

The Oxford Tribune



May 2018



**A heartfelt
thanks
for all you do**

National Nurses week



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Announcements

May Birthdays

From The Desk of: Levi Litchman

Director of Recreation

Welcome to the month of May!

May brings many exciting celebrations.

Join us for a fiesta, or two!

05/05- Cinco de Mayo Fiesta

05/10 – Mother’s Day / Monthly Birthday Party

Celebration

05/13 – Mother’s Day Social

05/14 – Friendly Visits

05/28 - Memorial Day Social

05/30 – Party with Albert

A reminder to all to join in
on the festivities whenever possible.

Activities are here for your enjoyment, please feel free
to make suggestions.

Remember to look at your activities calendar and join
in on the fun.

Patio Announcement!

The patio was opened; residents have had the
opportunity to go out and enjoy the warm weather.
The activities department will be hosting special
events, daily activities and BBQ’s out in the patio –
So don’t forget to look at your activities calendar and
ask your recreation leader for outdoor event dates.

05/02 - Bogumila, G

05/02 – Sao, L

05/03 – Pernell, S

05/04 – Judith, L

05/05 – Aida, C

05/05- Ricard, H

05/06 – Hossam, S

05/12 – Sarah, P

05/12 – Audrey, W

05/16 – Donald, Grotts

05/16 – Edward, M

05/18 – Ronald K

05/18- Rafael, S

05/19 – Barbara, B

05/19 – Yves, Samedi

05/19 – Frances, S

05/20 – Jean, S

05/21 – Lauren, B

05/21 – William, L

05/23 – Elizabeth, E

05/24 – Gail, C

05/24 – Mable, W

05/25 - Cardan, G

05/28 – Rudolph, S

05/29 – Smith, D

Renovations Updates

Renovations on the 6th floor and in the Rehab,
Gym are still a work in progress; however, we are
pleased to announce that we expect the 6th floor
and the Gym to be completed in early May

Thank You to all for your continued patience.

From The Desk of: Norman Motechin, Administrator



"Caring For Brooklyn Since 1958."

144 SOUTH OXFORD STREET • BROOKLYN, NY 11217
718-638-0360 Ext:153 • FAX 718-857-6418 www.oxfordnh.com

Dear Clinicians,

The care that you provide every day and night, including each of your unique smiles loaded with compassion, is nothing shy but a "calling" because providing care with compassion cannot be bought or taught.

Observing the care, you all give with the "I Care" manner is a genuine pleasure any administrator would be lucky to witness, share and savor.

While Nurses Home Week allows for the opportunity for one to be more expressive and deliver a heartfelt well deserved genuine. To all of my employees, I say Thank You, for all the work you do each and every day of the year.

So, to each and every single employee of Oxford Nursing Home, I say keep up the amazing job!

And. Thank you for being YOU.

Sincerely,

Norman Motechin

Spotlight on Employee of The Month

Bernard Clerger

"My favorite part of the job is cooking for the residents and staff." -Bernard C

Question: What is your occupation?

Answer: Lead Cook

Question: How long have you been working for Oxford?

Answer: 30 +Years

Question: What floor do you work on?

Answer: In the Kitchen

Question: What is your favorite color?

Answer: Blue

Question: What are your hobbies?

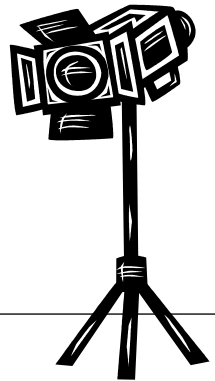
Answer: I like to spend time with my family.

Question: Do you have any pets?

Answer: My daughter has a dog.

Question: Would you like to share something special about your family?

Answer: Yes, I have 3 kids.



From The Kitchen of: **Levi Litchman**
Recipe for:

Slow Cooker Pulled Pork

Ingredients Needed:

1 (2LB.) Pork Tenderloin or a (2LB) Pork Loin Roast

1 (12oz) can or bottle of root beer

1 (18oz) bottle of your favorite barbeque sauce

8 hamburgers bun, split and lightly toasted Cole Slaw

Directions:

Place the pork in a slow cooker; pour the root beer over the meat. Cover and cook on low well until the meat shreds easily, about 6 to 7 hours.

Drain well. Stir in barbeque sauce of your choice; serve over buns topped with your favorite Cole Slaw.



From The Desk of: Marie Monestime, Director of Nursing

Keeping You Informed...

Effective May 8th, 2018, collaborating with our primary physicians and Oxford Nursing Home's other health professionals, Ms. Manjitt Gill NP is expected to be an integral part of our resident's care and management.

Ms. Gill's services will include but not limited to providing referrals diagnosing and treating acute illnesses, infections and monitoring chronic diseases, obtaining medical histories and conducting physical examinations, ordering, prescribing and performing and interpreting diagnostic studies (e. g. lab tests, X-rays, EKGs) and most importantly prevention of unnecessary hospitalization.

To facilitate an ongoing communication between the Nurse Practitioner and Nursing or other health professionals, a Communication Book will be kept in the nursing office where residents with any change in condition can be logged for the Nurse Practitioner to follow up.



Flowers

Find and circle all of the flowers that are hidden in the grid.

The remaining letters spell a secret message - a quotation from Romeo and Juliet.

Find Solution on page 14

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

ALSTROEMERIA
 AMARYLLIS
 ANTHURIUM
 ASTER
 BABY'S BREATH
 BELL FLOWER
 BIRD OF PARADISE
 BOUVARDIA
 CALLA
 CARNATION
 CHRYSANTHEMUM
 CLEMATIS

CORNFLOWER
 DAFFODIL
 DAISY
 DELPHINIUM
 FORGET-ME-NOT
 FOXGLOVE
 FREESIA
 FUCHSIA
 GERANIUM
 GERBERA
 GINGER
 GLADIOLUS

GOLDEN ROD
 HEATHER
 HOLLYHOCKS
 HYACINTH
 HYDRANGEA
 IRIS
 LAVENDER
 LILAC
 LILY
 LISIANTHUS
 MARIGOLD
 ORCHID

PANSY
 PEONY
 PETUNIA
 ROSE
 SNAPDRAGON
 STATICE
 STOCK
 SUNFLOWER
 TULIP
 VIOLET
 YARROW



Article: Ask history: Cinco de Mayo

<http://www.history.com/topics/holidays/cinco-de-mayo>

Cinco de Mayo—or the fifth of May—commemorates the Mexican army’s 1862 victory over France at the Battle of Puebla during the Franco-Mexican War (1861-1867). A relatively minor holiday in Mexico, in the United States Cinco de Mayo has evolved into a celebration of Mexican culture and heritage, particularly in areas with large Mexican-American populations. Cinco de Mayo traditions include parades, mariachi music performances and street festivals in cities and towns across Mexico and the United States.

History of Cinco de Mayo: Battle of Puebla

In 1861 the liberal Mexican Benito Juárez (1806-1872) became president of a country in financial ruin, and he was forced to default on his debts to European governments. In response, France, Britain and Spain sent naval forces to [Veracruz](#) to demand reimbursement. Britain and Spain negotiated with Mexico and withdrew, but France, ruled by Napoleon III (1808-1873), decided to use the opportunity to carve a dependent empire out of Mexican territory. Late in 1861, a well-armed French fleet stormed Veracruz, landing a large French force and driving President Juárez and his government into retreat. Certain that success would come swiftly, 6,000 French troops under General Charles Latrille de Lorencez (1814-1892) set out to attack [Puebla](#) de Los Angeles, a small town in east-central [Mexico](#). From his new headquarters in the north, Juárez rounded up a rag-tag force of 2,000 loyal men—many of them either indigenous Mexicans or of mixed ancestry—and sent them to Puebla. Led by Texas-born General Ignacio Zaragoza (1829-1862), the vastly outnumbered and poorly supplied Mexicans fortified the town and prepared for the French assault. On May 5, 1862, Lorencez drew his army, well provisioned and supported by heavy artillery, before the city of Puebla and led an assault from the north. The battle lasted from daybreak to early evening, and when the French finally retreated they had lost nearly 500 soldiers. Fewer than 100 Mexicans had been killed in the clash. Although not a major strategic win in the overall war against the French, Zaragoza’s success at Puebla represented a great symbolic victory for the Mexican government and bolstered the resistance movement. Six years later—thanks in part to military support and political pressure from the United States, which was finally in a position to aid its besieged neighbor after the end of the Civil War—France withdrew. The same year, Austrian Archduke Ferdinand Maximilian, who had been installed as emperor of Mexico by Napoleon in 1864, was captured and executed by Juárez’s forces. Puebla de Los Angeles was renamed for General Zaragoza, who died of typhoid fever months after his historic triumph there.

Cinco de Mayo in Mexico

Within Mexico, Cinco de Mayo is primarily observed in the state of Puebla, where Zaragoza’s unlikely triumph occurred, although other parts of the country also take part in the celebration. Traditions include military parades, recreations of the Battle of Puebla and other festive events. For many Mexicans, however, May 5 is a day like any other: It is not a federal holiday, so offices, banks and stores remain open.

Cinco de Mayo in the United States

In the United States, Cinco de Mayo is widely interpreted as a celebration of Mexican culture and heritage, particularly in areas with substantial Mexican-American populations. Chicano activists raised awareness of the holiday in the 1960s, in part because they identified with the victory of indigenous Mexicans over European invaders during the Battle of Puebla. Today, revelers mark the occasion with parades, parties, mariachi music, Mexican folk dancing and traditional foods such as tacos and mole poblano. Some of the largest festivals are held in Los Angeles, [Chicago](#) and Houston.

Confusion with Mexican Independence Day

Many people outside Mexico mistakenly believe that Cinco de Mayo is a celebration of Mexican independence, which was declared more than 50 years before the Battle of Puebla. That event is commemorated on September 16, the anniversary of the revolutionary priest Miguel [Hidalgo](#) y Costilla’s famous “Grito de Dolores” (“Cry of Dolores”), a call to arms that amounted to a declaration of war against the Spanish colonial government in 1810.

From the Residents of Oxford Nursing Home

About some of our staff.

John D – “AnneMarie CNA, on the 4th floor has very caring and has a lot of patience.”

Chris D – “Ms. Jackson CNA, on 2nd floor is very consistent.”

Gregory H – “Mr. Motechin, our Administrator is very friendly.”

Leroy Sanders – “Mr. Tinsley Nurse, is persistent, helpful and informative.”

Audrey W – “Mr. Levi Recreation Director, Friendly.”

Larry H – “Mr. Levi Recreation Director, is a nice guy and nuts.”

Sarah P – “Mr. Dwayne Brown Recreation Leader, is an exceptional person and skilled person.”

Annie L – “Ms. Pamela CNA, is a nice and caring person.”

Mary G – “Mr. William Quintana Recreation Leader, is a nice person.”

Yolanda S – “Mr. Patrice Director of Social Work, always accommodating.”

William L – “Ms. Barret CNA, A very nice and pretty lady.”

James A – “Mr. Tinsley Nurse, He likes to straighten things out.”

Ann W – “Ms. Baily CNA, is always helpful, right away.”

Bieber B - “Mr. Tinsley Nurse, always helpful right away.”

Jeffrey H – “Mr. Tinsely Nurse, A good helpful guy.”

From The Desk of: Marie Monestime, Director of Nursing



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To My Nursing Staff,

I would like to take this opportunity to express how deeply proud I feel to work with such a dedicated, passionate and loving Nursing Staff. Our work as nurses is never done. But, I find comfort in knowing that I can count on each and every single one of you every day at Oxford Nursing Home to be the best we can be for the residents that rely on our care.

Happy Nurses Week!

THANK YOU FOR THE CARE YOU PROVIDE.

Marie Monestime, DNS



Article: Momisms

<http://www.mothersdaycelebration.com/momisms.html>

Every mom has a favorite quote and a special tone to scold or teach a lesson to their recalcitrant kids. We might hate this momism as a kid but we all so much miss them when we grow up. These harsh sounding and yet so sweet advices from mothers is what makes our childhood so special. These motherly sayings go a long way in building us strong and making us a better person. Though we hate our moms for being so harsh in their statements, ironically we all use the same momism that we received from our mothers on our kids. Oh God, how much we appreciate our mothers for coming up with such perfect one liners.

Here is list of most common and popular momisms. These motherly advice transcends the borders of time, space, language and culture. For kids are kids everywhere and Mom are always Mom...caring, concern, all knowing and full of love.

- Money does not grow on trees.
- Don't make that face or it'll freeze in that position.
- If I talked to my mother like you talk to me....
- Be careful or you'll put your eye out.
- What if everyone jumped off a cliff? Would you do it, too?
- You have enough dirt behind those ears to grow potatoes!
- Close that door! Were you born in a barn?
- If you can't say something nice, don't say anything at all.
- Be careful what you wish for, it might come true.
- Don't eat those, they will stunt your growth.
- If you don't eat those, you will stunt your growth.
- What's meant to be, is meant to be. (Mom only used this when something bad happened or when you experienced a disappointment.)
- It doesn't matter what you accomplish, I'll always be proud of you.
- I hope that when you grow up, you have kids "Just Like you"! (Also known as the "Mother's Curse")
- Because I'm your mother that's why.
- This is why we can't have nice things.
- If I've told you once, I've told you a thousand times.
- If you fall out of that tree and break your leg, don't come running to me.
- "Cheer up, the worst is yet to come." Usually said in advance of grounding.
- Yes, I *AM* the boss of you.
- Because I said so.
- Just wait till your father gets home.
- No dessert till you clean off your plate.
- I've got eyes in the back of my head, that's how
- Get that thing out of your mouth! (or nose)
- Just you wait until you have kids of your own - then you'll understand
- I slave for hours over a hot stove and this is the thanks I get?!
- Honestly... You'd lose your head if it wasn't screwed on!
- Bored! How can you be bored? I was never bored at your age.

Article: Mother's Day Proclamation

<http://www.mothersdaycelebration.com/mothers-day-proclamation.html>

This powerful Proclamation was made by Julia Ward Howe in the advocacy for the need of official celebration of Mother's Day in Boston, United States of America in 1870. Miss Howe was the first person in US to recognize the need for Mother's Day holiday. She was successful in raising awareness amongst the masses and pushing her plead to the upper echelons of power.

Following this very potent Proclamation made in 1870, the Mothers' Peace Day Observance was held on the second Sunday in June, 1872. Such observances began to take place each year thereafter and paved the way for Mother's Day Holiday in US on the second Sunday of May.

Though Ms. Howe could not herself get the day recognized as the official holiday, she is revered for her significant contributions towards the celebration of the day and for bestowing honor on mothers.

Julia Ward Howe is also famous as the writer of the Civil War song, 'The Battle Hymn of the Republic'.

Mother's Day Proclamation

Arise, then, women of this day! Arise all women who have hearts, whether your baptism be of water or of tears! Say firmly: "We will not have questions decided by irrelevant agencies. Our husbands shall not come to us reeking of carnage for caresses and applause. Our sons shall not be taken from us to unlearn all that we have been able to teach them of charity, mercy, and patience. We women of one country will be too tender to those of another country to allow our sons to be trained to injure theirs."



From the bosom of a devastated Earth a voice goes up with our own. It says "Disarm! Disarm!" The sword of murder is not the balance of justice. Blood does not wipe out dishonor, nor violence indicate possession.

As men have forsaken the plow and the anvil at the summons of war, let women now leave all that may be left of home for a great and earnest day of counsel. Let them meet first as women, to bewail and commemorate the dead. Let them solemnly take counsel with each other as to the means whereby the great human family can live in peace, each bearing after his time the sacred impress not of Caesar, but of God. In the name of womanhood and humanity, I earnestly ask that a general congress of women without limit of nationality be appointed and held at some place deemed most convenient and at the earliest period consistent with its objects, to promote the alliance of the different nationalities, the amicable settlement of international questions, the great and general interests of peace.

Sudoku (Medium)

Find Solution on page 14

3		4		1	8	5		9
1				6	4			
	8	2						
	1				6	9	4	
	9	6						
			7		1	6	3	
	2			5	3			
	5	7	9				8	
						4		

May Observances & Fun facts

May 2018 is observed as

National Bike Month

National Physical Fitness and Sports

Mental Health Awareness Month

Healthy Vision Month

Mediterranean Diet Month

Ultraviolet Awareness Month

Arthritis Awareness Month



Birthstone

Emerald

Fruit and veggies for the month

Mangos

Limes

Potatoes

Astrological Signs

Taurus till the 20th

Gemini till the 21st

May Flower

Lily of the Valley & Hawthorn



A Fact about May

May Day is also recognized as International Worker's Day, or Labor Day. This day commemorates workers' rights and the labor movement. One popular cause that this day commemorates is the eight-hour workday.



"Caring for Brooklyn since 1958."

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Check Us Out At
www.oxfordnh.com



OUR MISSION

To provide compassionate quality care that encompasses both the physical and emotional wellbeing of our residents.

To ensure that the dignity of each individual is respected.

To foster a loving environment providing each individual resident a sense of home and self-respect through our caring staff.

3	6	4	2	1	8	5	7	9
1	7	9	5	6	4	8	2	3
5	8	2	3	7	9	1	6	4
7	1	3	8	2	6	9	4	5
8	9	6	4	3	5	2	1	7
2	4	5	7	9	1	6	3	8
4	2	8	1	5	3	7	9	6
6	5	7	9	4	2	3	8	1
9	3	1	6	8	7	4	5	2

Puzzle Answers

