

The Oxford Tribune



June 2018



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Announcements

- We will be hosting our 1st Healthcare Festival on July 8th. See page 5, For mor details.
- We will once again be participating with the NYC Summer Youth Program to offer volunteer opportunities to participants interested in the Healthcare Field.
Today's youth are tomorrow's leaders.

From The Desk of: Levi Litchman

Director of Recreation

Welcome to the month of June!

- 06/04 – Trip to The Movie Theater
- 06/14 – Father's Day Celebration
- 06/26 – Chocolate Pudding Social
- 06/28 – Monthly Birthday Celebration

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 is open; and all are welcome 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 – We hope to see your there!

June Birthdays

- 06/03 - Burton, E
- 06/03 – Gilda, H
- 06/04 - Ruth, B
- 06/09 - Kalvin, H
- 06/11 – Eugene, S
- 06/12 – Mary, W
- 06/14 – Joseph, K
- 06/15 – Muritala, B
- 06/15 – Carol, R
- 06/20 – Edwin, G
- 06/21 – Ronald, B
- 06/22 – Lance, L
- 06/24 – John, H
- 06/24 – Walter, P
- 06/24 – Janina, W
- 06/28 – Edward, N
- 06/29 – Nandlal, J



Renovations Updates

Renovations to the 6th floor Day Room have been completed. We are also pleased to announce that renovations to our Rehab Gym have also been completed. In the next few weeks we expect to receive new furniture and new equipment.



From The Desk of: Marie Monestime, Director of Nursing

Keeping You Informed...

Prevention of Heat-Related Illness

Hot weather has already started to occur and Summer is not even here yet! Please protect yourself from heat-related illness by staying well-hydrated and remaining indoors where air conditioning is available.

The following information has been provided by the Department of Health:

Hot weather can cause heat stroke and exacerbate chronic medical conditions and may lead to severe complications and death. Heat waves affect New York City nearly every year and kill more New Yorkers each year on average than all other natural disasters combined. Air conditioning is the most effective protection for at-risk patients during extreme heat.

Risk Factors for Heat-related Illness and Death

The rates of serious illness and death from extreme heat exposure are increased among older adults, those with chronic cardiovascular or respiratory disease, diabetes, or obesity, those with serious mental health, cognitive, or developmental disorders that impair judgment or self-care, those taking medications that can impair thermoregulation, and those who drink heavily or use illicit drugs.

What is Heat Illness?

Heat illness occurs when the body cannot cool down. The most serious forms of heat illness are heat exhaustion and heat stroke. Heat stroke occurs when the body's temperature rises quickly and can rapidly lead to death. Keeping cool can be hard work for the body. This extra stress on the body can also worsen other health conditions such as heart and lung disease.

What are the Signs of Heat Illness?

Signs of Serious Heat Illness Include:

- Hot, dry skin OR cold, clammy skin
- Confusion, hallucinations, disorientation
- Unconscious or unresponsive
- Nausea or vomiting
- Trouble breathing
- Rapid, strong pulse
- Weakness
- Dizziness

Notify the Nurse right away if you or another resident is experiencing these signs of serious heat illness.

Warning Signs of Heat Illness

- Heavy sweating
- Muscle cramps
- Light headedness, feeling faint
- Headache
- Decreased energy
- Loss of appetite, nausea

If you or someone you know has warning signs of heat illness **tell your nurse, get to a cool place, remove extra clothes, and drink plenty of water.**

Desde el escritorio de: Marie Monestime, Directora de Enfermería

Manteniéndote informado ...

Prevención de enfermedades relacionadas con el calor

El clima cálido ya comenzó a ocurrir y ¡el verano aún no ha llegado! Protéjase de las enfermedades relacionadas con el calor manteniéndose bien hidratado y permaneciendo en el interior donde haya aire acondicionado disponible. La siguiente información ha sido proporcionada por el Departamento de Salud:

El clima cálido puede causar insolación y exacerbar afecciones médicas crónicas, y puede provocar complicaciones graves y la muerte. Las olas de calor afectan a la ciudad de Nueva York casi todos los años y matan a más neoyorquinos cada año en promedio que todos los demás desastres naturales combinados. El aire acondicionado es la protección más efectiva para los pacientes en riesgo durante el calor extremo.

Factores de riesgo para enfermedad relacionada con el calor y muerte

Las tasas de enfermedades graves y muertes por exposición extrema al calor aumentan entre los adultos mayores, aquellos con enfermedades cardiovasculares o respiratorias crónicas, diabetes u obesidad, aquellos con trastornos graves de la salud mental, cognitivos o del desarrollo que perjudican el juicio o el autocuidado, aquellos tomar medicamentos que pueden alterar la termorregulación, y aquellos que beben mucho o usan drogas ilícitas.

¿Qué es la enfermedad del calor?

La enfermedad del calor ocurre cuando el cuerpo no puede enfriarse. Las formas más graves de enfermedades causadas por el calor son el agotamiento por calor y el golpe de calor. El golpe de calor ocurre cuando la temperatura del cuerpo aumenta rápidamente y puede llevar rápidamente a la muerte. Mantenerse fresco puede ser un trabajo duro para el cuerpo. Este estrés adicional en el cuerpo también puede empeorar otras condiciones de salud, como la enfermedad cardíaca y pulmonar.

¿Cuáles son los signos de la enfermedad por el calor?

Las señales de enfermedad grave por calor incluyen:

Piel seca y caliente O piel fría y húmeda

Confusión, alucinaciones, desorientación

Inconsciente o insensible

Náuseas o vómitos

Dificultad para respirar

Pulso rápido y fuerte

Debilidad

Mareo

Notifique a la enfermera de inmediato si usted u otro residente está experimentando estos signos de una enfermedad grave por el calor.

Señales de advertencia de enfermedad por calor

Sudoración pesada

Calambres musculares

Mareos, sensación de desmayo

Dolor de cabeza

Disminución de energía

Pérdida de apetito, náuseas

Si usted o alguien que conoce tiene signos de advertencia de enfermedad por calor, **avísele a su enfermera, diríjase a un lugar fresco, quítese la ropa extra y beba mucha agua.**



OXFORD

N u r s i n g H o m e

"Caring For Brooklyn Since 1958."

Healthcare Festival

Sunday, July 8th

12pm to 3pm

144 South Oxford Street, Brooklyn, NY 11217
Between Hansen Place & Atlantic Commons

Preventive Medicine

Medical Screening

Healthcare Vendors

Interactive Family Activities

Face Painting

Bouncy Houses

BBQ

Live DJ Music



This Event is Sponsored By
New York City Council Majority Leader
Laurie A. Cumbo
Council Member, 35th District, Brooklyn

A special thank you to Ms. Cumbo, to her office staff and to all of the vendors that will be participating in our event.

Spotlight on Employee of The Month

Pamela Nedd – May 2018

"I like giving care to the residents of Oxford Nursing Home with a lot of love."
Pamela N.



Question: What is your occupation?

Answer: I am a (CNA) Certified Nurse's Assistant

Question: How long have you been working for Oxford Nursing Home?

Answer: I have been working at Oxford for eleven years.

Question: What is your favorite color?

Answer: My favorite color is Green.

Question: What are your hobbies?

Answer: I like shopping.

Question: Do you have any pets?

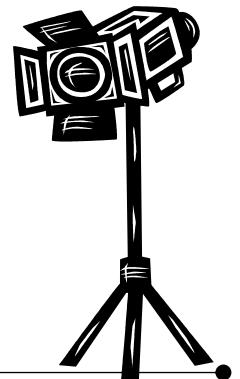
Answer: No pets.

Question: What is your favorite food?

Answer: I love vegetables.

Question: What was your first job ever?

Answer: I was a detective in Guyana.



From The Kitchen of: **Kevin Tinsley**

Recipe for:

Easy Peasy Banana Bread

Ingredients Needed:

1 - Box of Yellow Cake Mix
Not Butter Recipe
For best taste use

(Betty Crocker or Duncan Hines
Cake Mix Brands)

3 or 4 – Extra ripe Bananas
(Large)

3 – Large eggs (room temp)
1/3 Cup Vegetable Oil
(Canola Oil is Best)

*** You can add nuts***

Allergy Alert: Although optional, should you choose to add nuts please inform all persons you share your banana bread with before they taste.

Directions:

Preheat the oven to 350 degrees F

First: Mash bananas until liquified (no water needed)

Second: Mix liquified bananas, cake mix, oil and eggs at low speed (hand mixer) or by hand until smooth & creamy
(Do not use water)

Third: Pour mixture into greased 13 by 9 loaf pan

Directions:

Bake in center of oven at 350 degrees for 22-27 minutes or until toothpick inserted comes out clean.

You can bake longer for golden or darker bread cake. Once done allow the banana bread to cool for 15 minutes before removing from the pan.

From the Residents of Oxford Nursing Home

Fatherly Advice

Larry H – Take care of your kids and spend time with them whenever possible.

Richard H – Honor your father.

Chris D – Get a good education for a decent job. Take your kids to church, sit and listen to your kids.

James Y – Spend time with your kids and love them.

Leonard T – Hold your children, tell them you love them.

Kassin – Watch them, hold them and always give them time.

Edvin G – Don't do things you don't want your kids to do.

Clarke O – Take good care of your kids, give them the best of everything.



Summer

Find and circle all of the summer words that are hidden in the grid.
The remaining letters spell an additional summer item. SOLUTION ON PAGE 15.



ANTS
AUGUST
BARBECUE
BASEBALL
BEACH
BEES
BICYCLE
BLUE SKY
BOATING
BREEZE
CAMPING

FISHING
FLIES
FLOWERS
GARDENING
GOLF
GREEN GRASS
HAT
HIKING
HOLIDAYS
HOT
ICE CREAM

JULY
JUNE
MOSQUITOES
NO SCHOOL
PICNIC
ROLLER BLADES
SANDALS
SKATEBOARD
SOCCER
SOLSTICE
SPRINKLERS

SUNBURN
SUNGASSES
SUNSCREEN
SUNSHINE
SUNTAN
SWEAT
SWIMMING
U V RAYS
WASPS
WATER FIGHTS
WATERMELON

Article: Father's Day History

<http://www.history.com/topics/holidays/fathers-day>

On July 19, 1910, the governor of the U.S. state of Washington proclaimed the nation's first "Father's Day." However, it was not until 1972, 58 years after President Woodrow Wilson made Mother's Day official, that the day became a nationwide holiday in the United States.



MOTHER'S DAY: INSPIRATION FOR FATHER'S DAY

The "Mother's Day" we celebrate today has its origins in the peace-and-reconciliation campaigns of the post-Civil War era. During the 1860s, at the urging of activist Ann Reeves Jarvis, one divided [West Virginia](#) town celebrated "Mother's Work Days" that brought together the mothers of Confederate and Union soldiers. In 1870, the activist Julia Ward Howe issued a "Mother's Day Proclamation" calling on a "general congress of women" to "promote the alliance of the different nationalities, the amicable settlement of international questions, [and] the great and general interests of peace."

Did You Know?

[There are more than 70 million fathers in the United States.](#)

However, Mother's Day did not become a commercial holiday until 1908, when—inspired by Jarvis's daughter Anna, who wanted to honor her own mother by making Mother's Day a national holiday—the John Wanamaker department store in Philadelphia sponsored a service dedicated to mothers in its auditorium. Thanks in large part to this association with retailers, who saw great potential for profit in the holiday, Mother's Day caught on right away. In 1909, 45 states observed the day, and in 1914, President [Woodrow Wilson](#) approved a resolution that made the second Sunday in May a holiday in honor of "that tender, gentle army, the mothers of America."

ORIGINS OF FATHER'S DAY

The campaign to celebrate the nation's fathers did not meet with the same enthusiasm—perhaps because, as one florist explained, "fathers haven't the same sentimental appeal that mothers have." On July 5, 1908, a West [Virginia](#) church sponsored the nation's first event explicitly in honor of fathers, a Sunday sermon in memory of the 362 men who had died in the previous December's explosions at the Fairmont Coal Company mines in Monongah, but it was a one-time commemoration and not an annual holiday. The next year, a Spokane, [Washington](#) woman named [Sonora Smart Dodd](#), one of six children raised by a widower, tried to establish an official equivalent to Mother's Day for male parents. She went to local churches, the YMCA, shopkeepers and government officials to drum up support for her idea, and she was successful: Washington State celebrated the nation's first statewide Father's Day on July 19, 1910. Slowly, the holiday spread. In 1916, President Wilson honored the day by using telegraph signals to unfurl a flag in Spokane when he pressed a button in [Washington, D.C.](#). In 1924, President [Calvin Coolidge](#) urged state governments to observe Father's Day. However, many men continued to disdain the day. As one historian writes, they "scoffed at the holiday's sentimental attempts to domesticate manliness with flowers and gift-giving, or they derided the proliferation of such holidays as a commercial gimmick to sell more products—often paid for by the father himself."

Continued Article: Father's Day History

<http://www.history.com/topics/holidays/fathers-day>

FATHER'S DAY: CONTROVERSY AND COMMERCIALISM

During the 1920s and 1930s, a movement arose to scrap Mother's Day and Father's Day altogether in favor of a single holiday, Parents' Day. Every year on Mother's Day, pro-Parents' Day groups rallied in [New York](#) City's Central Park—a public reminder, said Parents' Day activist and radio performer Robert Spere, “that both parents should be loved and respected together.” Paradoxically, however, the Depression derailed this effort to combine and de-commercialize the holidays. Struggling retailers and advertisers redoubled their efforts to make Father's Day a “second Christmas” for men, promoting goods such as neckties, hats, socks, pipes and tobacco, golf clubs and other sporting goods, and greeting cards. When [World War II](#) began, advertisers began to argue that celebrating Father's Day was a way to honor American troops and support the war effort. By the end of the war, Father's Day may not have been a federal holiday, but it was a national institution.

In 1972, in the middle of a hard-fought presidential re-election campaign, Richard Nixon signed a proclamation making Father's Day a federal holiday at last. Today, economists estimate that Americans spend more than \$1 billion each year on Father's Day gifts.

Grilling: The Ultimate Guide

By *Eating Well Editors*

http://www.eatingwell.com/healthy_cooking/quick_healthy_cooking/grilling_the_ultimate_guide



It's time to get grilling! Whether you're a vegetarian, meat-lover or somewhere in between, Eating Well's Ultimate Grilling Guide covers everything you need to know to become master of barbecue. Try one of our top grilling recipes, and get more ideas from our Healthy grilling recipes slideshows and collections, such as [Quick Grilling Recipes](#) and [Grilled Chicken and BBQ Chicken Recipes](#). Don't miss our [grilling articles](#) to learn how to roast on the grill or pair wine with grilled fare. Plus find more recipes for summer favorites: [burgers](#), [drinks](#), [pies](#) and more. We hope our grilling recipes, tips and articles will inspire you to cook on the grill often. So get outside and get grilling!

1. Gas vs. Charcoal?

The age-old debate over which grilling method is "better" involves multiple variables, from flavor to cost to convenience. While no studies prove that either is healthier, gas does burn cleaner. Charcoal grills emit more carbon monoxide, particulate matter and soot into the atmosphere, contributing to increased pollution and higher concentrations of ground-level ozone. From a taste perspective, on the other hand, many people prefer the smokier, richer taste of food cooked on a charcoal grill.

2. Get It Hot!

Preheat your grill 15 to 25 minutes before you start cooking to make sure it reaches the right temperature (and to kill any bacteria). Your grill should be 400-450°F for high, 350-400°F for medium-high, 300-350°F for medium and 250-300°F for low heat. A properly heated grill sears foods on contact, keeps the insides moist and helps prevent sticking. While searing doesn't "seal in" the juices (contrary to popular belief), it does create improved flavors through caramelization.

3. Additive-Free

If you do choose charcoal grilling, we recommend additive-free lump charcoal, which is just charred wood. Conventional briquettes may contain wood scraps and sawdust as well as coal dust, sodium nitrate, borax and additives like paraffin or lighter fluid. As for lighter fluid, we recommend avoiding it altogether. Lighter fluid can release volatile organic compounds (VOCs) into the air, leave an unpleasant residue on food and pose a serious danger if used improperly.

4. Brush It Off

It's easier to remove debris when the grill is hot, so after preheating, use a long-handled wire grill brush on your grill rack to clean off charred debris from prior meals. Scrape again immediately after use.

5. Oil It Up

Even on a clean grill, lean foods may stick when placed directly on the rack. Reduce sticking by oiling your hot grill rack with a vegetable oil-soaked paper towel: hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.)

Continued: Grilling: The Ultimate Guide

6. Safety First

Food safety is a top priority, so keep these simple rules from the USDA in mind: avoid cross-contamination by using separate cutting boards, utensils and platters for raw and cooked foods; refrigerate foods while marinating; and never baste with the marinating liquid. (Make extra marinade just for basting or boil your marinating liquid first.)

7. Marinate Your Meat

Marinating does more than infuse food with flavor; it also inhibits the formation of potentially carcinogenic HCAs (heterocyclic amines), which form when grilling “muscle meats” like poultry, red meat and fish. According to the American Institute for Cancer Research (AICR), marinating can reduce HCA formation by as much as 92 to 99 percent.

8. A Chimney Starter

A chimney starter (weber.com, \$14.99) makes starting a charcoal fire a breeze. Just place crumpled paper in the bottom of the chimney, fill it with charcoal and light the paper. In about 20 minutes the coals will be ready to spread evenly in the bottom of the grill—no kindling, no lighter fluid, no perfect pyramid required.

9. Is It Done?

The best way to know if protein is fully cooked is to check its internal temperature with an instant-read thermometer.

10. Use A Grill Basket

Use a grill basket (bedbathandbeyond.com, \$9.99-24.99) for foods that might fall through the grill rack or are too cumbersome to turn over one by one (vegetables, fish, tofu, fruits, etc.).

11. The Hand Test

To gauge the temperature of a grill without a thermometer, place your open palm about 5 inches above the grill rack; the fire is high if you have to move your hand in 2 seconds, medium if you have to move your hand in 5 seconds and low if you have to move your hand in 10 seconds.

12. Tame The Flames

Flare-ups happen when fat drips onto the heat source and catches fire. This causes carcinogenic PAHs (polycyclic aromatic hydrocarbons) to form and accumulate on your food. Meat licked by flames also tastes “off” and flames may char the outside of food before the inside has thoroughly cooked. To reduce flare-ups, select lean cuts of meat, trim excess fat and remove poultry skin. And, keep a squirt bottle of water near the grill to quickly douse any unexpected flare-ups.

13. Give It A Rest

Let finished meats rest on a clean platter, tented with foil, for about 10 minutes before carving so juices can redistribute evenly.

Sudoku (Medium)

Find Solution on page 15

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

Unscramble the Words

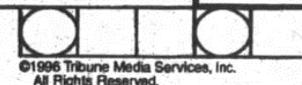
Unscramble these four jumbles, one letter to each square to form four ordinary words.

Find Solution on page 15

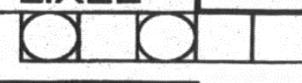
JUMBLE.

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

RUHTT



LIXEE



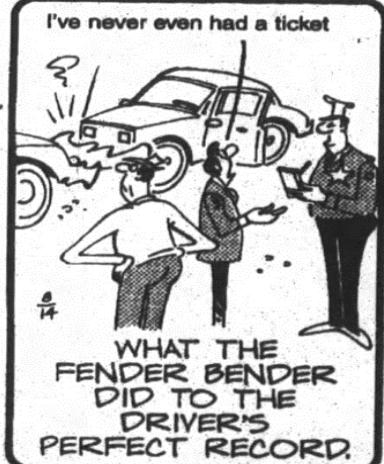
DIMPOU



UNTEAB



THAT SCRAMBLED WORD GAME
by Henri Arnold and Mike Argirion



Now arrange the circled letters
to form the surprise answer, as sug-
gested by the above cartoon.

Answer here : A IN

(Answers tomorrow)

June Observances & Fun facts

June is observed as

National Oceans Month
African-American Music Appreciation
National Caribbean-American Heritage
Great Outdoors Month
Cataract Awareness Month
Men's Health Month
National Safety Month
June 8: World Oceans Day
June 14-20: National Flag Week
June 23 National Pink Day



Birthstone

Alexandrite, Pearl, & Moonstone

Fruit and veggies for the month

Cherries
Plums
Pluot
Aprium
Okra



Astrological Signs

Gemini (till 20th) & Cancer (beginning 21th)

June Flower

Rose

A Fact about June

The first is that the month is named after the Roman goddess Juno, wife of [Jupiter](#) and equivalent to the Greek goddess Hera; the second is that the name comes from the Latin word iuniores, meaning “younger ones,” as opposed to maiores (“elders”) for which the preceding month May be named.



"Caring for Brooklyn since 1958."

144 South Oxford Street
Brooklyn, New York 11217

Tel: 718-638-0360
Email: admissions@oxfordnh.com

Check Us Out At
www.oxfordnh.com



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

1. GORGE
2. SQUAB
3. MUFFLE
4. LATEST

Cartoon: AGE – “LESS”

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.

Puzzle Answers

