

Marian Manor

600 Merritt Ave. Oshkosh, WI 54901



Housing Offices will be closed on Thursday, July 4th in observation of Independence Day.

Mary Jo will be on vacation July 22nd—July 26th.

If you need assistance please seek out Mary Jo earlier in the month.

How To Stay Healthy This Summer

Use sun screen: SPF 15 or higher with UVA/UVB protection, water resistant, and apply often.

- Use hats, sunglasses and light clothing that covers the skin. These little barrier between direct rays and your skin can make a big difference to keep your skin healthy.

- Stay in the shade during midday hours (11am-3pm)

The sun is a great source of Vitamin D. Stick to small doses of exposure and don't be fooled, tan skin is not healthy skin.

What can you do during excessive heat?

Drink plenty of water, even if you do not feel thirsty!

Do not drink beer, wine, alcohol or beverages with caffeine.

Stay indoors as much as possible and stay out of the sun.

Go to where there is air conditioning

Dress in lightweight and light-colored clothes.

Avoid physical labor between 10AM and 3PM

Extremely hot air temperatures are dangerous. They can even cause death. Everyone is at risk. People with physical disabilities, children, pets and the elderly are in the most danger.

Know the Signs and Ways to Treat Heat-Related Illness.

Heat Cramps

- Signs: Muscle pains or spasms in the stomach, arms, or legs.

- Actions: Go to a cooler location. Remove excess clothing. Take sips of cool sports drinks with salt and sugar. Get medical help if cramps last more than an hour.

Heat Exhaustion

- Signs: Heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, fainting.

- Actions: Go to an air-conditioned place and lie down. Loosen or remove clothing. Take a cool bath. Take sips of cool sports drinks with salt and sugar. Get medical help if symptoms get worse or last more than an hour.

Heat Stroke

- Signs: Extremely high body temperature (above 103 degrees) indicated by an oral thermometer; red, hot, and dry skin with no sweat; rapid, strong pulse; dizziness; confusion; and unconsciousness.

- Actions: Call 9-1-1 or get the person to a hospital immediately. Cool down with whatever methods are available until medical help arrives

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or Dizzy		Throbbing Headache
Excessive Sweating		No Sweating
Cool, Pale, or Clammy Skin		Body Temperature Above 103 Degrees
Nausea or Vomiting		Nausea or Vomiting
Rapid, Weak Pulse		Rapid, Strong Pulse
Muscle Cramps		May Lose Consciousness
Get to a cooler, air conditioned place Drink water if fully conscious Use cold compresses or cloths		CALL 911

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 that month's newsletter.





10 Ways to Love Your Brain

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body. Start now. It's never too late or too early to incorporate healthy habits.



Break a sweat

Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain and body. Several studies have found an association between physical activity and reduced risk of cognitive decline.



Hit the books

Formal education in any stage of life will help reduce your risk of cognitive decline and dementia. For example, take a class at a local college, community center or online.



Butt out

Evidence shows that smoking increases risk of cognitive decline. Quitting smoking can reduce that risk to levels comparable to those who have not smoked.



Follow your heart

Evidence shows that risk factors for cardiovascular disease and stroke — obesity, high blood pressure and diabetes — negatively impact your cognitive health. Take care of your heart, and your brain just might follow.



Heads up!

Brain injury can raise your risk of cognitive decline and dementia. Wear a seat belt, use a helmet when playing contact sports or riding a bike, and take steps to prevent falls.



Fuel up right

Eat a healthy and balanced diet that is lower in fat and higher in vegetables and fruit to help reduce the risk of cognitive decline



Catch some Zzz's

Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking.



Take care of your mental health

Some studies link a history of depression with increased risk of cognitive decline, so seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns. Also, try to manage stress.



Buddy up

Staying socially engaged may support brain health. Pursue social activities that are meaningful to you. Find ways to be part of your local community — if you love animals, consider volunteering at a local shelter. If you enjoy singing, join a local choir or help at an after-school program. Or, just share activities with friends and family.



Stump yourself.

Challenge and activate your mind. Build a piece of furniture. Complete a jigsaw puzzle. Do something artistic. Play games, such as bridge, that make you think strategically. Challenging your mind may have short and long-term benefits for your brain.

HEAT-RELATED ILLNESSES

WHAT TO LOOK FOR

WHAT TO DO

HEAT STROKE

- High body temperature (103°F or higher)
 - Hot, red, dry, or damp skin
 - Fast, strong pulse
 - Headache
 - Dizziness
 - Nausea
 - Confusion
 - Losing consciousness (passing out)
- Call 911 right away-heat stroke is a medical emergency
 - Move the person to a cooler place
 - Help lower the person's temperature with cool cloths or a cool bath
 - Do not give the person anything to drink

HEAT EXHAUSTION

- Heavy sweating
 - Cold, pale, and clammy skin
 - Fast, weak pulse
 - Nausea or vomiting
 - Muscle cramps
 - Tiredness or weakness
 - Dizziness
 - Headache
 - Fainting (passing out)
- Move to a cool place
 - Loosen your clothes
 - Put cool, wet cloths on your body or take a cool bath
 - Sip water
- Get medical help right away if:**
- You are throwing up
 - Your symptoms get worse
 - Your symptoms last longer than 1 hour

HEAT CRAMPS

- Heavy sweating during intense exercise
 - Muscle pain or spasms
- Stop physical activity and move to a cool place
 - Drink water or a sports drink
 - Wait for cramps to go away before you do any more physical activity
- Get medical help right away if:**
- Cramps last longer than 1 hour
 - You're on a low-sodium diet
 - You have heart problems

SUNBURN

- Painful, red, and warm skin
 - Blisters on the skin
- Stay out of the sun until your sunburn heals
 - Put cool cloths on sunburned areas or take a cool bath
 - Put moisturizing lotion on sunburned areas
 - Do not break blisters

HEAT RASH

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)
- Stay in a cool, dry place
 - Keep the rash dry
 - Use powder (like baby powder) to soothe the rash



July 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

6:30 am-4:30 pm

Fridays Off

Natalie, Custodial

Monday- Friday

7:00 am-2:30 pm

After Hours Maintenance

920-735-3707

Nurses- 4th Floor Office

424-1470 Ext 124

Lori, Monday, Tuesday and
alternate Fridays

Erin Wednesday, Thursday &
alternate Fridays

Wendy Fromm

Executive Director

424-1450 Ext. 112

Office Closed for Lunch

Noon—1:00 pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Strong Bodies 2-3 pm	2	3 2:00 pm Fire Alarm Testing	4 Offices Closed	5	6
	7	8 Strong Bodies 2-3 pm	9 Bug Day Apt. #'s 611 – 620	10	11 Library Books Delivered Strong Bodies 2-3 pm	12 13
	14	15 Strong Bodies 2-3 pm	16	17	18	19 20
	21	22 OHA Board Meeting 3:30 pm Strong Bodies 2-3 pm	23	24	25	26 27
	28	29	30	31	Mary Jo is off from July 22nd– July 26th	

