

Marian Manor

600 Merritt Ave. Oshkosh, WI 54901



Tips for Adjusting to Daylight Saving Time

Sunday, March 8th 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 7th the polling location is the lower level of the Oshkosh Public Library at 106 Washington Ave
7:00 am—8:00 pm Ward 14

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.



Inspectors for outside the building (NSPIRE/REAC) will be coming to Marian Manor on **Friday April 10th.** It is unsure how many units they will randomly choose to inspect.

Start getting ready for this inspection now.

REPORT any repairs that need to be made in your apartment now.

Let caregivers, case workers and family members know now if you need assistance,



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.

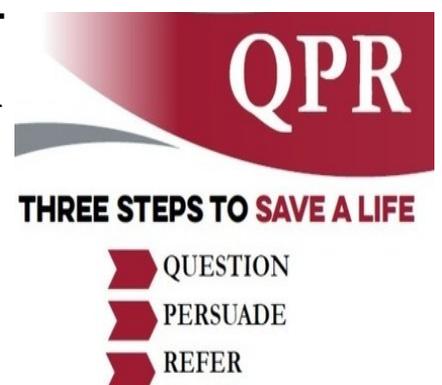
Source: [Centers for Disease Control and Prevention, National Center for Injury Prevention and Control](#)

QPR -Suicide Prevention Training (**Q**uestion, **P**ersuade, **R**efer)

We are offering a QPR suicide prevention training either at our Court Tower location or you can take it remotely.

Open to the 1st 25 people to sign up. See Mary Jo or email me at maryjos@ohawcha.org or Erin at Court Tower at erinr@ohawcha.org

Wednesday, March 25th 1:30 PM—3:00 PM



Practice Preventive Mental Health Care



There is such a thing as “preventive mental health,” just like there is preventive physical health.

Practice self-compassion—be kind and understanding to yourself, especially during difficult times. Treat yourself with the same empathy and support that you would offer a close friend.

Establish healthy boundaries— set limits on your time, energy, and resources to avoid burnout and resentment. Learn to say no to requests that don’t align with your values or goals.

Preventive mental health lowers stress and builds resilience for when the going gets tough.

Stimulate your mind with Brain Exercises Use it or Lose it

Everyone knows that physical exercise is important to keep the body healthy and strong. Did you know that your brain also benefits from exercise too? Keeping your brain active and alert is a must as you get older.

Even as we age, our brains are constantly growing. Stimulating the brain improves its function and can protect against memory decline.

Although brain exercises are not going to prevent the severe mental decline that is caused by disease, most of the common age-related losses in memory or motor skills simply result from inactivity and a lack of mental exercise and stimulation. These sorts of memory lapses can be caused by stress and sleep deprivation and are not a cause for concern. However, you can take simple steps to prevent them.

According to a New England Journal of Medicine study, adults who frequently engage in mentally stimulating activities are 63% less likely to develop dementia than those who rarely engage in such activities are. A University of Michigan study has also found that adults who play a mentally challenging game every day for several weeks could dramatically improve their memories.

Brain exercises don’t take much time to accomplish and are fun to do. Take a few minutes out of your day and make these brain games part of your routine!

Play games: Complete the puzzle or sudoku in the daily newspaper

Give your senses a daily workout: Listen to music and smell flowers

Break Routines: Drive to church taking a different route. Try eating with the opposite hand.



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 do not

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 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. For more information about Drug Drop check out the Winnebago County Health Department website

[Drug Drop | Winnebago County, Wisconsin](#)

March 2026



Marian Manor Staff

**Stacy, Senior Property
Manager**
292-4459

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**
292-4464

Monday-Thursday

8:30 am—4:30 pm

Friday 8:30 am— Noon

Bill, Maintenance
Monday—Friday
7 am-3:30 pm
Friday
7 am—Noon

Joe, Custodial
Monday- Friday
7:30 am - 4:30 am

After Hours Maintenance
920-735-3707

Nurses- 4th Floor Office
424-1450 Ext 124
Erin RN
Lori, RN

Wendy Fromm
Executive Director
292-4450

Office Closed for Lunch
Noon—1:00 pm

Housing Offices Close
at Noon on Fridays

Housing Office 1100 W.
20th Ave

Sun	Mon	Tue	Wed	Thur	Fri	Sat
1	2	3	4	5	6	7
	Home- stead Tax Filing 9— Noon	Bug Inspec- tion 401-410	2:00 pm Fire Alarm Testing			

8 Day Light Savings	9	10	11	12 Library Books	13	14
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15	16	17	18	19	20 Spring begins	21
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22	23	24	25	26	27	28

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