



MARCH 2018

## *Newsletter*



Happy  
St. Patrick's  
Day.

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# Announcements



We have been giving care for 60 years and we couldn't have done it without our staff.

Our sincerest gratitude and appreciation goes out to each and every employee of Oxford Nursing Home.

Thank you for all of your dedication and years of service.

*From The Desk of: Levi Litchman*  
Director of Recreation

## Welcome to the month of March!

March is here and we are looking forward to the arrival of spring, as well as a month of special events, holidays, and activities. A reminder to join in on the festivities whenever possible.

- 03/15- St. Patrick's Pre Party
- 03/19 – Chinese New Year
- 03/17- Monthly Birthday & Mardi Gras Celebration
- 03/18- Ash Wednesday
- 03/27– Resident Council

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:

- 03/01- C, Patricia
- 03/01- S, Marilyn
- 03/03- T, Alfonso
- 03/06- H, Franklin
- 03/07- C, Rodney
- 03/07- P, Evren
- 03/08- M, John
- 03/12- D, Lynda
- 03/13- B, Bertha
- 03/13- R, Madge
- 03/17- B, Arletha
- 03/18- H, Deborah
- 03/18- L, Mark
- 03/20- S, Fanny



## Renovation Announcement

We are excited to announce that renovations on the 6th floor are going to begin.

We ask that you pardon our appearance while we continue to undergo Renovations.



*From The Desk of: Marie Monaasteine, Director of Nursing*

## Keeping You Informed...

### CDC Flu Vaccination Widget

## Test Your Knowledge

*Think you know all there is to know about the flu?*

1. A flu vaccine can't give you the flu.

**True / False**

2. The 'stomach flu' and influenza are the same thing.

**True / False**

3. Getting a flu vaccine in December or later is not too late.

**True / False**

4. People should be vaccinated against the flu each and every year.

**True / False**

5. Washing your hands is the best thing you can do to protect against the flu.

**True / False**

6. The flu is typically spread through coughs and/or sneezes.

**True / False**

7. The flu is not a serious illness.

**True / False**

8. The flu vaccine is available as a shot or a nasal spray.

**True / False**

9. You can spread the flu to others before you have symptoms.

**True / False**

10. There is no treatment for flu.

**True / False**

11. The flu vaccine offers protection immediately after it is given.

**True / False**

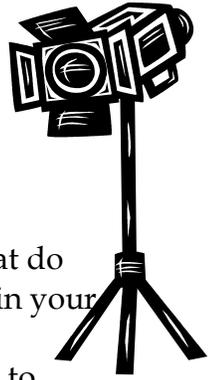
## CDC Flu Vaccination Widget ( ANSWERS )

- 1. True: The flu vaccine cannot cause flu illness. The viruses in the vaccine are inactivated (i.e., killed), which means they cannot cause infection.**
- 2. False:** Stomach flu is a popular term for stomach or intestinal disease, whereas the flu is a respiratory (lung) disease. People who have the flu often feel some or all of these symptoms: fever, headache, extreme tiredness, dry cough, sore throat and muscle aches. Nausea, vomiting and diarrhea also can occur with flu, but are more common in children than adults.
- 3. True:** CDC recommends that people get a flu vaccination by the end of October, if possible. CDC continues to recommend flu vaccination as long as flu viruses are circulating, even in January or later. Most of the time flu activity peaks between December and March, although activity can last as late as May.
- 4. True:** CDC recommends yearly vaccination for two reasons. First, new flu vaccines are made each year and often updated to fight against the three or four (depending on vaccine) influenza viruses research suggests will be most common. Second, immunity declines over time, so a yearly vaccination is required for optimal protection.
- 5. False:** CDC recommends a flu vaccine as the first and most important step in protecting against the flu. However, preventive actions like covering your cough and washing your hands often are important everyday steps that can help stop the spread of germs.
- 6. True:** Flu virus is mainly spread through droplets from coughs and sneezes.
- 7. False:** Flu is a serious contagious disease that causes illness and related hospitalizations and deaths every year in the United States. Flu seasons can vary in severity. CDC estimates that flu-related hospitalizations since 2010 ranged from 140,000 to 710,000, while flu-related deaths are estimated to have ranged from 12,000 to 56,000.
- 8. True;** Nasal spray flu vaccine (sold under the trade name FluMist®) was first approved by FDA during 2003 and is still an FDA-approved product; however, the nasal spray flu vaccine is not recommended for use during 2016-2017 because of concerns about its effectiveness. CDC continues to recommend flu shots during 2016-2017, including inactivated influenza vaccines and the recombinant influenza vaccine.
- 9. True:** Most healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5 days after becoming sick.
- 10. False:** There are prescription medications called "antiviral drugs" that can be used to treat the flu. Antiviral drugs are pills, liquid or inhaled powder that fight against the flu in your body. The antiviral drugs recommended now are oseltamivir (Tamiflu®), zanamivir (Relenza®), and peramivir (Rapivab®). Antivirals are not a substitute for getting a flu vaccine.
- 11. False:** It takes about two weeks after vaccination for antibodies to develop in the body that provide protection against influenza (flu) virus infection. That is why it's better to get vaccinated before the flu season really gets under way. CDC recommends people get vaccinated by the end of October, if possible.

**Reference:** <https://www.health.ny.gov/diseases/communicable/influenza/seasonal/>

# Spotlight on Employee of The Month

## Mr. Tinsley, Kevin



"My favorite part of the job is being there for the residents."  
-Mr. Tinsley

**Question:** What is your occupation?  
**Answer:** I am a Licensed Practitioner Nurse

**Question:** How long have you been working for Oxford?  
**Answer:** I started working at Oxford October of 1989.

**Question:** What floor do you work on?  
**Answer:** I work on the 4<sup>th</sup> Floor.

**Question:** What is your favorite color?  
**Answer:** Green

**Question:** What are your hobbies? I like dancing.  
**Answer:**

**Question:** Do you have any pets?  
**Answer:** No Pets.

**Question:** What do you like to do in your free time?  
**Answer:** I love to Cook and I also teach Karate.

*From The Kitchen of: Rosita Teekaram*

Recipe for:

### CHICKEN BREAST WITH HONEY-BALSAMIC

#### Ingredients Needed:

1 ½ TSP. DRIED THYME

½ TSP. TABLE SALT

¼ TSP. BLACK PEPPER

1 TSP. OLIVE OIL

1 POUND UNCOOKED CHICKEN BREAST, FOUR 4 OZ. PIECES

2 TBSP. BALSAMIC VINEGAR

2 TBSP. HONEY

#### Directions:

Combine first 3 ingredients, sprinkle over both side of chicken.

Heat oil in a large nonstick skillet over medium-high heat. Add chicken; cook 7 to 8 minutes on each side.

Transfer chicken to a platter, keep warm. Reduce heat to medium-low; add vinegar and honey to pan.

Simmer 1 minute or until glaze thickens; stir constantly. Pour glaze over chicken. Enjoy!





## St. Patrick's Day

Find and circle all of the words that are hidden in the grid.  
The remaining 34 letters spell a secret message. Find Solution on page 15

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

- |              |           |              |             |
|--------------|-----------|--------------|-------------|
| BEER         | DANCING   | HOLY DAY     | POTATOES    |
| BELFAST      | DUBLIN    | IRELAND      | SEVENTEENTH |
| BISHOP       | EVENTS    | IRISH        | SHAMROCK    |
| CABBAGE      | FEAST DAY | LEPRECHAUN   | SNAKES      |
| CELEBRATION  | FESTIVAL  | LIMERICK     | SODA BREAD  |
| CELTIC CROSS | GREEN     | MARCH        | TRADITION   |
| CHRISTIAN    | GUINNESS  | MISSIONARY   | YEARLY      |
| CLOVER       | HERITAGE  | MUSIC        |             |
| CORK         | HISTORY   | PARADE       |             |
| CORNED BEEF  | HOLIDAY   | PATRON SAINT |             |

## **Article: 10 Things You Need to Know About the Asian Diet**

**Cathy Margolin, L.Ac. Dipl. OM**

**Licensed Acupuncturist and Herbalist, founder of Pacific Herbs, Traditional Chinese Herbal Medicine in potent, stay fresh packets.**

The main focus of the Asian diet is to create wellness. This I believe is the best medicine. By practicing these diet habits you will see improvement in your overall health. We all know:

"Health is not simply the absence of sickness." -- Hannah Green

This top 10 list serves up healthier habits, better nutrition and enhanced immune function. This top 10 list has been perfected and practiced for centuries.

To paraphrase Sun Simiao, the great Chinese physician in the sixth century, one wastes the skill of a great physician if one does not first consider the food he or she are eating. This is still true today. Consider also when you eat and how you eat as you read these 10 Asian diet habits.

### **#1. Limit Drinks, Especially Cold Drinks With Meals**

Americans have a bad habit of drinking a cold glass of water or soda with meals. Changing this habit alone will create better digestion of food. Limit fluid intake with your meals and you will stop diluting your digestive enzymes which are so important for proper digestion. Green tea or other hot teas before a meal supports enzymatic activity and helps enhance your digestive abilities. It's best to add liquids 30 minutes before or after meals, not during.

### **#2. Have Soup Often**

Soup is a nutrient dense food and fills you up quickly. You don't need much, just a half cup is beneficial. Most Asian soups are made with bones and/or combinations of vegetables so you're getting lots of vitamins and minerals even with a small portion. Whether it is bone broth soup, vegetable or miso, soups are rich in vitamins and minerals and easily absorbed. Secondly, but equally important is that the warm temperature of soup (like tea) can improve the entire digestive process.

### **#3. Eat a 3:1 Ratio Vegetables to Meat**

3:1 means three times the amount of vegetables to the amount of meat. The meat and potato American diet does not make much room for vegetables on the plate. In fact, the favorite American vegetable, potatoes, (i.e., French fries) should be replaced with sweet potatoes if you absolutely can't live without that starch. Better still, consider vegetables with bitter flavors. Give radishes, radicchio and bitter melon a spot on your plate.

## **Continued Article: 10 Things You Need to Know About the Asian Diet**

### **#4. Small Plates and Chopsticks**

Small serving bowls and small plates are a great way to eat smaller portions. I love to mix up attractive small plates and bowls in different shapes and sizes. Not only is it aesthetically pleasing to eat from these but it helps you eat smaller portions. Chopsticks are an easy way to avoid the shovel techniques of eating. For the average American inexperienced chopstick user, they are guaranteed to slow down your rate of consumption and give your stomach time to send the message to your brain that you're full and it's time to stop eating.

### **#5. Rice Combining**

Rice combinations like black, brown, red, or even purple rice are nutritionally denser than white or brown alone. (The best is unpolished/less processed rice, because it is rich in B vitamins.) Rice is eaten to supplement the meal in Asia, not a main course. Rice has always been a popular carbohydrate, cheap to grow and easy to transport and store. But as a carbohydrate it is converted into sugar during the digestive process. This means it can cause a dramatic effect in our glycemic index. This is good for fast energy, but bad if you want to avoid blood sugar fluctuations and bad for those who are diabetic or pre-diabetic. Rice combinations are less starchy therefore less sugar conversion and lower in calories.

### **#6. Not Every Night Is Dessert Night**

My kids will tell you from the time they were very little if they asked about dessert, my standard answer was "tonight is not dessert night." Admittedly, this didn't work so well past the age of 7, but it's still a great rule of thumb. If you must have dessert make it fruit. Fruit is nutritious and delicious and a common Asian dessert. Cut and serve it up in a fun and interesting way to make it that much more exciting. Sugary cakes, cookies and ice cream can be for special celebrations only.

### **#7. Seafood -- See Food Differently**

No need to repeat what we already know. Research supports this common Asian diet practice of eating fish daily. We've heard all about the healthy oils from fish. Fish has always been part of man's diet nearly everywhere in the world, not just Asia. But the Asian culture has kept this part of their heritage alive better than most.

### **#8. Asian Snacks are Healthier**

Take a look at what Asians eat for snacks and compare it with the American chips and cookies and you'll understand part of the reason Americans are so overweight and Asians are not. Choose seaweed snacks, nuts, dried fruit and seeds. I love pumpkin and sunflower seeds. All are easy to find in nearly every market. These healthy snacks are packed full of micro-nutrients, vitamins and minerals and the choices are limitless. One caveat, do watch out for the salt content of nuts. Raw is preferred but admittedly not as tasty as salted. If you really want the salt, try "lightly salted" versions.

## **Continued Article: 10 Things You Need to Know About the Asian Diet**

### **#9. Optimize Food Temperatures with Seasons**

Energetic temperatures of foods should not be overlooked. Eat warming foods in cold weather and cooling foods in hot weather. This common-sense rule of thumb is barely spoken in Asia because it's simply practiced. Cold drinks and cold foods such as celery, melons and cold salads are not eaten in the middle of winter. Hot soups and stews with meat are preferred because this is what the body needs in cold weather. A hot summer day is the perfect time for watermelon or a cooling drink made with aloe and cucumber. Every food has an energetic temperature and acts on the body accordingly. Eating the right temperature foods during the various seasons of the year is an important part of a healthy diet.

### **#10. Avoid Cow's Milk and Milk Combining**

Milk combines horribly with just about everything, while supplying vastly too much calcium and not enough magnesium. Cow's milk is completely absent in Asian diets. Other cultures such as Jewish kosher rules recognized thousands of years ago that milk products should be eaten apart from other foods. If you just can't give up cow's milk, at the very least don't ignore the tenet of food combining. Combining the wrong foods, i.e., dairy, slows down gut motility to a snail's pace, the exact opposite of what is best for healthy digestion. Replacements for cow's milk are easier than ever today with the arrival of convenient cartons of almond, coconut, rice or organic soy milk.

That's 10, but if you would like just one more Asian diet tip there is one that the previous 10 helped create. #11 is regular bowel movements. Healthy eating and good digestion create healthy bowel movements and a healthy gut is a clean gut. Although often not talked about in the S.A.D. Standard American Diet, a minimum of one bowel movement a day is an absolute necessity. So much of our immune system is dependent on our gut health and this is one reason proper digestion is key to optimizing our health and wellness. This is our body's natural detox method and the last on this list of Asian diet tips.



## Article: PURIM

[http://www.meirpanim.org/page\\_e.php?name=Purim](http://www.meirpanim.org/page_e.php?name=Purim)

### What Is Purim?

What: Purim is a festive Jewish holiday recounting the deliverance of the Jewish people from extermination plot by Haman the Agagite. It is an annual celebration held every 14th of *Adar*, or *Adar II* in leap years, which is a month in the Hebrew calendar. In walled cities that existed during the time of Joshua, like *Shushan* and Jerusalem, it is celebrated on the 15th and is called *Shushan Purim*.

### The Story Of Purim

The story behind *Purim* can be found in the Biblical Book Of Esther. Esther is a Jewish orphan girl who was raised by her cousin Mordecai. She grows into a beautiful woman that is crowned queen by the King *Ahasuerus*.

The king loved Esther most among all of his wives, but was unaware that she was Jewish. Esther and Mordecai further gained favor under the king's eyes when Mordecai successfully revealed a plot to assassinate the king. Because of this, Haman, the king's advisor, harbored a great hate for Mordecai, which finally came to a head when Mordecai, on one occasion, refused to bow down to Haman. Haman later on learned that Mordecai was a Jew, which is why he resolved to kill not only Mordecai, but also Esther and all of the Jewish people under the Persian rule.

Being the king's advisor, Haman gets the king to approve of his plan. Esther learns of this, so she fasts for three days with all of the Jews in the land in her preparation to approach the king to ask him to spare her and her people. In a spectacular turn of events, Ahasuerus recalls the time Mordecai saved him from death through the court records and instead, welcomes Esther, honors Mordecai and saves the Jews. Haman and his ten sons are then hanged on the gallows that were intended for Mordecai.



## Continued Article: PURIM

[http://www.meirpanim.org/page\\_e.php?name=Purim](http://www.meirpanim.org/page_e.php?name=Purim)

### How Purim Is Celebrated

Purim is treated more as a national holiday, like Hannukkah. Work is even allowed in most places but it is encouraged that the occasion be prioritized and celebrated in a joyous manner. Jewish *mitzvot* dictate that Jews observe these four activities during Purim:

- ***K'riat megillah*** - listening to the readings of the Book Of Esther in the evening and again in the following morning
- ***Mishloach manot***- giving food gifts to friends
- ***Matanot la'evyonim*** - giving charity to the poor
- ***Se`udah*** – partaking in a festive meal

Since Purim is meant to be a merry occasion, Jews are actually encouraged to be boisterous when attending readings of the Book of Esther in the synagogue. Booing, hissing, stamping of feet and rattling of noisemakers called *gragers* is customary and welcome.

Traditional Jewish food items prepared include the *hamentaschen* or “Haman's pockets”, which are triangular cookies filled with prunes or poppy seeds said to represent Haman's three-cornered hat. A festive meal is also eaten, along with heavy drinking. The Talmud even states that a person should drink until he is unable to distinguish between "cursed be Haman" and "blessed be Mordecai", although this is highly discouraged nowadays.



Purim is also a day when the Jewish people perform various merry-making activities like plays, pageants and masquerades. Wearing masks and various costumes are popular and some communities even allow cross-dressing, seeing it as in spirit with the jovial theme of the holiday.



## Article: HISTORY OF ST. PATRICK'S DAY

<http://www.history.com/topics/st-patricks-day/history-of-st-patricks-day>

St. Patrick's Day is celebrated annually on March 17, the anniversary of his death in the fifth century. The Irish have observed this day as a religious holiday for over 1,000 years. On St. Patrick's Day, which falls during the Christian season of Lent, Irish families would traditionally attend church in the morning and celebrate in the afternoon. Lenten prohibitions against the consumption of meat were waived and people would dance, drink and feast—on the traditional meal of Irish bacon and cabbage.

### ST. PATRICK'S DEATH AND THE FIRST ST. PATRICK'S DAY PARADE

Saint Patrick, who lived during the fifth century, is the patron saint and national apostle of Ireland. Born in Roman Britain, he was kidnapped and brought to Ireland as a slave at the age of 16. He later escaped, but returned to Ireland and was credited with bringing Christianity to its people. In the centuries following Patrick's death (believed to have been on March 17, 461), the mythology surrounding his life became ever more ingrained in the Irish culture: Perhaps the most well known legend is that he explained the Holy Trinity (Father, Son and Holy Spirit) using the three leaves of a native Irish clover, the shamrock.

### Did You Know?

More than 100 St. Patrick's Day parades are held across the United States; New York City and Boston are home to the largest celebrations.

Since around the ninth or 10th century, people in Ireland have been observing the Roman Catholic feast day of St. Patrick on March 17. Interestingly, however, the first parade held to honor St. Patrick's Day took place not in Ireland but in the United States. On March 17, 1762, Irish soldiers serving in the English military marched through New York City. Along with their music, the parade helped the soldiers reconnect with their Irish roots, as well as with fellow Irishmen serving in the English army.

### GROWTH OF ST. PATRICK'S DAY CELEBRATIONS

Over the next 35 years, Irish patriotism among American immigrants flourished, prompting the rise of so-called "Irish Aid" societies like the Friendly Sons of Saint Patrick and the Hibernian Society. Each group would hold annual parades featuring bagpipes (which actually first became popular in the Scottish and British armies) and drums.

In 1848, several New York Irish Aid societies decided to unite their parades to form one official New York City St. Patrick's Day Parade. Today, that parade is the world's oldest civilian parade and the largest in the United States, with over 150,000 participants. Each year, nearly 3 million people line the 1.5-mile parade route to watch the procession, which takes more than five hours. Boston, Chicago, Philadelphia and Savannah also celebrate the day with parades involving between 10,000 and 20,000 participants each.



## Continued Article: HISTORY OF ST. PATRICK'S DAY

### THE IRISH IN AMERICA

Up until the mid-19th century, most Irish immigrants in America were members of the Protestant middle class. When the Great Potato Famine hit Ireland in 1845, close to 1 million poor and uneducated Irish Catholics began pouring into America to escape starvation. Despised for their alien religious beliefs and unfamiliar accents by the American Protestant majority, the immigrants had trouble finding even menial jobs. When Irish Americans in the country's cities took to the streets on St. Patrick's Day to celebrate their heritage, newspapers portrayed them in cartoons as drunk, violent monkeys.

The American Irish soon began to realize, however, that their large and growing numbers endowed them with a political power that had yet to be exploited. They started to organize, and their voting block, known as the "green machine," became an important swing vote for political hopefuls. Suddenly, annual St. Patrick's Day parades became a show of strength for Irish Americans, as well as a must-attend event for a slew of political candidates. In 1948, President Harry S. Truman attended New York City's St. Patrick's Day parade, a proud moment for the many Irish Americans whose ancestors had to fight stereotypes and racial prejudice to find acceptance in the New World.

### THE CHICAGO RIVER DYED GREEN ON ST. PATRICK'S DAY

As Irish immigrants spread out over the United States, other cities developed their own traditions. One of these is Chicago's annual dyeing of the Chicago River green. The practice started in 1962, when city pollution-control workers used dyes to trace illegal sewage discharges and realized that the green dye might provide a unique way to celebrate the holiday. That year, they released 100 pounds of green vegetable dye into the river—enough to keep it green for a week! Today, in order to minimize environmental damage, only 40 pounds of dye are used, and the river turns green for only several hours.

Although Chicago historians claim their city's idea for a river of green was original, some natives of Savannah, Georgia (whose St. Patrick's Day parade, the oldest in the nation, dates back to 1813) believe the idea originated in their town. They point out that, in 1961, a hotel restaurant manager named Tom Woolley convinced city officials to dye Savannah's river green. The experiment didn't exactly work as planned, and the water only took on a slight greenish hue. Savannah never attempted to dye its river again, but Woolley maintains (though others refute the claim) that he personally suggested the idea to Chicago's Mayor Richard J. Daley.

### ST. PATRICK'S DAY CELEBRATIONS AROUND THE WORLD

Today, people of all backgrounds celebrate St. Patrick's Day, especially throughout the United States, Canada and Australia. Although North America is home to the largest productions, St. Patrick's Day is celebrated in many other locations far from Ireland, including Japan, Singapore and Russia.

In modern-day Ireland, St. Patrick's Day was traditionally been a religious occasion. In fact, up until the 1970s, Irish laws mandated that pubs be closed on March 17. Beginning in 1995, however, the Irish government began a national campaign to use interest in St. Patrick's Day to drive tourism and showcase Ireland and Irish culture to the rest of the world. Today, approximately 1 million people annually take part in Ireland's St. Patrick's Festival in Dublin, a multi-day celebration featuring parades, concerts, outdoor theater productions and fireworks shows.

# Sudoku (Medium)

Find Solution on page 15

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

## Unscramble the Words

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

Find Solution on page 14

KNOTE







FIRTD







SCEWHA








GOINGN

**Oxford Nursing Home**  
**144 South Oxford Street**  
**Brooklyn, New York 11217**  
**718-638-0360**

**Check Us Out at**

[www.oxfordnh.com.com](http://www.oxfordnh.com.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.

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

1. **TOKEN**
2. **DRIFT**
3. **CASHEW**
4. **NOGGIN**

Cartoon: THE HARBOR MASTER  
HAD A BUSY DAY SCHEDULED,  
WITH SEVERAL SHIPS --

**Puzzle Answers**

