

Marian Messenger

Volume 14, Issue 8
August 2025

Marian Manor

600 Merritt Ave. Oshkosh, WI 54901



Stay Hydrated...Drink Your Water!

Water is essential for every cell in the body to function correctly. Water aids the digestive system, helps prevent constipation, flushes toxins from the body, promotes good kidney function, keeps your joints and muscles lubricated, supports healthier and younger-looking skin, and helps regulate body temperature.

HOW MUCH WATER DO YOU NEED?

Mayo Clinic recommends this minimum daily intake of water:

- **Women** — 11.5 cups, or 92 ounces
- Men** — 15.5 cups, or 124 ounces

Your fluid consumption is adequate for your needs if you rarely feel thirsty and when your urine is colorless or light yellow.

TIPS FOR DRINKING MORE WATER:

Carry a Water Bottle: Keep a reusable bottle with you.

Flavor It: Add fruit to your water. Lemons, limes and oranges are tried and true. Cucumber, watermelon, strawberries and herbs also are delicious options.

Eat It: Many fruits and vegetables have a high-water content, including melon, cucumbers, lettuce and celery.

Start and End Your Day with Water: Drink a glass of water in the morning and before bed.

Alternate Your Drinks: If you can't give up soda or juice completely, try alternating with water. Each time you finish a glass of water, switch to soda or juice and vice versa.

Challenge a Friend: Kick off a healthy competition with a friend or your kids to see who can meet their guzzling goal most often.

Drink Your Water, Stay Hydrated and Feel the Benefits!!!



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 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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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	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 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
7am– Noon

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, & 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
						
3	4	5	6	7	8	9
	Strong Bodies 2-3pm Activity Room		2:00 pm Fire Alarm Testing	Library Books Delivered		
						
10	11	12	13	14	15	16
	Strong Bodies -3 pm Activity Room	Bug Day Apt. #'s 2 511 – 520		Strong Bodies 2-3 pm Activity Room		
17	18	19	20	21	22	23
	Strong Bodies 2-3 pm Activity Room			Strong Bodies 2-3 pm Activity Room		
24/31	25	26	27	28		
	Strong Bodies 2-3 pm Activity Room			Strong Bodies 2-3 pm Activity Room		



Winnebago County Public Health Vending Machines

What are Public Health Vending Machines?

The Public Health Vending machines are a free community resource. Prevention kits such as gun locks, Narcan, Fentanyl testing strips, DETERRA drug deactivation, menstrual products, basic needs kits, and more are individually stocked in discreet brown boxes.

Who will use Public Health Vending Machines?

This resource is meant to give people access to items that will help create a stronger and healthier community for all. Everyone is encouraged to use these machines, including:

Individuals who use substances

Friends and Family of those who use substances
Community members that want to be empowered to intervene in an emergency to prevent unnecessary deaths
Community members that need access to basic needs items such as safe drug disposal bags or menstrual products

Hours & Locations:

The Winnebago County Public Health Vending Machines are available 24/7 at two convenient outdoor locations:



How do I access the machines?

Step 1: Call the confidential Public Health Vending Machine Hotline to receive a PIN Code:

(920) 232-3313

Step 2: Use your unique PIN code to access up to 3 items from the Public Health Vending Machine.

For More Information: Call 920-232-3000 or visit <https://wchd.pub/PHVM>



Oshkosh/Winnebago County Housing Authority Tenant Complaint Form

To help document all tenant complaints, we ask for your cooperation in filling out the following complaint form. All complaints will be addressed promptly. Should you need help filling out this form, don't hesitate to get in touch with your Property Manager or SSC Coordinator for assistance. Please be advised that OHA/WCHA may not discuss any corrective actions taken against an employee or tenant with the person making this complaint.

Tenant Information:

Name: _____

Address: _____

Phone Number: _____

Email: _____

Date and Time of Complaint: _____

Type of Complaint (check one or more):

- ☐ Smoking
- ☐ Noise
- ☐ Unauthorized visitor/Live in
- ☐ Other

Detailed Description of the Complaint:(If you need additional room, please attach a written response)

Were there any witnesses? If yes, please list them:

Have you discussed the problem verbally or in writing with the property manager anytime prior?

☐ Yes ☐ No

Signature: _____

Date: _____

For Office Use Only

Date Received	Received By	Action Taken	Resolution Date	Note



MULTI-FAMILY PROPERTIES

Cumberland Court, Marian Manor, Foxview & Riverside

Effective date 9/1/2025

SCHEDULE OF STANDARD CHARGES

1. Maintenance Labor is billed at **\$50.00** per hour per maintenance staff member in ½ hour increments. Travel time included.
2. Repair parts are billed at the actual cost charged to the Housing Authority.
3. Labor and parts are billed when waste, neglect or abuse is evident.
4. A late fee of \$5.00 will be assessed for any rent not received by the end of the fifth day of the month. An additional fee of \$1.00 per day will be charged for each subsequent day the rent remains unpaid within the month it is due.
5. Removal/transport/storage/disposal of property abandoned by renters vacating HA-properties is billed at **\$50.00** per hour per maintenance staff member in ½ hour increments plus any waste disposal charges, or actual costs.
6. NSF fee for a returned check will be charged up to **\$25.00** in bank fees.

HOH Name: _____ Date: _____

HOH Signature: _____