

Marian Messenger

Volume 13, Issue 6

June 2024

Marian Manor

600 Merritt Ave. Oshkosh, WI 54901

DISCOVER A MORE ACTIVE YOU!

To help older adults improve their balance and decrease their risk of falling, the City of Oshkosh Fire Department has partnered with Nymbbl, a balance training app that helps you to improve your balance, steadiness in walking and confidence! It can be accessed using your phone or tablet and it is **FREE** to all **Oshkosh Residents, ages 60+**.



Balance training improves coordination, which plays a major role in fall prevention and fall-related injuries. Nymbbl only takes 10 minutes a day!



Whether you're seated or standing, Nymbbl is enjoyable, doesn't require sweating or strenuous activity, and reconnects your brain and body with simple exercises and fun brain games



Registration is incredibly easy, and free if you meet the criteria!

The Nymbbl app only asks for a name, birth date, gender and zip

code to verify eligibility. Visit www.enroll.nymbblscience.com

to register online, or download the Nymbbl app on your smartphone or tablet from the Apple App Store or

Scan the QR code from
your phone or tablet



If you have information you would like to submit for the Marian Messenger contact Mary Jo at 920-424-1470 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.



Osteoporosis Facts

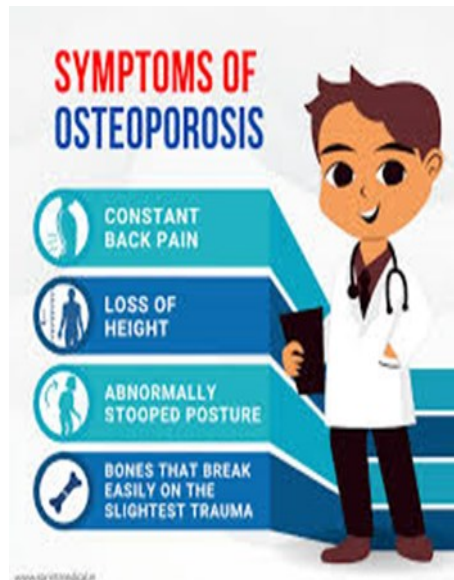
Osteoporosis is common, serious, and costly—and it can lead to an increased risk of bone fractures, typically in the wrist, hip, and spine. Often called a silent disease because bone loss occurs without symptoms, people may not know that they have osteoporosis until their bones become so weak that a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

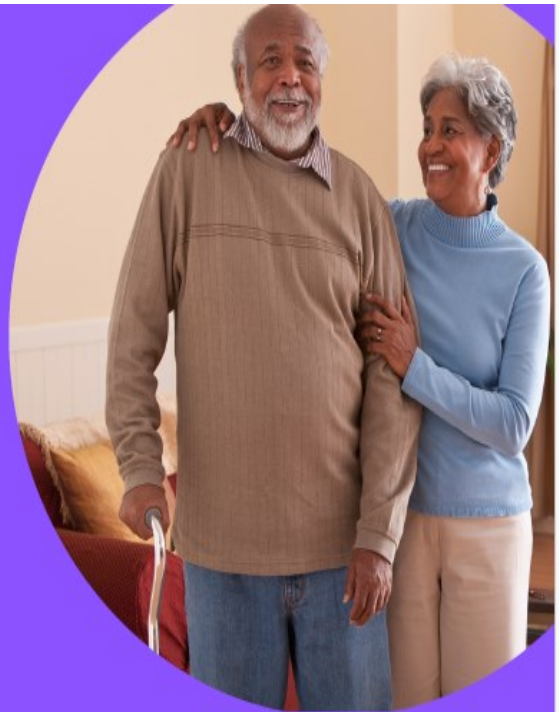
Adopted by: CMS.gov



PROTECT Older Adults: Take A Stand Against Elder Abuse



June: World Elder Abuse Awareness Month



Join us for a community event to learn about ways
to prevent elder abuse!

June 12th, 2024
11am-12:30pm

Winnebago County Administration Building:
112 Otter Ave, Oshkosh

- Free snacks and beverages
- Virtual Dementia Tours (simulated tour to experience what physical and mental challenges adults with Dementia face)
- Information on Powers of Attorney
- Connect with staff from the Aging & Disability Resource Center (ADRC)

Guest Speakers

- Jon Doemel
 - Winnebago County Executive
- Mike Rohrkaste
 - Executive Director, Fox Valley Memory Project
- Mike Sewall,
 - Lieutenant, Winnebago County Sherriff's Dept

TYPES OF ELDER ABUSE



- Physical
- Emotional/Psychological
- Sexual
- Neglect/Self-Neglect
- Financial Exploitation



WINNEBAGO COUNTY STATISTICS

- In 2023, Adult Protective Services received 869 referrals
- 60% of calls needed an investigation that took more than one contact
- 20% of the referrals were for financial exploitation
- 20% were for concerns with dementia that impacted safety

WARNING SIGNS



- Unexplained financial transactions
- New names added to bank accounts
- Weight loss or malnourishment
- Withdrawal from family or friends
- Mood or behavior changes



HELP

- If you suspect someone you know has experienced or is at risk of experiencing elder abuse/neglect, please call the ADRC at 877-886-2372

JUNE 2024

Marian Manor Staff

**Stacy, Senior Property
Manager**

424-1470 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**

424-1470 Ext. 136

Monday-Thursday \

8:30 am—4:30 pm

Friday 8:00 am— Noon

Doug Maintenance

Monday -Thursday

7:00 am-3:00 pm

Friday

7:00 am—Noon

Natalie Custodial

Monday, Tuesday, Thursday &
Friday

11:15 am—3:30 pm

After Hours Maintenance

920-735-3707

Nurses- 4th Floor Office

424-1470 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
						
						
2	5 2-3 pm Strong Bodies Activity Room	3	4 2:00 pm Fire Alarm Testing	5 2-3 pm Strong Bodies Activity Room	6	7
8	19 2-3 pm Strong Bodies Activity Room	10 Bug Day Apts 101- 110 &121	11	12 Library Books Delivered 	13	14  14 JUNE FLAG DAY
15	16 2-3 pm Strong Bodies Activity Room 	17	18 Picnic Lunch more details to come	19 2-3 pm Strong Bodies Activity Room	20	21 
22/29	23/30 3:30 pm OHA/ WCHA Board Meeting at Court Tower	24	25	26 2-3 pm Strong Bodies Activity Room	27	28