

Marian Manor

600 Merritt Ave. Oshkosh, WI 54901

Resident Meeting Tuesday, June 9th 1:30 PM Activity Room

New Residents are strongly encouraged to attend.

NAMI Executive Director, Bob Poeschel will talk about Mental Health
May was Mental Health Month.

Walk With The Housing Authority Nurses

June Dates and Locations:

Tuesday, June 9th:

12:30 to 1:00 PM: Marian Manor

1:30 to 2:00 PM: Court Tower

2:30 to 3:00 PM: Fox View

Tuesday, June 23

12:30 to 1:00 PM: Raulf Place

1:30 to 2:00 PM: Waite Rug

2:30 to 3:00 PM: Riverside

Join Us!



Public Health
Prevent. Promote. Protect.

Winnebago County, WI



920-424-1450 extension 124



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.



EQUAL HOUSING
OPPORTUNITY

Osteoporosis Facts

Osteoporosis is common, serious, and costly—and it can lead to an increased risk of bone fractures, typically in the wrist, hip, and spine. Often called a silent disease because bone loss occurs without symptoms, people may not know that they have osteoporosis until their bones become so weak that a sudden bump or fall causes a fracture.

Did You Know?

About 10 million Americans have osteoporosis, and about 34 million more are at risk.

One out of every 2 women and 1 in 4 men aged 50 and older will have an osteoporosis related fracture in their lifetime.

Twenty-four percent of hip fracture patients age 50 and older die in the year following their fracture.



Reducing Osteoporosis Risk

There are several things you can do to reduce your personal osteoporosis risk:

- **Enjoy daily exercise and physical activity.** Women who do weight-bearing exercise decrease osteoporosis risk by continually strengthening their bones. Some examples include dancing, walking, swimming, bicycling, running, hiking, stair climbing, tai chi, gardening plus weight and strength training (either free weights or weight machines), all of which are good ways to build and strengthen your bones.
- **Eat a nutritious diet rich in calcium and vitamin D to help maintain good bone health.** Calcium-rich food sources include low-fat dairy (milk, cheeses, yogurt and ice cream), almonds, canned sardines and salmon with bones, leafy green vegetables (kale, spinach, bok choy, broccoli, collards and mustard greens), corn tortillas, fortified breakfast cereals, orange juice, tofu, soy milk, and breads and pastas. While it's difficult to get enough vitamin D through diet alone, the following foods are excellent sources: salmon, tuna fish, egg yolks, plus fortified breakfast cereals, orange juice and milk. Avoid excessive intake of both salt and protein as increased quantities of these nutrients causes the body to increase amount of calcium excreted from the body during urination.

- **Avoid smoking, illicit drug use/abuse and excessive alcohol consumption.**

Make healthy lifestyle choices: if you smoke, quit; avoid illicit and prescription drug misuse/abuse; and limit alcohol intake.

Incorporate bone health optimization goals within your personal health plan. Share any changes in your personal and family health history with your practitioner, follow tips to boost bone health through healthy diet and exercise and have your bone density screening as recommended based on your provider's evaluation of your personal health.

Osteoporosis is a preventable and treatable disease.

Early diagnosis and treatment can reduce or prevent fractures. Medicare provides coverage of bone mass measurement for certain eligible beneficiaries. This important benefit can aid in the early detection of osteoporosis before fractures happen, provide a precursor to future fractures, and determine the rate of bone loss.

Adopted by: CMS.gov



Say Something Nice- Every Day

Let kindness be your daily habit



June 1st is National Say Something Nice Day!!

"Say Something Nice Day" was created to help stop bullying and bring back politeness and kindness. But why celebrate kindness only one day a year? What if we made it a daily habit?

Many of us were told as kids, **"If you can't say something nice, don't say anything at all."** That's good advice. Once we say something unkind, we can't take it back. Our words matter- and they can make a big difference.

Let's decide to say something nice every day. It could be to a family member, a friend or even a stranger.

You can:

- Compliment someone on a job well done
- Thank someone for their help
- Point out a positive quality you notice in them

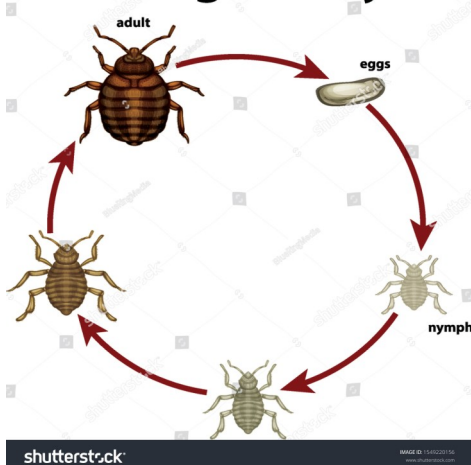
There are so many ways to be kind with our words. And don't forget- be kind to yourself too. The way we talk to ourselves matters just as much.

You can do this! A kind word every day can make the world a better place.

THANK YOU FOR BEING THE REASON WE LOVE WHAT WE DO!

Your Housing Authority Nurses- Erin and Lori

Bed Bug Life Cycle



June 10th is National Bed Bug Prevention Day

Tak a moment to check for signs of bed bugs– fecal or blood staining on your sheets or mattress. Purchase bed bug encasement for your mattress and box spring. Bed bug interceptors can help with early detection. Be careful of thrift store purchases. Dry items on high heat in the dryer before bringing into your apartment. Report any bed bug finding to the office immediately. Do not try to treat on your own with products you find at the store– that will only spread the problem through the building more quickly.

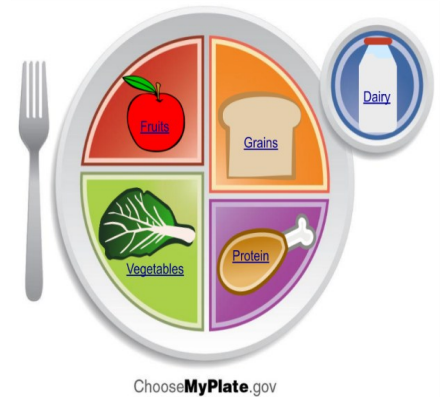


June is a great time to enjoy colorful, tasty fruits and vegetables. Eating healthy foods is important because good nutrition helps keep our bodies strong. When people don't eat enough healthy foods, they can become weak, which makes it easier for them to fall. Eating well can help prevent falls and keep us feeling our best.

Eat Balanced, Healthy Meals

A helpful way to build a healthy meal is by using the "My Plate" idea:

- Half your plate should be fruits and vegetables. These foods give your body vitamins, minerals, and fiber. They help you stay healthy and are low in fat, calories, and salt.
- One quarter of your plate should be protein. Protein foods include beef, chicken, fish, eggs, beans, lentils, nuts, and seeds. Protein helps build and repair muscles, bones, and other parts of your body.
- One quarter of your plate should be grains and try to make half of those whole grains. Whole grains give your body nutrients and fiber, which can help lower cholesterol and protect your heart.
- Add dairy like milk, cheese, or yogurt to get extra protein and calcium.



Eat Regularly – Try Not to Skip Meals

Skipping meals can make your blood sugar drop. When your blood sugar is too low, you might feel dizzy or light-headed, which can cause a fall. If you aren't hungry for a full meal, try a healthy snack like fruit, vegetables, yogurt, oatmeal, cottage cheese, a hard-boiled egg, half a sandwich, or cheese with whole-grain crackers.

Stay Hydrated

Your body needs enough water to work properly. Not drinking enough can make your blood pressure drop, which can cause dizziness or confusion. This can also lead to a fall. Try to drink 6–8 cups of water each day. Carrying a refillable water bottle can help you remember to drink. Some fruits and vegetables also help keep you hydrated because they contain a lot of water. These include watermelon, strawberries, grapes, oranges, pears, pineapple, lettuce, celery, cucumbers, carrots, broccoli, and more.

Local Farmers Markets

- **2026 Oshkosh Farmers Market:** Open Saturdays from May 30 through October 31 (closed July 4). Hours: 8:00 am–12:30 pm. Located downtown on North Main Street and Church Avenue.
- **2026 Omro Thursday Night Market:** Open Thursdays from June 4 through September 17. Hours: 4:00 pm–7:00 pm. Due to construction, the market will be at 125 W. Huron St. (old Dollar General parking lot).

JUNE 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

7:30 am-3:30 pm

Friday

7:30 am—Noon

Natalie, Custodial

Monday—Friday

7:30 am—3:30 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**

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

**Housing Offices Close d
on Fridays**

Sun	Mon	Tue	Wed	Thur	Fri	Sat
						
	1	2	3	4	5	6
		Bug Inspec- tions Apts. 101- 110 & 121	2:00 pm Fire Alarm Testing			
7	8	9 12:30 pm walk with RN Resident Meeting Activity Room	10	11	12	13
					Library Books Delivered	
14	15	16	17	18	19	20
						
21	22	23	24	25	26	27
						
28	29	30	