

Marian Messenger

Volume 14, Issue 9
September 2025

Marian Manor

600 Merritt Ave. Oshkosh, WI 54901

Oshkosh Housing Authority Offices will be Closed on
Monday, September 1st in observation of Labor Day.



September is Healthy Aging Month

Tips For Preventing Serious Falls

Falls are a leading cause of serious injuries in older adults that can lead to hospitalization, nursing home admission, and even death among older people.

The chance of falling increases as we get older. Health problems such as arthritis, heart disease, muscle weakness, poor balance or vision, foot problems, Parkinson's disease, dementia, and even certain medications can increase your chance of falling. Dangerous things around the home – slippery throw rugs and poor lighting, for example – make falls more likely as well. If you are an older adult or you are in charge of care for an older person, please follow the steps below, and also get a "falls checkup" on a regular basis from your healthcare provider.

Did you know? One in every three adults age 65 and older falls each year.

Tell your healthcare provider if you have had a fall

If you fall, let your healthcare provider know right away. It is important for you to tell them what might have caused the fall – whether you tripped over something, for instance, or got dizzy and lost your balance, or felt your legs "go out" from under you. This important information will be used to help you avoid falling again.

Review your Medications

Put all of your medications – prescription drugs, over-the-counter medications, vitamins or any other pills that you take – in a bag and bring them with you to your next visit with your healthcare provider. Together you can review your medications to see if any might increase your chance of falling. If so, your provider may change the dose, or prescribe another type of medicine for you.

Make a falls prevention plan with your healthcare provider

During your visit, your healthcare provider may also check your balance, leg strength and function, your blood pressure, heart rate and rhythm; examine the way you walk; and test your vision. Based on what your provider finds he or she may recommend certain exercises, physical therapy, balance training, a cane or walker, a change in the kind of shoes you wear or in your eyeglasses prescription, or reduce the dose of medications you are taking to lower your risk of falls.

Exercise to prevent falls

Exercise has been shown to decrease falls, and healthcare professionals recommend that older adults exercise at least three times each week. Find an exercise that you enjoy that promotes strength and balance – such as walking or a group Tai Chi class. If you prefer to exercise indoors, chair stands (repeated rising from a chair without using your arms) can be done alone and are beneficial.

**Come see your Housing Authority Nurse to get a handout on
5 simple exercises to help prevent falls.**

**Join the Strong Bodies class from
2-3 pm on Monday & Thursdays at Marian Manor in the Activity Room.**

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.



Make your home safe from falls

- Keep cords away from areas where you walk
- Remove loose carpets and rugs or tack down the carpets and only use rugs with non-skid backing
- Add lights in dimly lit areas and at the top and bottom of stairs
- Use nightlights in bedrooms, halls, and bathrooms
- Clean up clutter, especially near staircases
- Put handrails on both sides of any steps or stairs in or outside of your home
- Add “grab bars” near the toilet and bathtub, and no-slip decals or a rubber mat in the tub or shower
- Wear firm shoes with a back and a good grip on the bottom

Avoid loose slippers or socks

What to Do if You Fall

Get Immediate Medical Attention

Even if you do not have an obvious injury, if you have any loss of consciousness or any sign of confusion after falling, seek immediate medical attention.

Notify Your Primary Healthcare Provider

Even if you have no injury, make an appointment with your healthcare provider. Your fall could be related to a medical problem, and a falls evaluation will be needed to find the cause and help prevent another fall.

Other Nurses Notes:

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

Nurse hours are Monday thru Friday 8AM to 4PM. We do go to all 6 of the housing authority buildings so please be patient with us. We do have a monthly nurse open hour at each building which are on a first come first serve basis. You don't need to 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 are 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. For more information about Drug Drop check out the Winnebago County Health Department website [Drug Drop | Winnebago County, Wisconsin](#)





Public Health
Prevent. Promote. Protect.

**Winnebago County
Health Department**

FALLS DON'T HAVE TO HAPPEN

**FALLS ARE COMMON BUT PREVENTABLE.
LET OUR TRAINED STAFF PROVIDE A **FREE**, IN HOME
VISIT TO CONDUCT A **FALLS RISK ASSESSMENT**.**



WHAT IS INCLUDED IN A FALLS RISK ASSESSMENT?

A public health registered nurse visits your home to:

- Discuss your health history (past falls, blood pressure, medication, vision)
- Assess physical home conditions (rugs, grab bars)
- Provide education (tips, resources, and available classes)
- Connection to community resources
- Telephone check-in one month after your visit

HOW CAN YOU BENEFIT FROM A FALLS RISK ASSESSMENT?

- Explore ways to build strength and balance
- Review potential risks in your home, to decrease the chance of falling
- Provide tips for improving the safety of your environment and lifestyle.
- Develop a plan for staying healthy and active.

ALL OF THIS IS INCLUDED IN YOUR **FREE VISIT!**



SCHEDULE YOUR VISIT:

Call (920)-232-3000

Email: [health @co.winnebago.wi.us](mailto:health@co.winnebago.wi.us)

September 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
Friday 7:00 am—Noon

Alex, Maintenance
Monday—Friday 8:00 am –4:30 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 Labor Day	2	3 2:00 pm Fire Alarm Test	4 2-3pm Strong Bodies Activity room	5	6
						
7	8 2-3pm Strong Bodies Activity room	9 Bug Day Apt. #'s 411 –420	10	11 Library books delivered 2-3 PM Strong Bodies Act. Rm.	11	13
14	15 2-3pm Strong Bodies Activity Room	16	17	18 2-3pm Strong Bodies Activity Room	19	20
21	22 Fall Begins 2-3pm Strong Bodies Activity Room	23	24	25 2-3 PM Strong Bodies Activity Room	26	27
						
28	29 2-3pm Strong Bodies Activity Room	30				