

Marian Manor

600 Merritt Ave. Oshkosh, WI 54901

Housing Offices will be closed on Monday, May 25th in observation of Memorial Day.



If you have not set up your Power of Attorney for Health Care and are interested in doing so see Mary Jo or ask your doctor at your next visit.

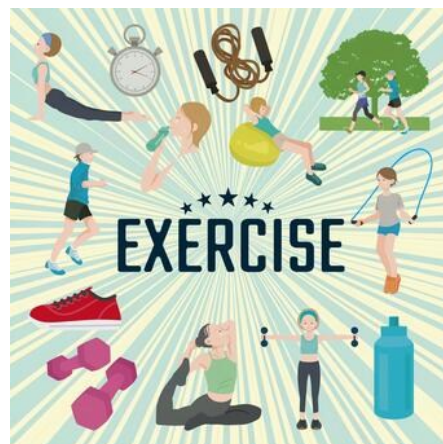
Make your health care wishes known.

## Spring is Here!

Time to get our bodies moving again from the long winter nap.

### Exercise is Important Throughout Your Adult Life

Exercise isn't just something for kids or athletes—it's important for everyone, no matter your age! Staying active throughout your adult life can help you feel better, stay healthy, and even live longer. Here's why exercise is so important and how it can benefit you at every stage of life.



### What Kinds of Exercise Are Best?

You don't need to do anything too extreme to get these benefits. The key is to find activities that you enjoy and that work for you. Here are some ideas:

- **Aerobic exercise:** Walking, swimming, jogging, or biking. These help your heart and lungs stay healthy.
- **Strength training:** Lifting weights or doing exercises like squats and lunges can help build muscle and keep your bones strong.
- **Stretching:** Yoga or simple stretching exercises can help keep you flexible and reduce stiffness.

**Balance exercises:** Activities like tai chi can help you improve your balance and prevent falls.

### How Much Exercise Do You Need?

The American Heart Association recommends that adults get at least **150 minutes** of moderate intensity exercise each week. That's just 30 minutes a day, five days a week! If you can't do 30 minutes all at once, try splitting it into shorter sessions, like 10 minutes in the morning, at lunch, and in the evening.

**Remember, It's Never Too Late to Start!** If you're just starting to exercise, don't worry! It's never too late to begin, and every bit of movement counts. Start slow and listen to your body. As you get stronger, you can gradually increase how much you do.

**In Conclusion:** Exercise is one of the best things you can do for your body and mind. It helps you stay healthy, feel better, and enjoy your life more. Whether you're walking, dancing, or lifting weights, make sure to keep moving.

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](mailto: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.





## Housing Authority Nursing Services

The Housing Authority Nurse provides services to help residents improve their health and to help them remain in their independent living apartment as long as possible. The role of the Nurse includes the following services. There is no cost to the residents.

Visits in your apartment or nurse's office. One time or multiple visits.

Visits to monitor health problems (i.e. blood pressures, blood sugars, weights, etc)

Health crises checks and follow-up which may include 911 calls.

Medication set-up and monitoring when other services are not available.

Check on your safety and follow-up to meet safety needs.

Follow-up on hospitalization or nursing home placement with Discharge Planner to communicate concerns or assist in coordination of care to return home.

Assist to get medical equipment.

Referrals to other healthcare resources.

Help find affordable medical, dental, mental health care.

Assist in understanding instructions from healthcare provider.

Help prepare for tests, surgery.

Provide health information in monthly newsletter.

Health teaching to individual residents and to groups at resident meetings.

Work closely with the Housing Authority Social Workers to meet needs of residents.

Work with community resources: Healthcare providers, families, guardians, ADRC, Lakeland, Community Care and Home Care Agencies etc. to meet needs of residents.

Sharps container program for resident's used needles and lancets.

Assist with proper disposal of old or no longer needed medications.

Buildings served: Marian Manor, Court Tower, Raulf Place and Waite Apts. in Oshkosh; Fox View Manor in Omro; and Riverside Apts. in Winneconne.

Contact: Lori Duclon, RN available on Mondays & Tuesday and alternating Fridays

Erin Roberts, RN available on Wednesdays, Thursdays and alternating Fridays

Office Number: 424-1450 ext. 124 Monday -Friday 8 am-4 pm

Or let Mary Jo know you would like to see the nurse.

Make sure to Thank our Nurses for all that they do.

National Nurses Week is May 6th—May 12th



**Please Note: Nurse Open Hour is on  
Monday, May 11th from 12:30—1:30 pm- 4th floor Nurse's Office**



## **Spring has sprung!**

**The Nurses would like to invite you to walk with us.**

**Tuesday, May 12th 12:30 PM meet in the lounge by the 1st floor elevators.**



### **Why Exercise**

As we age, staying active becomes a necessity for maintaining health, independence, and quality of life. Yet many aging adults struggle to keep moving, especially when managing chronic conditions. Something as simple and accessible as a daily walk can offer profound health benefits, making it a crucial habit for aging well.

General recommendations for exercise indicate that people should aim for 150 minutes of moderate aerobic exercises weekly to help support health. For those over age 65, a daily walk can be a simple and beneficial option, especially if they live with chronic conditions affecting their mobility.

### **What are the benefits of walking**

As we age, we may find it challenging to maintain regular physical activity. Reasons could include busy schedules, chronic health issues or mobility limitations.

However, a daily walk can provide exercise and many health advantages for aging adults.

Depending on your fitness level, walking for 30 minutes five days a week or longer periods over fewer days could have many health benefits.

Walking can help with weight management while supporting heart and brain health, reducing age-related disease risk, strengthening muscles, and boosting immunity and energy. It can also improve mental health, memory and decision making while lowering the risk of dementia, stroke, and cancer.

### **How walking affects your mental health**

Walking is not only essential for your physical health, but it also improves your mood and mental well-being. Walking releases endorphins to reduce stress and anxiety, increases confidence and provides a sense of accomplishment. It also helps reduce symptoms of anxiety and depression.

Another benefit is how walking everyday improves sleep quality and duration. Studies show that morning walkers are less likely to struggle with insomnia.

Lastly walking with friends, neighbors or groups promotes socialization. It provides accountability, safety and fun.

### **How do I make it easier to walk regularly**

First and foremost, you should always consult your healthcare provider first to determine what type of exercise, including walking, you can safely participate in regularly.

Once your healthcare provider gives you approval to start your routine, start small. Begin with 5-10 minutes and gradually increase your time and pace. You can monitor your intensity with the "talk test" – you should be able to talk while walking, and if you can your pace is great. Staying safe is essential while starting a walking routine. Dress for the weather, stay hydrated and watch for hazards.

To build a sustainable walking habit, a person may start with manageable goals, such as walking 15 minutes daily or 30 minutes twice a week, then gradually increasing the goal over time. It may also help to walk at the same time each day and pair the activity with something enjoyable, like music or pleasurable reward afterward.



## NOW IS THE PERFECT TIME TO GET TO YOUR SPRING CLEANING DONE

Make a to-do list, then divide and conquer—

Start with a wish list of all the things at home you want to scrub, wash or tidy up. You'll figure out what's feasible later, but for now, shoot for the moon.

Try not to clean the whole apartment at once. Find a cleaning routine that spreads the work out over the day, week or month is much more productive and keeps the apartment clean most of the time versus having to do a full apartment clean in a hurry when you can't stand it anymore or when someone is coming over.

Coming up with a calendar for different tasks might also help make things less daunting. Starting by wiping counters, vacuuming, running a few loads of laundry, putting away clutter and making your bed. Once that's taken care of, try splitting different chores into different days:

- **Monday:** Bathroom day.
- **Tuesday:** Dusting day.
- **Wednesday:** Vacuuming day.
- **Thursday:** Floor washing day.
- **Friday:** Catch up on anything from the previous days you didn't get to.
- **Saturday:** Sheets and towels day, Laundry day.
- **Sunday:** Relax and Enjoy your day.

I would also suggest adding this to your cleaning schedule.

Week 1: Organize Bedroom Closet

Week 2: Organize Nightstands/Dresser Drawers

Week 3: Organize Bathroom Closets

Week 4: Organize Kitchen Cupboards

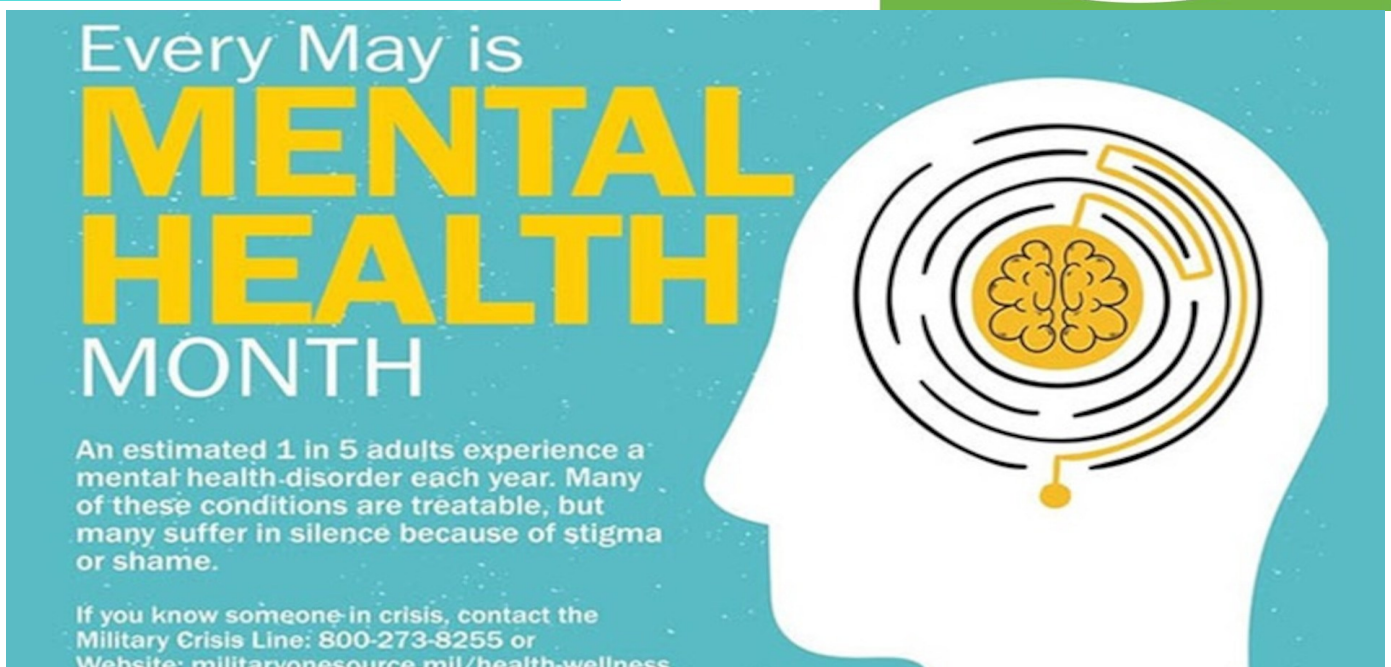
Week 5: Clean Out Refrigerator & Freezer

Week 6: Organize Entry and Hallway Closets



Most odors (and fruit flies) come from the garbage not being taken out frequently enough and from dirty dishes. Empty your garbage a couple of times a week. Do dishes daily (this may mean just rinsing them off and putting them in the dishwasher and running the dishwasher when it is full.

Continue to fill out work orders as items in your apartment need repair.



# MAY 2026

## 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

**Bill. Maintenance**

Monday -Thursday

7:00 am-300 pm

Friday—7:00am— Noon

**Natalie, Custodial**

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,  
Erin, Wednesday, Thursday  
alternating Fridays**

**Wendy Fromm,  
Executive Director  
424-1450 Ext. 111**

**Office Closed for Lunch  
Noon—1:00 pm**

**Housing Offices Close  
at Noon on Fridays**

**Stacy Off May**

**22nd—May 31st.**

Sun	Mon	Tue	Wed	Thur	Fri	Sat
					1	2
3	4	5	6	7	8	9
		Bug Day Apts. 201-210	2:00 pm Fire Alarm Testing			
10	11	12	13	14	15	16
	RN Open Hour 12:30 – 1:30 PM 4th Floor			Library Books Delivered		
17	18	19	20	21	22	23
24	25	26	27	28	29	30
	Offices Closed					
31						

