

Marian Messenger

Volume 14, Issue 7
July 2025

Marian Manor

600 Merritt Ave. Oshkosh, WI 54901



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

Mary Jo will be on vacation July 21nd—July 25th.

If you need assistance please seek out Mary Jo earlier in the



Terms Used During Extreme Heat

Heat Index-The Heat Index is a measure of how hot it really feels when relative humidity is factored in with the actual air temperature. Since heat index values were devised for shady, light wind conditions, exposure to full sunshine can increase heat index values by up to 15°F.

Heat Advisory- This is issued within 12 hours of the start of extremely dangerous heat conditions. The National Weather Service will issue a heat advisory for Wisconsin when the daytime heat index values are 100 to 104. A heat advisory will also be issued if heat indices are 95 to 99 for four consecutive days.

Extreme Heat Watch- An Extreme Heat Watch is issued when conditions are favorable for an extreme heat event, but its occurrence and timing is still uncertain, though likely in the next 24-72 hours.

Extreme Heat Warning- This is issued within 12 hours of the onset of extremely dangerous heat conditions. It will be issued by the National Weather Service when the daytime heat index is 105 or higher during the day and 75 or higher at night for at least a 48-hour period. If heat indices are 100 to 104 for four consecutive days, an extreme heat warning will be issued.

How Heat Index Affects You

The Heat Index is an important consideration for comfort. In extreme heat your body works extra hard to maintain a normal temperature, which can lead to serious illness or death. Heat indices 103°F or greater can lead to dangerous heat disorders with prolonged exposure.

Protecting Yourself...

...Before a Extreme Heat

Do not rely on a fan as your primary cooling device. Fans create air flow, but do not reduce body temperatures or prevent heat-related illnesses

Identify places in your community to get cool, such as libraries, shopping malls, or contact your local health department to find a cooling center in your area.

Cover windows with drapes or shades

...During a Extreme Heat

Take care of your body.

Drink plenty of water. Make sure you drink before feeling thirsty. By the time you feel thirsty, you are already behind in fluid replacement. When working in the heat, drink one cup (8 ounces) of water every 15-20 minutes.

Limit alcohol consumption. Drinking beer and alcoholic beverages cause further body dehydration.

It is not recommended to take salt tablets. In most cases, salt can be replaced by eating normal meals and snacks throughout the day. Do not skip meals.

Cover windows to keep the sun from shining in.

If you have an air conditioner, use it. If you do not have one and the temperature is above 95 °F, you should go to a community cooling center because a fan will no longer prevent heat-related illnesses at this temperature.

Pace yourself. Cut down on exercise during the heat. If you are not accustomed to working or exercising in a hot environment, start slowly and pick up the pace gradually. If exertion in the heat

If you have information you would like to submit for the Marian Messenger contact Mary Jo at 920-424-1450 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.



makes your heart pound and leave you gasping for breath, STOP all activity. Get into a cool area or shade and rest.

Wear sunscreen. Sunburn affects your body's ability to cool down. Put on a sunscreen of SPF 15 or higher 30 minutes before going outside and reapply as the package directs. Consider a wide-brimmed hat and sunglasses as well.

Consider pet safety.

Keep pets hydrated by providing clean and cool drinking water

Provide shade with good air flow.

Protect their paws. Place the back of your hand on the ground for five seconds. If it's too hot for your skin, it's too hot for your pet's paw pads. Consider walking your pet in the early morning or in the evening when the asphalt has cooled down.

Do not leave them in a car. Even with the windows cracked, the interior temperature can become deadly in minutes.

Check on others.

Check on older, sick, or frail people who may need help responding to heat

Don't leave electronic equipment in hot cars

Make sure rooms are well vented if you are using volatile chemicals.

Heat-Related Illnesses

Heat-related illnesses are preventable. Learn the symptoms and what to do.

Heat Stroke

What to look for:

- High body temperature (103°F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion

Losing consciousness (passing out)

What to do:

- Call 911 right away
- Move the person to a cooler place
- Help lower the person's temperature with cool cloths or a cool bath

Do not give the person anything to drink

Heat Exhaustion

What to look for:

- Heavy Sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness

- Dizziness
- Headaches
- Fainting

What to do:

- Sip water
- Move to a cool place
- Loosen your clothes

Put cool, wet cloths on your body or take a cool bath

Heat Cramps

What to look for:

- Heavy sweating during intense exercise
- Muscle pain or spasms

What to do:

- Drink water or a sports drink
- Stop physical activity and move to a cool place

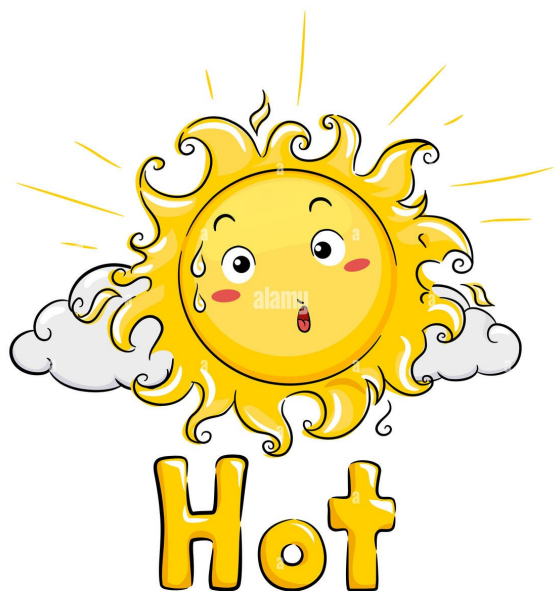
Sunburn

What to look for:

- Painful, red, and warm skin
- Blisters on skin

What to do:

- Do not break blisters
- Stay out of sun until sunburn heals
- Put cool cloths on sunburns or take cool bath
- Put moisturizing lotion on sunburned areas



Heat Rash

What to look for:

Red clusters of small blisters that look like pimples (usually on the neck, chest, groin, or in elbow creases)

What to do:

- Use powder (like baby powder) to soothe the rash
- Stay in a cool, dry place
- Keep the rash dry

Additional Resources

Wisconsin Department of Health Services – Extreme Heat Toolkit
National Weather Service Heat Safety Tips

Air Quality resource <https://www.airnow.gov/?city=Oshkosh&state=WI&country=USA>

Other Nurses Notes:

The nurse phone number is 920-424-1450 extension 124.

Nurse hours are Monday thru Friday 8AM to 4PM. We work 6 of the housing authority buildings so please be patient with us. Each of your buildings have a monthly nurse open hour which are on a first come first serve basis. Don't wait for open hour. Call if you need us and we will see you anytime during our usual hours.

Sharps containers – As a reminder, **sharps containers as now required** to be able to drop them off at Mercy Medical Center so if you are using a detergent bottle, please ask one of the nurse's or your social worker to get you one. Use the sharps container until it is full and turn it in to your social worker or nurse and we will get you a new one. Only put sharps in the container everything else can go in the garbage.

Expired medication or medications you no longer need - do not throw medication in the garbage or down the drain. Use the Drug Drop box at the Oshkosh Police Department. If you are unable to drop them off, you can give them to either your social worker or one of the nurses and we will get them over to the drug drop box.

HEAT-RELATED ILLNESSES

WHAT TO LOOK FOR

WHAT TO DO

HEAT STROKE

- High body temperature (103°F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)

- Call 911 right away-heat stroke is a medical emergency
- Move the person to a cooler place
- Help lower the person's temperature with cool cloths or a cool bath
- Do not give the person anything to drink

HEAT EXHAUSTION

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting (passing out)

- Move to a cool place
- Loosen your clothes
- Put cool, wet cloths on your body or take a cool bath
- Sip water

Get medical help right away if:

- You are throwing up
- Your symptoms get worse
- Your symptoms last longer than 1 hour

HEAT CRAMPS

- Heavy sweating during intense exercise
- Muscle pain or spasms

- Stop physical activity and move to a cool place
- Drink water or a sports drink
- Wait for cramps to go away before you do any more physical activity

Get medical help right away if:

- Cramps last longer than 1 hour
- You're on a low-sodium diet
- You have heart problems

SUNBURN

- Painful, red, and warm skin
- Blisters on the skin

- Stay out of the sun until your sunburn heals
- Put cool cloths on sunburned areas or take a cool bath
- Put moisturizing lotion on sunburned areas
- Do not break blisters

July
2025

Marian Manor Staff

Stacy, Senior Property Manager

424-1450 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**

424-1450 Ext. 136

Monday-Thursday

8:30 am–4:30 pm

Friday 8:00 am– Noon

Cory, Maintenance

Monday -Thursday

7:00 am-3:30 pm

Fridays Off

Alex, Maintenance

Monday- Friday

8:00 am-4:00 pm

After Hours Maintenance

920-735-3707

Nurses- 4th Floor Office

424-1450 Ext 124

Lori, Monday, Tuesday and

alternate Fridays

Erin Wednesday, Thursday &

alternate Fridays


Wendy Fromm

Executive Director

424-1450 Ext. 111

Office Closed for Lunch

Noon—1:00 pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 2:00 pm Fire Alarm Testing	3	4 Offices Closed	5
						
6	7 Strong Bodies 2-3 pm	8 Bug Day Apt. #'s 611 – 620	9	10 Library Books Delivered Strong Bodies 2-3 pm	11	12
						
13	14 Strong Bodies 2-3 pm	15	16	17 Strong Bodies 2-3 pm	18	19
						
20	21 Strong Bodies 2-3 pm	22	23	24 Strong Bodies 2-3 pm	25	26
						
27	28	29	30	31		

