

Marian Manor

600 Merritt Ave. Oshkosh, WI 54901



Stay Hydrated...Drink Your Water!

Water is essential for every cell in the body to function correctly. Water aids the digestive system, helps prevent constipation, flushes toxins from the body, promotes good kidney function, keeps your joints and muscles lubricated, supports healthier and younger-looking skin, and helps regulate body temperature.

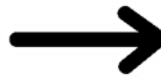
HOW MUCH WATER DO YOU NEED?

Mayo Clinic recommends this minimum daily intake of water:

- **Women** — 11.5 cups, or 92 ounces
- **Men** — 15.5 cups, or 124 ounces

HOW DO YOU KNOW IF YOU'RE DRINKING ENOUGH WATER?

What does the color of your urine tell you?



TIPS FOR DRINKING MORE WATER:

Carry a Water Bottle: Keep a reusable bottle with you.

Flavor It: Add fruit to your water. Lemons, limes and oranges are tried and true. Cucumber, watermelon, strawberries and herbs also are delicious options.

Eat It: Many fruits and vegetables have a high-water content, including melon, cucumbers, lettuce and celery.

Start and End Your Day with Water: Drink a glass of water in the morning and before bed.

Alternate Your Drinks: If you can't give up soda or juice completely, try alternating with water. Each time you finish a glass of water, switch to soda or juice and vice versa.

Challenge a Friend: Kick off a healthy competition with a friend or your kids to see who can meet their guzzling goal most often.

Drink Your Water, Stay Hydrated and Feel the Benefits!!!

1	HYDRATED
2	HYDRATED
3	HYDRATED
4	DEHYDRATED
5	DEHYDRATED
6	DEHYDRATED
7	SEVERELY DEHYDRATED
8	SEVERELY DEHYDRATED



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.



Maintain Muscle Mass with Protein and Physical Activity

The normal aging process results in lost muscle mass even when maintaining the same weight. After the age of 70, there is approximately 15% muscle loss per decade. Comparing the thigh muscle of a 25 year old, active individual with a 75 year old, sedentary individual, when both are the same weight and height, the 75 year old will have considerably less muscle. This loss of muscle is called sarcopenia. As people age, they lose muscle mass faster whenever there is a period of inactivity such as a hospitalization and bed rest. It is possible to lose 10% of leg muscle mass in 10 days of inactivity even while eating an adequate amount of protein.

Loss of muscle mass is an important predictor of overall health status. Muscle loss often leads to diminished strength and decreased activity levels and can contribute to mobility issues, osteoporosis, frailty, and loss of physical function and independence. The weakness that accompanies sarcopenia can dramatically increase the risk of falls for older adults, and one-half of all accidental deaths among people over the age of 65 are related to falls. Therefore it is very important to maintain muscle mass for independence, mobility and normal walking speed.

Muscle mass can be maintained by paying attention to both nutrition and physical activity. It is important to consume an adequate amount of protein evenly throughout the day. Unfortunately only 15 percent of older adults consume 75 percent of the protein they need. When less protein is consumed than is needed, there is muscle breakdown and muscle loss. Muscle growth requires adequate protein intake and exercise.

Studies have shown that consuming 20 to 30 g of protein or approximately three to four ounces of meat or high protein foods (depending on your body size) three times a day can help increase muscle growth both in the young and old. Protein containing the amino acid leucine provides additional benefits. Consuming more than 30 g of protein at one time is not beneficial. Adding exercise along with the protein is needed to maximize the muscle growth and strength. The best response is when protein foods are consumed 60-90 minutes before exercise or a protein beverage consumed up to 60 minutes after exercise. Consuming whey protein which is a good source of leucine following exercise has been shown to increase the muscle strengthening effects of resistance exercise.

Dietary recommendations to maintain muscle mass:

Consume 30 g of protein three times a day i.e. breakfast, lunch, supper. The follow menu has approximately 30 grams of protein at each meal. Good sources of protein include: Meat, Beans, Eggs, Fish, Milk, Cheese & Nuts

Breakfast

- 2 egg omelet with vegetables
- 1 slice wheat toast
- 8 oz. skim milk

Lunch

- Sandwich (2 oz. chicken, lettuce, tomato, whole wheat bread)
- Peach and ¼ cup cottage cheese salad
- 8 oz skim milk

Dinner

- 3 oz fish,
- Sweet potato
- Asparagus
- Strawberries on angel food cake
- Whole grain roll
- 8 oz. skim milk

Crabby Road

1-18-11



©Hallmark Licensing, Inc.

Maxine.com

QUIT SMOKING!

Want to quit smoking but don't know where to start?

The American Lung Association's Freedom From Smoking® program has helped hundreds of thousands quit smoking. Choose between in-person classes, over-the-phone support by a trained specialist, or online support, and set a quit date, build a quit plan, track your success and chat with other quitters.

Quitting smoking is possible with the right help. If you're interested in signing up for telephone support or in-person classes, talk to Mary Jo.

And if you're ever in need of some instant support, you can lean on our network of tobacco cessation counselors through the Wisconsin Tobacco Quit Line at 1-800-QUIT-NOW (800-784-8669).



Summer Ice Cream

Word Search!



	C R W N N K X B C B B B O V N T X N X V C U V K E	
	J O P X L E D E A R U M E N D N R I D A E W B E K	
	G Q F O K L A V O T A F O U L I V M R B Y T K E D	
	C H F F Z E G U T Z E Q U P S M I A E G L C T E P	
	R X N S E E I E X W D M Q J Q R M W R U G A V S E	
	S V U W M E R C L W H E F T E E Y Z N V L P K M R	
	X V W A C S E U A V T A P J L P P M C O R E C N Q	
	M Y P H C Y R R E B W A R T S P J I C J M A P Z B	
	X L A O W H S M E L F H D V R E P O S E P C B C R	
	E B T F O A V K A X A O O A G P H D Y T P H D Z E	
	U C W W N K T I O J Y V J N F C U K P D A M D C P	
	H N B A G N W Z B Z D O N I Z A C I P J X C S E U	
	M O N Z H P Y C M T O J O L X T V I O Q G F H Q K	
	Z A O G N A M B H D Z T J L N E I M C B B D P I N	
	B C H E R R Y G G O V R N A V J E X X E X I T L O	
	T V I Q Q M B V A N R F P A S K G C V O J F K E V	
	E S X Y B U B B L E G U M D T C H L A M E A T B L	
	N I K P M U P J J K Z F U S V I S L G Q F Q F E K	
	T X O S M F B Z R C L Y R Q N A L X Y X B I J I T	
	P U U U H O H K G S Y K X Z O I V O N I H Q I N T	
	T A N X V I H L P Y Q Y S G G T N G P F K D C W Y	
	O B M O Q H Q S G P I Q M Q H C R T G A Q G Z O W	
	Z X F Z C S U K U G L V Z P T Z F Z W O E A P R T	
	Q C S Q O O W A B L D Z F X V L E F O Q U N D B X	
	M V N M B Q C V V L O D W Q E D N V H S J C N I V	

Banana	Chocolate	Peach
Brownie	Coconut	Peppermint
Bubblegum	Coffee	Pistachio
Butterscotch	Mango	Pumpkin
Caramel	Maple	Strawberry
Cherry	Neapolitan	Vanilla



August 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

Natalie, Maintenance

Monday -Thursday

6:30 am-4:30 pm

Friday Off

**After Hours Maintenance
920-735-3707**

**Nurses- 4th Floor Office
424-1470 Ext 124**

Lori, Monday, Tuesday, &

**Erin, Wednesday, Thursday
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 2 3

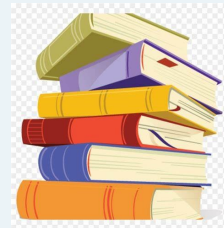


4 5 6 7 8 9 10

2:00 pm Library

Fire Alarm Books

Test Delivered



11 12 13 14 15 16 17

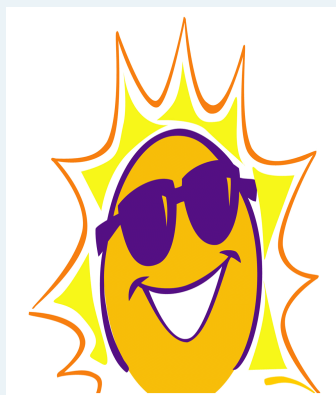
Bug Day

Apt. #'s

511 –

520

18 19 20 21 22 23 24



25 26 27 28 29 30 31

OHA
Board
Meeting
3:30 pm

