

Marian Messenger

Volume 12, Issue 2
February 2023

Marian Manor

600 Merritt Ave. Oshkosh, WI 54901



Filing Taxes-

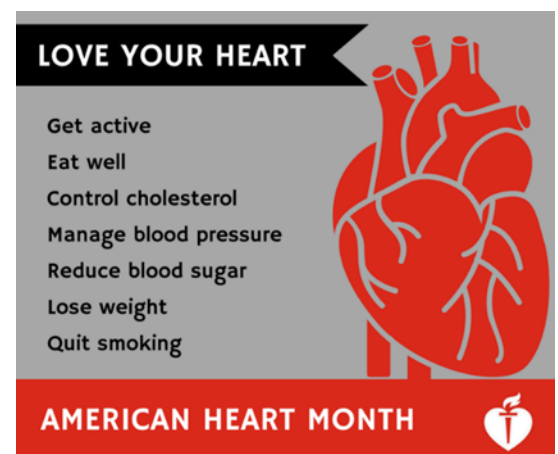
AARP Tax Assistance Program volunteers are back. They will be assisting with filing Homestead Taxes on Monday, February 26th starting at 9:00 am in the TV Lounge. Only 20 spots are available. It has been an issue in the past of not bringing the needed paperwork to your appointment making completing your taxes more difficult. Bring all needed paperwork to MaryJo and you will get assigned a time once your information has been gathered. You may need to get some items from your guardian or rep payees. Rent Certificates will be kept in the office until your appointment unless you request your copy.

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.



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

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.

But It is time for me to retire. My last day will be on February 6th after 27 years at the Housing Authority. I have so enjoyed my time here and am so honored to have been able help many of you. You made it fun to come to work.

Slips, Trips, and Falls – Winter

No matter how well the removal of snow and ice is from a given area, you may still experience some slippery conditions when walking outdoors in winter.

1 million 

Americans are injured, and 17,000 people die, as a result of slip and fall injuries every year.*



slip and fall injury rates increase significantly as temperatures decline.*

50%

people injured in slip and fall injuries are walking on level ground when they slip.*



Walking Safely on Snow and Ice, *Walk Like a Penguin!*

- Point your feet out slightly like a penguin
- Bend your knees slightly and walk flat-footed
- Extend your arms out to your sides to maintain balance
- Take short steps or shuffle for stability

Be Safe on Ice



Wear shoes or boots that provide traction on snow & ice



Watch where you are stepping and move SLOWLY.



Use special care when entering/exiting vehicles



Assume that all wet, dark areas on pavements are slippery and icy.



Keep your hands out of your pockets. You need your hands to help break your fall if you slip.



Walk in designated walkways. Taking shortcuts through snow piles can be hazardous.

Walk Like a Penguin

When the snow starts to fall, so do people. In fact, falls are the leading cause of nonfatal injuries in adults 45 and older. Protect yourself from a potentially life-changing injury this winter with these safety tips:

Choose the right shoe. Shoes and boots need to fit properly and have soles with good traction. Snow boots or hiking boots will provide the best protection for the worst type of weather.

Leave early. Falls are more likely to happen when you're in a rush. Allow yourself plenty of time to get to where you're going.

Walk like a penguin. Take short steps and walk as flat-footed as possible on icy or slippery ground.

Keep your hands free. You'll need them to help you balance, so avoid carrying heavy loads and keep those hands out of your pockets.

Advocate for your safety. If the entrances or sidewalks do not look safe outside of a business or venue, speak up and let someone know.

When these helpful hints don't work, and you know you are going to slip, try to reduce your potential injury when falling.

Roll with the fall. If you feel yourself falling, experts say you should bend your elbows and knees and try to take the hit on the fleshiest parts of your body, like the side of your thigh, buttocks, and shoulder. The number one thing to remember is to protect your head. So, if you find yourself falling, pivot to your side and tuck in your head.

Relax as much as possible when you begin to fall.

Toss the load you are carrying. Protect yourself instead of the objects being carried. Most injuries from falls on ice are caused by the wrenching and twisting of the back as you try to catch yourself. These injuries typically heal with rest, but don't hesitate to seek treatment from your primary healthcare provider if you hurt yourself on the ice. Ironically, applying ice to the area in the first few days after the fall can help decrease any inflammation or pain you have.

FEBRUARY 2024

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

April, Housing Specialist

424-1470 Ext. 110

Monday– Thursday

7:30 am—5:00 pm

Friday 9:00 am—Noon

Scott, Maintenance

Monday– Thursday

6:00 am—4:30 pm

Natalie Custodial

Tuesday, Thursday & alternate

Fridays 6:30 am - 2:30 pm

After Hours Maintenance

920-735-3707

Nurses- 4th Floor Office

Lori, RN

Erin RN

424-1470 Ext 124


Wendy Fronn

Executive Director

424-1470 Ext. 112

Office Closed for Lunch

Noon—1:00 pm

Sun	Mon	Tue	Wed	Thur	Fri	Sat
				1	2	3
				2-3 pm Strong Bodies Activity Room	 <p>Groundhog Day</p>	
4	5	6	7	8	9	10
			Fire Alarm Testing 2:00 pm	Library Books delivered 2-3 pm Strong Bodies Activity Rm		
11	12	13	14	15	16	17
		Bug Day Apts 501- 510			2-3 pm Strong Bod- ies Activity Room	
18	19	20	21	22	23	24
	2-3 pm Strong Bod- ies Activity Room					
25	26	27	28	29		
	Tax filing 9:-00- Noon Sign up. 3:30 OHA Board Meeting 2-3 pm Strong Bod- ies Activity Room				<p>FEBRUARY</p>	