

Marian Messenger

Volume 13, Issue 9
September 2024

Marian Manor 600 Merritt Ave. Oshkosh, WI 54901

Oshkosh Housing Authority Offices will be Closed on Monday, September 2nd in observation of Labor Day.



STEPPING ON

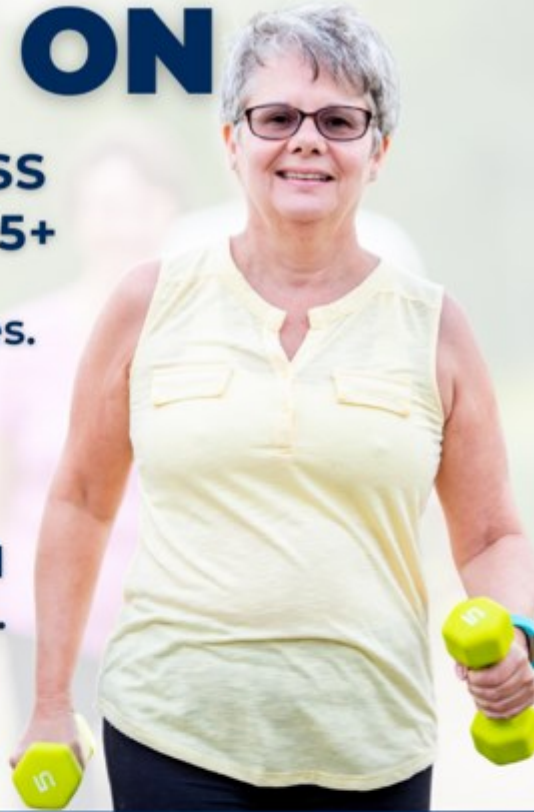
FALLS PREVENTION CLASS FOR MEN AND WOMEN 55+

Strength and balance exercises.

Learn how to identify and remove fall hazards.

Learn how vision, hearing, and more affect your risk of falling.

Learn how to get back on your feet if you fall.



Tuesdays, October 1 - November 12
1 - 3 pm

Hyde Family Community Center
545 Monroe St, Oshkosh
Door 11

Suggested Donation of \$15

Register with Winnebago County Public Health
Call 920-232-3000 or email health@winnebagocountywi.gov

This is across from the Marian Manor back parking lot. It is part of the Boys & Girls Club.



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.



Marian Manor Inspections will be held on

Tuesday, October 8th — Floors 1, 2, 3

Tuesday, October 22nd — Floors 4, 5, 6

Make sure your apartment is ready.



Public Health
Prevent. Promote. Protect.

**Winnebago County
Health Department**

FALLS DON'T HAVE TO HAPPEN

**FALLS ARE COMMON BUT PREVENTABLE.
LET OUR TRAINED STAFF PROVIDE A FREE, IN HOME
VISIT TO CONDUCT A FALLS RISK ASSESSMENT.**



WHAT IS INCLUDED IN A FALLS RISK ASSESSMENT?

A public health registered nurse visits your home to:

- Discuss your health history (past falls, blood pressure, medication, vision)
- Assess physical home conditions (rugs, grab bars)
- Provide education (tips, resources, and available classes)
- Connection to community resources
- Telephone check-in one month after your visit

HOW CAN YOU BENEFIT FROM A FALLS RISK ASSESSMENT?

- Explore ways to build strength and balance
- Review potential risks in your home, to decrease the chance of falling
- Provide tips for improving the safety of your environment and lifestyle.
- Develop a plan for staying healthy and active.

ALL OF THIS IS INCLUDED IN YOUR FREE VISIT!



SCHEDULE YOUR VISIT:

Call (920)-232-3000

Email: health@co.winnebago.wi.us

Debunking the Myths of Older Adult and Falls

Many people think falls are a normal part of aging. The truth is, they're not. Most [falls can be prevented](#)—and you have the power to reduce your risk. To promote greater awareness and understanding here are 10 common myths—and the reality—about older adult falls:

Myth 1: Falling happens to other people, not to me.

Reality: Many people think, “It won’t happen to me.” But the truth is that 1 in 4 older adults [fall every year](#) in the U.S.

Myth 2: Falling is something normal that happens as you get older.

Reality: Falling is not a normal part of aging. Strength and balance exercises, managing your medications, having your vision checked and making your living environment safer are all steps you can take to prevent a fall.

Myth 3: If I limit my activity, I won’t fall.

Reality: Some people believe that the best way to prevent falls is to stay at home and limit activity. Not true. Performing physical activities will actually help you stay independent. Social activities are also good for your overall health.

Myth 4: As long as I stay at home, I can avoid falling.

Reality: Over half of all falls take place at home. Inspect your home for fall risks. Fix simple but serious hazards such as clutter, throw rugs, and poor lighting.

Myth 5: Muscle strength and flexibility can’t be regained.

Reality: While we do lose muscle as we age, exercise can partially restore strength and flexibility. It’s never too late to start an [exercise program](#). Even if you’ve been a “couch potato” your whole life, becoming active now will benefit you in many ways—including protection from falls.

Myth 6: Taking medication doesn’t increase my risk of falling.

Reality: Taking any medication may increase your risk of falling. Medications affect people in many different ways and can sometimes make you dizzy or sleepy. Be careful when starting a new medication. Talk to your health care provider about potential side effects or interactions of your medications.

Myth 7: I don’t need to get my vision checked every year.

Reality: Vision is another key risk factor for falls. Aging is associated with some forms of vision loss that increase risk of falling and injury. People with vision problems are more than twice as likely to fall as those without visual impairment. Have your eyes checked at least once a year and update your eyeglasses.

Myth 8: Using a walker or cane will make me more dependent.

Reality: Walking aids are very important in helping many older adults maintain or improve their mobility. However, make sure you use these devices safely. Have a physical therapist fit the walker or cane to you and instruct you in its safe use.

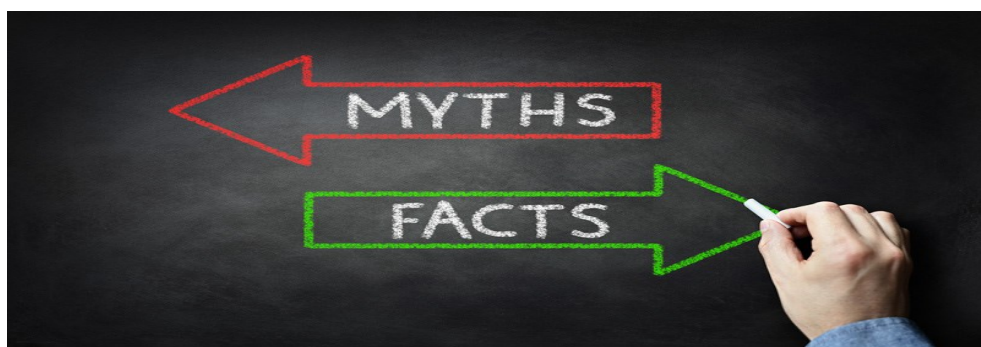
Myth 9: I don’t need to talk to family members or my health care provider if I’m concerned about my risk of falling. I don’t want to alarm them, and I want to keep my independence.

Reality: Fall prevention is a team effort. Bring it up with your doctor, family, and anyone else who is in a position to help. They want to help you maintain your mobility and reduce your risk of falling.

Myth 10: I don’t need to talk to my parent, spouse, or other older adult if I’m concerned about their risk of falling. It will hurt their feelings, and it’s none of my business.

Reality: Let them know about your concerns and offer support to help them maintain the highest degree of independence possible. There are many things you can do, including removing hazards in the home, finding a [fall prevention program](#) in the community, or setting up a vision exam.

Information from the National Council on Aging - www.ncoa.org



September 2024

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

Natalie Maintenance

Monday -Thursday

7:00 am-3:30 pm

Friday 7:00 am—Noon

After Hours Maintenance

920-735-3707

Nurses- 4th Floor Office

424-1450 Ext 124

**Lori, Monday, Tuesday, &
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 2 3 4 5 6 7

Labor Day

2:00 pm

2-3pm

Fire Alarm

Strong

Test

Bodies

Activity

room



**OFFICES
CLOSED**

8 9 10 11 12 13 14

2-3pm

Bug Day

Library

Strong

Apt. #'s

books

Bodies

411 –420

delivered

Activity

room

No

Strong

Bodies

15 16 17 18 19 20 21

2-3pm

2:30 pm

2-3pm

Strong

Resident

Strong

Bodies

Meeting—

Bodies

Activity

New in

Room

the last

6months

22 23 24 25 26 27 28

Autumn

2-3pm

NO

Begins

Strong

Strong

Bodies

Bodies

Activity

Room



29 30

2-3pm

Strong

Bodies

