of hot days, much hotter than average for a particular time and place. Extreme heat can be deadly and kills more people than any other weather event. Heat-related illnesses, like heat exhaustion or heat stroke, happen when the body is not able to properly cool itself.

WAYS TO PROTECT YOURSELF



Wear Appropriate Clothing.

Choose lightweight, loose-fitting clothing.

Wear Sunscreen.

Sunburn affects your body's ability to cool down and can make you dehydrated.

Be on the lookout for symptoms.

If you start feeling overheated, weak, dizzy, nauseous, or have muscle cramps, you could be experiencing heat illness. If your symptoms don't improve, see your doctor, or call 911.

Beware of hot cars.

Never leave a child, person with a disability, elderly persons, or pets in a parked car, even for a short time. On an 80°F Day, the temperature inside a car can reach 100°F in less than 10 minutes.

Check on your neighbors and loved ones.

In an extreme heat event, check to make sure that your neighbors and loved ones are okay, and look for signs of heat-related illness, especially if the person is elderly or lives alone. Those over the age of 65 can be at higher risk for heat illnesses. If you know someone in this age group, check on them at least twice a day.

Avoid the hottest part of the day.




If you must be outside, stick to the cooler morning and evening hours. Wear light, loose clothing and take frequent, air-conditioned breaks.

Keep Your Pets Hydrated.

Provide plenty of fresh water for your pets and leave the water in a shady area.

Stay informed.

Watch your local weather forecasts so you can plan outdoor activities safely.

<p>Stay in air conditioning.</p> 	<p>Take a cool shower.</p> 	<p>Drink plenty of water.</p> 
<p>Pro tip: When possible, stay in air conditioning on hot days. If you don't have air conditioning, head to libraries, malls, and other public spaces to keep cool.</p>	<p>Pro tip: Cool showers and baths reduce your body temperature faster than an air conditioner.</p>	<p>Pro tip: Drink plenty of water throughout the day. Avoid alcohol and hot, heavy meals.</p>

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).



Summer Ice Cream

Word Search!





	C R W N N K X B C B B B O V N T X N X V C U V K E	
	J O P X L E D E A R U M E N D N R I D A E W B E K	
	G Q F O K L A V O T A F O U L I V M R B Y T K E D	
	C H F F Z E G U T Z E Q U P S M I A E G L C T E P	
	R X N S E E I E X W D M Q J Q R M W R U G A V S E	
	S V U W M E R C L W H E F T E E Y Z N V L P K M R	
	X V W A C S E U A V T A P J L P P M C O R E C N Q	
	M Y P H C Y R R E B W A R T S P J I C J M A P Z B	
	X L A O W H S M E L F H D V R E P O S E P C B C R	
	E B T F O A V K A X A O O A G P H D Y T P H D Z E	
	U C W W N K T I O J Y V J N F C U K P D A M D C P	
	H N B A G N W Z B Z D O N I Z A C I P J X C S E U	
	M O N Z H P Y C M T O J O L X T V I O Q G F H Q K	
	Z A O G N A M B H D Z T J L N E I M C B B D P I N	
	B C H E R R Y G G O V R N A V J E X X E X I T L O	
	T V I Q Q M B V A N R F P A S K G C V O J F K E V	
	E S X Y B U B B L E G U M D T C H L A M E A T B L	
	N I K P M U P J J K Z F U S V I S L G Q F Q F E K	
	T X O S M F B Z R C L Y R Q N A L X Y X B I J I T	
	P U U U H O H K G S Y K X Z O I V O N I H Q I N T	
	T A N X V I H L P Y Q Y S G G T N G P F K D C W Y	
	O B M O Q H Q S G P I Q M Q H C R T G A Q G Z O W	
	Z X F Z C S U K U G L V Z P T Z F Z W O E A P R T	
	Q C S Q O O W A B L D Z F X V L E F O Q U N D B X	
	M V N M B Q C V V L O D W Q E D N V H S J C N I V	

Banana	Chocolate	Peach
Brownie	Coconut	Peppermint
Bubblegum	Coffee	Pistachio
Butterscotch	Mango	Pumpkin
Caramel	Maple	Strawberry
Cherry	Neapolitan	Vanilla



August 2023

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

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

Friday Off

Natalie, Custodial

7:00 am—3:30 pm

After Hours Maintenance

920-966-4235

Nurses- 4th Floor Office

424-1470 Ext 124

Lori, Monday, Tuesday, &

**Erin, Wednesday, Thursday
Fridays**

Wendy Fromm

Executive Director

424-1450 Ext. 112

Office Closed for Lunch

Noon—1:00 pm