

Marian Messenger

Volume 13, Issue 3
March 2024

Marian Manor

600 Merritt Ave. Oshkosh, WI 54901



Check your mail regularly Notices will be coming soon for annual inspections.



A couple of reminders from the nurses:

- If you need a rapid test for COVID just call, we have some and can help you if you have questions about doing the test.
- If you need a surgical mask because you are sick or have been exposed to someone who was ill and do not want others to get sick just call us and we can get you some.
- The nurse hours are 8AM-4PM Monday through Friday. If you need something health related just call us and we will schedule an appointment with you. We do have open hour monthly at each of your buildings as well if you prefer that.
- If you have or suspect you have bed bugs respect your fellow residents and do not come to our nurse office instead, please call us and we will gladly schedule an appointment and come to you as soon as we are able.
- If you have old and or expired medication, we can assist with the disposal of that if you are unable to get to the Oshkosh Police station drug drop box just give us a call to schedule a time for one of us to get it.

Scott, Marian Manor maintenance is out on medical leave. His return date is uncertain at this time. He will be out for the entire month of March.

Continue to fill out work orders and place them in the Marian Manor Office drop box.

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.





Injuries are common as you age.

Each year, older adults experience 36 million falls and 1.6 million car crashes. An injury from a fall or car crash can decrease your independence. But, getting older doesn't have to mean giving up your favorite hobbies and activities.

What steps can you take to prevent injury as your age?

- Tell your doctor if you have fallen, if you feel unsteady when standing or walking, or if you're afraid you might fall. Talk to your doctor about fall prevention and safe driving strategies.
- Ask your doctor or pharmacist to review the medicines you take—both prescription and over the counter. Some medicines might make you dizzy or sleepy or may reduce your reaction time.
- Have an eye doctor check your eyes at least once a year and update your eyeglasses as needed.
- Have your doctor check your feet at least once a year and discuss proper footwear to reduce your risk of falling.
- Do exercises that make your legs stronger and improve your balance, like Tai Chi.
- Make your home safer by removing throw rugs, using extra lighting or brighter light bulbs, installing grab bars in bathrooms and handrails on both sides of staircases.
- Only drive during daylight and in good weather, and **always** wear a seat belt—as a driver or passenger.
- Never drink and drive—alcohol reduces coordination, impairs judgement, and increases the risk of being in a crash.
- Plan your drive to find the safest route and leave a large following distance between your car and the car in front of you.
- Avoid distractions in your car, such as listening to a loud radio and talking or texting on your phone.
- Consider riding with a friend or family member, taking a ride share service, or using public transportation.
- If you have fallen or are in a car crash, have your doctor check you for signs and symptoms of a **brain injury**.

Source: [Centers for Disease Control and Prevention, National Center for Injury Prevention and Control](#)



Strong Bodies Exercise Class is offered at Marian Manor in the Activity Room from 2– 3pm On the following dates in March:
Monday, March 4, 11, 18, 25 and Thursday, March 28th.

Classes are free and everyone is Welcome.

Not sure if it is for you — Just come and sit and watch a class.

Contact Mary Jo with any questions 424-1470 Ext. 136.



Tips for Adjusting to Daylight Saving Time

Sunday, March 10th is when daylight saving time begins and we “spring” our clocks forward one hour. Are you someone that misses that hour of sleep and finds yourself more irritable after the change to daylight saving time? Here are some tips that can help the adjustment to the new schedule go smoothly.

- Give yourself a jump start in adjusting to the time change. In the days leading up to the time change, try going to bed and waking up a bit earlier than usual to prepare your body for the hour you will lose.
- Expose yourself to light -- ideally, sunlight -- as soon as you wake up. Seeing light first thing after waking up can help reset your body's clock, so try eating breakfast in front of a window or making a walk part of your morning routine.
- Avoid caffeine after lunch and other stimulants that can affect wakefulness, especially a few days before and after the time change.
- Try not to nap during this time as well, since napping can decrease your ability to sleep at night.
- Avoid driving if you are sleep deprived. If possible, take public transportation for a few days after the time change. If you must drive, make sure to get a full night's sleep each night and remain vigilant when on the road.

UPCOMING ELECTION:

Tuesday, April 2nd the polling location is the lower level of the Oshkosh Public Library at 106 Washington Ave
7:00 am—8:00 pm Ward 14



March 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

8:30 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

Out on Medical Leave

Natalie, Custodial

Monday- Friday

7:00 am - 11:30 am

After Hours Maintenance

920-735-3707

Nurses- 4th Floor Office

424-1470 Ext 124

Erin RN

Lori, RN

Wendy Fromm





Executive Director

424-1450 Ext. 112

Office Closed for Lunch

Noon—1:00 pm

Housing Offices Close at Noon on Fridays

Sun	Mon	Tue	Wed	Thur	Fri	Sat
					1	2
						
3	4	5	6	7	8	9
	2-3 pm Exercise Activity Room		2:00 pm Fire Alarm Testing			
10	11	12	13	14	15	16
	2-3 pm Exercise Activity Room	Bug Inspection 401-410		Library Books Delivered		
17	18	19	20	21	22	23
	2-3 pm Exercise Activity Room	Spring Begins				
24/31	25	26	27	28	29	30
	Joint OHA/WCHA Board Meeting 3:30 pm @ Housing Office 20th Ave			2-3 pm Exercise Activity Room		
	2-3 pm Exercise Activity Room			