

The Oxford Tribune



April 2018



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Announcements

Renovations Updates

Renovations on the 6th floor are still a work in progress; however, we are pleased to announce the day room will be painted soon. The day room will exhibit beautiful colors in the shades of blue, gray and white.

Also, renovations in the rehab gym are set to begin. In advance we want to thank everyone for their patience during this process.

While under renovations; therapy sessions will take place on the 6th floor.

Thank you to all for your understanding.

From The Desk of: Levi Litchman
Director of Recreation

Welcome to the month of April!

April is here! We are all excited to hear the birds chirping, to smell the spring flowers and hope that we have finally kicked winter and all the snowstorms it came with.

As always, a reminder to all to join in on the festivities whenever possible.

04/05 – Monthly Birthday Celebration

04/03 – Good Friday / Passover begins at sundown

04/16 – Ice Cream Sundae Blast

04/23 – Music with Warren O’Neil

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.

March Birthdays

04/01 - Lee, B
04/03 – Maria, A
04/05 – Jeremiah, B
04/09 – Jeffrey, H
04/10 – Rhonda, S
04/11 – Angelo, C
04/13 – Christopher, D
04/20 – John, D
04/20 – Theodosia, A
04/21 – Anthony, B
04/22 – Suk, H
04/24 – Robert, H
04/24 – Leonard, T
04/26 – Stanley, D
04/27 - Fernando, C
04/29 – Victor, S
04/30 – Thelma, B
04/30 – Edward, C
04/30 - John, M



From The Desk of: Marie Monestime, Director of Nursing
Keeping You Informed...

The Wave of the Future... Oxford Goes Electronic!

A recent New York State mandate concerns Medication Management. If there is an electronic system for ordering and dispensing medications in place, we can prevent most medication errors as well as minimize potentially dangerous drug to drug interactions. Other benefits of electronic systems are controlling the flow of narcotics and controlled substances, preventing duplication of services and unnecessary testing, and assuring that appropriate lab monitoring is completed when certain medications are ordered.

In recent years, it has been proven to be much more safe, effective, and efficient to phase out paper-based record-keeping systems. It is so much safer that it is being mandated by the state to do so. But not to worry...We can always print any records in the system if they are needed, as long as your privacy rights have been protected.



From The Desk of: Marie Monestime, Director of Nursing
Keeping You Informed...

Where to Smoke



Please Note: It is against the law to smoke inside this facility. In addition, it is against the law to smoke within 15 feet of the building, including the building entrance. Oxford does have a designated area in the courtyard for smoking. Residents are escorted by staff to said designated area as per the smoking schedule.

For the safety of all our residents, we ask that smoking materials should never be provided to the residents. Instead, we ask that you provide the smoking materials to the charge nurse on the unit, a nursing supervisor or to staff in the social work department.

If there is a concern regarding this matter, it should be discussed with the Social Worker or Administration.

Thank you for helping to keep Oxford Nursing Home a safer place. 😊

Spotlight on Employee of The Month

Sully Deitel

*"My favorite part of the job is interacting with the residents, and the staff."
-Sully T.*

Question: What is your occupation?

Answer: Administrator in training.

Question: How long have you been working for Oxford?

Answer: One year.

Question: What floor do you work on?

Answer: Mainly on the 1st floor.

Question: What is your favorite color?

Answer: Blue.

Question: What do you like to do

in your spare time?

Answer: I like to spend time with my family.

Question: Do you have any pets?

Answer: No.

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

Answer: Yes, I have two little girls.

From The Kitchen of: **Barbra Burns**

Recipe for:

Easy Chicken Dinner

Ingredients Needed:

1 LB. Sweet Potatoes
(Cut into 1 inch. pieces)

1LB. Chicken
(Cut into 4 thin pieces)

1LB. String Beans

2 TBLS. OLIVE OIL

2 TSP. Minced Fresh Garlic

Lemon Zest

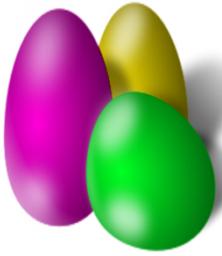
Juice of 1 Lemon

2 TSPS. Dried Thyme

Directions:

Preheat oven to 400 Degrees.

Coat sweet potatoes in 1 TBLS. Olive Oil, place in a roasting pan and cook for 10 minutes. Meanwhile coat string beans with ½ TBLS. of olive oil and thyme; coat chicken with remaining olive oil, fresh garlic, lemon juice and zest. Remove pan from oven and move potatoes to one side. Place chicken in middle of pan and string beans on the other side of chicken bake for 25 minutes more. All Done!



Easter Word Search

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

Find Solution on page 14

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

Find these words:

buck	hutch	jackrabbit	litter	snowshoe
bunny	kick	predator	chew	thump
burrow	nest	prey	tunnel	underground
colony	cottontail	dig	doe	gnaw
warren	hare	hop	kit	





Article: What Is Easter? What do Christians Celebrate on Easter?

By [Mary Fairchild](#)

Christianity Expert

Reference: <http://christianity.about.com/od/holidaytips/qt/whatiseseater.htm>

On Easter Sunday, Christians celebrate [the resurrection](#) of the Lord, [Jesus Christ](#). It is typically the most well-attended Sunday service of the year for [Christian churches](#). Christians believe, according to Scripture, that Jesus came back to life, or was raised from the dead, three days after his death on the cross. As part of the Easter season, the death of Jesus Christ by [crucifixion](#) is commemorated

On [Good Friday](#), always the Friday just before Easter. Through his death, burial, and resurrection, Jesus paid the penalty for sin, thus purchasing for all who believe in him, eternal life in [Christ Jesus](#).

In Western Christianity, Easter marks the end of [Lent](#), a 40-day period of [fasting](#), [repentance](#), moderation and [spiritual discipline](#) in preparation for Easter. Lent begins on [Ash Wednesday](#) and ends on Easter Sunday. [Eastern Orthodox](#) churches observe [Lent or Great Lent](#), during the 6 weeks or 40 days preceding [Palm Sunday](#) with fasting continuing during the [Holy Week](#) of Easter. Lent for Eastern Orthodox churches begins on Monday and Ash Wednesday is not observed.

Because of Easter's pagan origins, and also because of the commercialization of Easter, many Christian churches choose to refer to the holiday as [Resurrection Day](#).

The biblical account of Jesus' death on the cross, or crucifixion, his burial and his [resurrection](#), or raising from the dead, can be found in the following passages of Scripture: Matthew 27:27-28:8; Mark 15:16-16:19; Luke 23:26-24:35; and John 19:16-20:30.

In Western Christianity, Easter is always celebrated on the Sunday immediately following the [Paschal Full Moon](#). I had previously, and somewhat erroneously stated, "Easter is always celebrated on the Sunday immediately following the first full moon after the vernal (spring) equinox." This statement was true prior to 325 AD; however, over the course of history (beginning in 325 AD with the Council of Nicea), the Western Church decided to established a more standardized system for determining the date of Easter.

There are, in fact, as many misunderstandings about the calculation of Easter dates, as there are reasons for confusion.

Article: 4 Tips for Getting a Nourishing Night's Sleep

By: Brant Secunda and Mark Allen



Reference: http://www.huffingtonpost.com/brant-secunda-and-mark-allen/good-night-sleep_b_6955530.html

Sleep, nourishing sleep! It's natural medicine, pure and simple. The spirit of regeneration works upon each and every person during sleep, rejuvenating every cell in the body, as well as the mind and soul. The Huichols say that when sleeping, you die a little death: You go to the Great Spirit, or to a special place of power, where everything just is. They're referring to the kind of sleep that is deep and uninterrupted -- and that's the healing sleep we need.

There are many costs of not getting enough of this good, nourishing sleep. And many of us aren't getting enough: an estimated **50 to 70 million Americans** suffer from some type of sleep disorder. When sleep-deprived, our bodies release cortisol, a hormone produced by the adrenal gland that's also known as the "stress hormone." **Elevated cortisol levels** can diminish the ability of the body to burn fat. So if you're struggling to lose those final pounds, even a few more minutes of quality sleep can make a difference.

If we don't get enough sleep, it hampers the production of human growth hormone, without which we can't regenerate muscle tissue, for instance. And there are links between sleep and aging: Much of the aging process (including some aspects of memory loss) is related to a lifetime of continual, low-grade stress that eventually robs the body as well as the brain of the time it needs to regenerate. Poor sleep is also linked to low levels of **DHEA**, a pro-hormone vital for maintaining a strong immune system, among its many other functions.

But perhaps the most significant effect of sleep deprivation is the disruption of your energy cycles. Without enough sleep, you may tire in the middle of the day, but get wired again late at night. You may go to sleep easily enough, but wake up far too early, and then not be able to get back to sleep. Or despite what seems like a full night's sleep, you may wake up feeling worn out and anything but refreshed.

Here four tips for a good night's sleep:

- 1. Cut back on the caffeine.** Limit your consumption of caffeine to the early parts of the day, preferably before noon.
- 2. Eat big meals earlier.** Having a large meal late in the day can trigger swings in your blood sugar and wake you up in the night when insulin is overdoing its job. Instead, adopt the Huichol's approach of eating a lighter dinner most days of the week.
- 3. Reduce alcohol consumption.** If you want to drink, just keep it in the healthy zone (around one drink a night). Drinking too much alcohol will trigger the release of a hormone that can actually wake you up in the middle of the night.
- 4. Tuck those worries to bed.** Sleep time is for sleeping, not solving the challenges you face in life. By the time you hit the pillow, your mind should be free of worries. Try this ritual: Go over the day's events, and then imagine you're gathering them into a sacred circle in front of your heart. This helps you calm your mind and prepare for deep sleep.

We need those cycles of waking and deep, regenerative slumber -- that special "place of power," as the Huichols say -- to stay healthy and happy. Make getting enough quality sleep a priority, and you'll be doing your whole self a big favor.

Article: What is Passover?

The holiday's history and observances

Reference: http://www.chabad.org/holidays/passover/pesach_cdo/aid/871715/Jewish/What-Is-Passover.htm



The eight-day festival of Passover is celebrated in the early spring, from the 15th through the 22nd of the Hebrew month of Nissan. It commemorates the emancipation of the Israelites from slavery in ancient Egypt. And, by following the rituals of Passover, we have the ability to relive and experience the true freedom that our ancestors gained.

The Story in a Nutshell

After many decades of slavery to the Egyptian pharaohs, during which time the Israelites were subjected to backbreaking labor and unbearable horrors, G-d saw the people's distress and sent Moses to Pharaoh with a message: "Send forth My people, so that they may serve Me." But despite numerous warnings, Pharaoh refused to heed G-d's command. G-d then sent upon Egypt ten devastating plagues, afflicting them and destroying everything from their livestock to their crops.

At the stroke of midnight of 15 Nissan in the year 2448 from creation (1313 BCE), G-d visited the last of the ten plagues on the Egyptians, killing all their firstborn. While doing so, G-d spared the Children of Israel, "passing over" their homes—hence the name of the holiday. Pharaoh's resistance was broken, and he virtually chased his former slaves out of the land. The Israelites left in such a hurry, in fact, that the bread they baked as provisions for the way did not have time to rise. Six hundred thousand adult males, plus many more women and children, left Egypt on that day, and began the trek to Mount Sinai and their birth as G-d's chosen people.

Passover Observances

Passover is divided into two parts:

The first two days and last two days (the latter commemorating the [splitting of the Red Sea](#)) are full-fledged holidays. Holiday candles are lit at night, and *kiddush* and sumptuous holiday meals are enjoyed on both nights and days. We don't go to work, drive, write or switch on or off electric devices. We are permitted to cook and to carry outdoors.

The middle four days are called *chol hamoed*, semi-festive "intermediate days," when most forms of work are permitted.

NO CHAMETZ

To commemorate the unleavened bread that the Israelites ate when they left Egypt, we don't eat—or even retain in our possession—any *chametz* from midday of the day before Passover until the conclusion of the holiday. *Chametz* means leavened grain—any food or drink that contains even a trace of wheat, barley, rye, oats, spelt or their derivatives, and which wasn't guarded from leavening or fermentation. This includes bread, cake, cookies, cereal, pasta and most alcoholic beverages. Moreover, almost any processed food or drink can be assumed to be *chametz* unless certified otherwise.

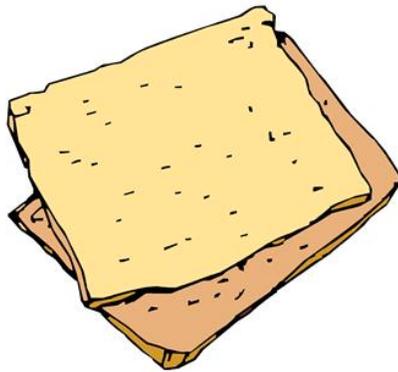
Ridding our homes of *chametz* is an intensive process. It involves a full-out spring-cleaning search-and-destroy mission during the weeks before Passover, and culminates with a ceremonial [search for chametz](#) on the night before Passover, and then a [burning of the chametz](#) ceremony on the morning before the holiday. *Chametz* that cannot be disposed of can be [sold to a non-Jew](#) for the duration of the holiday.

Continued- Article: What is Passover? The holiday's history and observances

Reference; http://www.chabad.org/holidays/passover/pesach_cdo/aid/871715/Jewish/What-Is-Passover.htm

MATZAH

Instead of *chametz*, we eat matzah—flat unleavened bread. It is a mitzvah to partake of matzah on the two Seder nights (see below for more on this), and during the rest of the holiday it is optional.



THE SEDERS

The highlight of Passover is the Seder, observed on each of the first two nights of the holiday. The Seder is a fifteen-step family-oriented tradition and ritual-packed feast.

The focal points of the Seder are:

- Eating matzah.
- Eating bitter herbs—to commemorate the bitter slavery endured by the Israelites.
- Drinking four cups of wine or grape juice—a royal drink to celebrate our newfound freedom.
- The recitation of the *Haggadah*, a liturgy that describes in detail the story of the Exodus from Egypt. The *Haggadah* is the fulfillment of the biblical obligation to recount to our children the story of the Exodus on the night of Passover.

Some of the top 100 April fool's Day Hoaxes of all time

Reference: <http://hoaxes.org/aprilfool/P30>



Space Shuttle Lands in San Diego

April 1, 1993: Dave Rickards, a DJ at KGB-FM in San Diego, announced that the space shuttle Discovery had been diverted from Edwards Air Force Base and would soon be landing at Montgomery Field, a small airport in the suburbs of San Diego. Thousands of commuters immediately headed towards the location — cameras, camcorders, and folding chairs in hand — hoping to witness the landing. So many people showed up that traffic was brought to a standstill, requiring the police to start directing cars away from the airport. Of course, there were some clues that the announcement was a hoax. For instance, Montgomery Field is too small for large aircraft to land there, let alone a space shuttle. Also, there wasn't a shuttle in orbit at the time. The police weren't amused by the prank. They made it known that they would be billing the radio station for the cost of forcing officers to direct traffic.

Blue Can Warning

April 1, 1996: Virgin Cola ran an ad in British papers announcing that in the interest of consumer safety it had integrated a new technology into its cans. When the cola passed its sell-by date, the liquid reacted with the metal in the can, turning the can bright blue. Virgin warned that consumers should therefore avoid purchasing all blue cans. Coincidentally, Pepsi had recently unveiled its newly designed cans which were bright blue.



Big Ben Goes Digital

April 1, 1980: The BBC's overseas news service reported that Big Ben, in order to keep up with the times, was going to be given a digital readout. The segment included people's nostalgic reminiscences about the world's most famous clock, such as anecdotes about the day it stopped and when it chimed 13 instead of 12. Finally, the service announced that the clock hands, being no longer needed, would be given away to the first four listeners to contact them. One Japanese seaman in the mid-Atlantic immediately radioed in, hoping to be among the lucky callers. However, the BBC was shocked when it then began receiving a massive volume of calls from listeners who were furious that Big Ben was going to be meddled with. "Surprisingly, few people thought it was funny," admitted Tony Lightley of the service. The BBC had to spend several days

Uproar follows BBC joke

LONDON — BBC is still trying to apologize to overseas listeners who took seriously an April Fools Day broadcast that London's Big Ben was going digital.



Sudoku (Medium)

Find Solution on page 13

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

Unscramble the Words

Unscramble these four jumbles, one letter to each square to form four ordinary words.

Find Solution on page 13

Unscramble these four Jumbles, one letter to each square to form four ordinary words.

WHOYD

○ □ □ □ ○ □ □ □

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MURRO

○ ○ ○ □ □ □ □ □

LGOONB

○ ○ □ □ □ □ □ □

FRATID

□ □ □ □ ○ ○ □ □

ANSWER " ○ ○ ○ ○ □ □ " □ □ □ □ □ □ □ □



Now arrange the circled letters to form the surprise answer as suggested by the cartoon.

1112



"Caring for Brooklyn since 1958."

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OUR MISSION

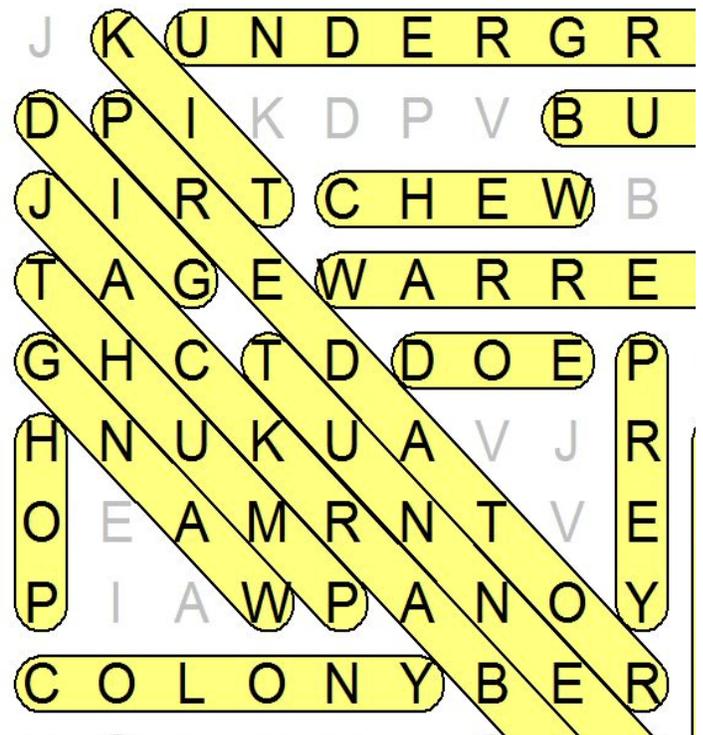
To provide compassionate quality care that encompasses both the physical and emotional wellbeing of our residents.

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.

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

Puzzle Answers



1. **HOWDY**
2. **RUMOR**
3. **OBLONG**
4. **ADRIFT**

Cartoon: News traveled quickly
from parrot to parrot as a result
of – “BIRD” OF MOUTH