

Marian Messenger

Volume 12, Issue 9
September 2023

Marian Manor 600 Merritt Ave. Oshkosh, WI 54901

Oshkosh Housing Authority Offices will be Closed on Monday, September 4th in observation of Labor Day.



After Hours Emergency Call Number has changed effective Friday, September 1st, 2023. The new number to call for after hour maintenance assistance is **920-735-3707**. This number will also be posted on the bulletin board on each floor. Always call **911** for medical emergencies.

Does Your Doctor Know?

Do you take vitamins and minerals, Tylenol or Advil; maybe some fish oil or other over the counter pills? Do you let your doctor know you take these? Most people don't, but you should. Here is why.

These things can interact with your prescribed medications and change the way they work in the body, making the medications either more or less effective, or increase certain side effects.

Prescribed pain pills can contain Tylenol (Acetaminophen) or Ibuprofen (Advil).

Too much Tylenol can cause liver damage. Too much Ibuprofen can cause kidney damage.

There are many other bad side effects too. Talk with your doctor about how much Acetaminophen and Ibuprofen you can safely take.

Some of these pills when taken with other medication can increase the risk of bleeding.

Some can decrease the effectiveness of Warfarin-a blood thinner, so that a clot develops, which may cut off part of the blood supply to the brain and cause a stroke.

Taking vitamins and supplements changes the chemistry of your body.

They may benefit your overall health, but need to be taken properly.

Let your doctor know what over the counter pills you are taking so they can advise on any interaction with your prescriptions. The doctor can also advise on how much you should take to get the most benefit. Write them down and bring in the list to your appointment.



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.



Debunking the Myths of Older Adult and Falls

Many people think falls are a normal part of aging. The truth is, they're not. Most [falls can be prevented](#)—and you have the power to reduce your risk. To promote greater awareness and understanding here are 10 common myths—and the reality—about older adult falls:

Myth 1: Falling happens to other people, not to me.

Reality: Many people think, “It won’t happen to me.” But the truth is that 1 in 4 older adults [fall every year](#) in the U.S.

Myth 2: Falling is something normal that happens as you get older.

Reality: Falling is not a normal part of aging. Strength and balance exercises, managing your medications, having your vision checked and making your living environment safer are all steps you can take to prevent a fall.

Myth 3: If I limit my activity, I won’t fall.

Reality: Some people believe that the best way to prevent falls is to stay at home and limit activity. Not true. Performing physical activities will actually help you stay independent. Social activities are also good for your overall health.

Myth 4: As long as I stay at home, I can avoid falling.

Reality: Over half of all falls take place at home. Inspect your home for fall risks. Fix simple but serious hazards such as clutter, throw rugs, and poor lighting.

Myth 5: Muscle strength and flexibility can’t be regained.

Reality: While we do lose muscle as we age, exercise can partially restore strength and flexibility. It’s never too late to start an [exercise program](#). Even if you’ve been a “couch potato” your whole life, becoming active now will benefit you in many ways—including protection from falls.

Myth 6: Taking medication doesn’t increase my risk of falling.

Reality: Taking any medication may increase your risk of falling. Medications affect people in many different ways and can sometimes make you dizzy or sleepy. Be careful when starting a new medication. Talk to your health care provider about potential side effects or interactions of your medications.

Myth 7: I don’t need to get my vision checked every year.

Reality: Vision is another key risk factor for falls. Aging is associated with some forms of vision loss that increase risk of falling and injury. People with vision problems are more than twice as likely to fall as those without visual impairment. Have your eyes checked at least once a year and update your eyeglasses.

Myth 8: Using a walker or cane will make me more dependent.

Reality: Walking aids are very important in helping many older adults maintain or improve their mobility. However, make sure you use these devices safely. Have a physical therapist fit the walker or cane to you and instruct you in its safe use.

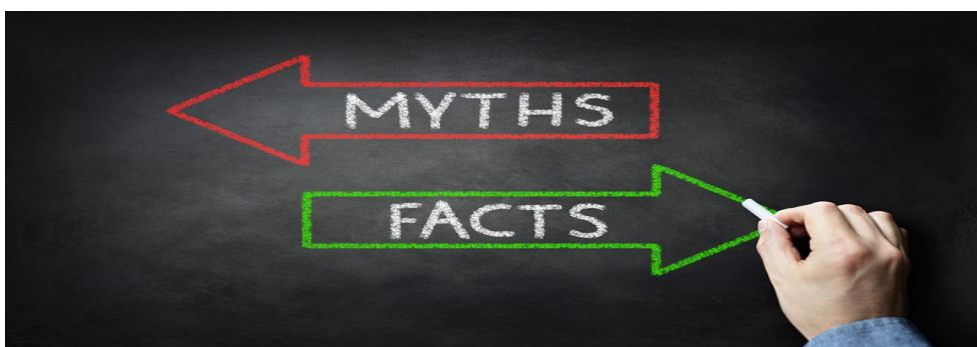
Myth 9: I don’t need to talk to family members or my health care provider if I’m concerned about my risk of falling. I don’t want to alarm them, and I want to keep my independence.

Reality: Fall prevention is a team effort. Bring it up with your doctor, family, and anyone else who is in a position to help. They want to help you maintain your mobility and reduce your risk of falling.

Myth 10: I don’t need to talk to my parent, spouse, or other older adult if I’m concerned about their risk of falling. It will hurt their feelings, and it’s none of my business.

Reality: Let them know about your concerns and offer support to help them maintain the highest degree of independence possible. There are many things you can do, including removing hazards in the home, finding a [fall prevention program](#) in the community, or setting up a vision exam.

Information from the National Council on Aging - www.ncoa.org



September 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

Natalie, Custodial

Monday –Friday

7:30 am-3:30 pm

**After Hours Maintenance
920-966-4235**

**Nurses- 4th Floor Office
424-1470 Ext 124**

**Lori, Monday, Tuesday, &
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



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3	4 Labor Day OFFICES CLOSED	5	6 2:00 pm Fire Alarm Test	7 Strong Bodies Open House 2 pm Activity Room	8	9
10	11 2-3pm Strong Bodies Activity Room	12 Bug Day Apt. #'s 411 –420	13	14 Library books delivered 2-3pm Strong Bodies	15	16
17	18 2-3pm Strong Bodies Activity Room	19	20	21 2-3pm Strong Bodies Activity room	22	23 Autumn Begins
24	25 2-3pm Strong Bodies	26	27	28 2-3pm Strong Bodies	29	30

