

Jersey City Medical Center Cafeteria **February 18, 2010**

**To commemorate and celebrate the
contributions to our nation made by
people of African descent**



Liberty Health

Jersey City Medical Center



In 1919, the NAACP adopted this song as "The Negro National Anthem"
"Lift Every Voice and Sing" - a celebration of "The Negro National Anthem"



James Weldon Johnson
(1871-1938)

**Lift Every Voice and sing till earth and heaven ring
Ring with the harmonies of liberty
Let our rejoicing rise high as the listening skies
Let it resound loud as the rolling sea**

**Sing a song, full of the faith that the dark past has taught us
Sing a song, full of the hope that the present has brought us
Facing the rising sun of our new day begun
Let us march on till victory is won**

**Stony the road we trod, bitter the chastening rod
felt in the days when hope unborn had died
yet with a steady beat, have not our weary feet
come to the place for which our fathers sighed?**

**We have come, over a way that which tears has been watered
We have come, treading out path through the blood of the slaughtered
Out of the gloomy past, till now we stand at last,
Where the white gleam of our bright star is cast**

**GOD of our weary years, GOD of our silent tears
Thou Who has brought us thus far on the way
Thou Who hast by Thy might, led us into the light
Keep us for-e-ver in the path we pray**

**Lest our feet, stray from the places our GOD where we met thee
Lest our hearts, drunk with the wine of the world we forget Thee
Shadowed beneath thy hand, may we forever stand
TRUE TO OUR GOD, TRUE TO OUR NATIVE LAND**



Black History Month Celebration at the Jersey City Medical Center

**Mary Caddle - Chair
Margaret Wilson - Vice Chair**

OPENING PRAYER: Rev. Chess and Rev. Lopez

SONG: "The Negro National Anthem"

WELCOME: Karen Henderson-Worrell

- SPECIAL PRESENTATION -

SONG: Barbara Patrick and Allen Cherry

**PRAISE DANCERS: Signs and Wonders
Love of Jesus Family Church, West New York, NJ**

BLACK HISTORY: Patra Clarke

SONG: Bruce Hill

SONG: Michelle White and Allen Cherry

FASHION SHOW:

**Barbara Hunter
Janice Smith
Mealica Lanier
Warren Punnell
Patra Clarke
Mildred Walker**

SONG: Bruce Hill

**GUEST SPEAKERS: Makeri Simmons, RN, Elizabeth Corshu, RN, MS
Jocelyn Lawal**

**CHI ETA PHI, Professional Nursing Sorority
Established October 16, 1932 at Freedman's Hospital
(now Howard University Medical Center)**

**CLOSING REMARKS: Nathaniel Holmes, MD, VP
Chair of Department of Surgery**

**Vendor Tables: African American Attire by Boomie
Keshia Photo Studio**

**Thank You to the
Black History Month Celebration Committee for making this
special event possible**

Joseph Scott, FACHE - President and CEO

**Mary Caddle - Chair
Margaret Wilson - Vice Chair
Mark Rabson - Vice Chair**

**Ruthie Alicia
Robert Ashe
Noraida Camacho
Allen Cherry
Patra Clarke
Elizabeth Corshu, RN, MS
Brenda Hall, RN, MS
Bruce Hill
Nathaniel Holmes, MD
Barbara Hunter
Elaine Murphy
Barbara Patrick
Janice Smith
Willie Mae Taylor
Gloria Martin
Mildred Walker
Daphne West
Michelle White
Karen Henderson-Worrell**

A special thank you:

**Rev. Jose Lopez and the Hispanic Pastors Association
Rev. Tryone Chess - Director of Clerical Services**



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For questions, comments or suggestions regarding the LibertyHealth Employee Portal, please contact Mark Rabson at mrabson@libertyhcs.org or (201) 377-6054, or Eileen Szperka at ESzperka@Libertyhcs.org or (201) 325-6705.

2010 Black History Month Celebration at JCMC

On Thursday, February 18th, to commemorate and celebrate the contributions to our nation made by people of African descent, employees celebrated and demonstrated our culture, pride and traditions. **Black History** was celebrated with posters, special events, traditional food, praise dancers, gospel singers and guest speakers. The photos below are originally from NJ.com

Click on a photo to view a larger version



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- [2009 LibertyHealth Holiday Party »](#)
- [JCMC Holiday Door Decorating Contest »](#)
- [2010 Black History Month Celebration at JCMC »](#)
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- [Jersey City Magnet Fair »](#)
- [Mini Golf Official Results 8/14/2010 Hamilton](#)

HAPPY CHINESE NEW YEAR!

**CHINESE NEW YEAR BEGINS TODAY, JANUARY 23RD
THIS IS THE YEAR OF THE DRAGON!**



We wish all of our LibertyHealth / Jersey City Medical Center employees, Medical - Dental staff, and volunteers of Chinese ancestry a very happy Chinese New Year. We hope that this “Year of the Dragon” brings you and your family good luck, good fortune, and prosperity.

Jersey City Medical Center will celebrate Chinese New Year on Thursday, January 26th in the Liberty Café with a special lunch menu.

We invite those who wish to make a display, wear a special outfit, or entertain to contact Gina Andriolo (randriolo@Libertyhcs.org) or Mark Rabson by phone at the Foundation/ Public Affairs Office at 201 377-6057.



Chinese New Year Menu
January 26th 2012
11am -2 pm
Liberty Café

General Tso's Chicken Served with Vegetable Fried Rice: \$4.00 (Visitors \$5.00)

Pork Fried Rice Served with Chinese Cabbage (Bok Choy): \$5.00 (Visitors \$6.00)

Beef & Broccoli w/ Snow Peas Served with White Rice: \$5.00 (Visitors \$6.00)

Vegetable Fried Rice: \$1.25 (Visitors \$1.50)

Egg Roll: \$.75cents (Visitors \$1.00)

Chinese cabbage (Bok Choy): \$.95cents (Visitors \$1.25)

White Rice: \$.95cents (Visitors \$1.25)

Egg Custard: \$1.75 (Visitors \$1.95)

Rice Pudding: \$1.75 (Visitors \$1.95)

Fortune Cookies: \$.50 cents (Visitors \$.75 cents)

Small Chinese Tea: \$1.25

Egg Drop Soup: Medium: \$1.50 (Visitors \$1.75)

Large: \$1.75 (Visitors \$2.00)

(Summarized from from Wikipedia, the free encyclopedia).....

The Chinese Lunar Calendar is 2,640 years older than ours and never begins on January 1st, nor does it begin on the same date each year. It can begin any time between January 21st and February 18th, depending on the date of the New Moon in Aquarius. Each year is named for an animal. Every 12 years this cycle begins again. The Chinese say that the animal ruling the year you were born will influence your life. Chinese New Year is the most important of the traditional Chinese holidays. The Chinese calendar starts with lichun, the first solar term in a Chinese calendar year. It marks the end of the winter season, analogous to the Western carnival. The festival begins on the first day of the first month in the traditional Chinese calendar and ends with the Lantern Festival, which is on the 15th day. Chinese New Year's Eve, a day where Chinese families gather for their annual reunion dinner, is known as Chúxī or "Eve of the Passing Year." Because the Chinese calendar is lunisolar, the Chinese New Year is often referred to as the "Lunar New Year".

Chinese New Year is the longest and most important festivity in the Chinese calendar. The origin of Chinese New Year is itself centuries old and gains significance because of several myths and traditions. Chinese New Year is celebrated in countries and territories with significant Chinese populations, such as Mainland China, Hong Kong, Indonesia, Macau, Malaysia, Philippines, Singapore, Taiwan, Thailand, and also in Chinese communities elsewhere. Chinese New Year is considered a major holiday for the Chinese and has had influence on the lunar New Year celebrations of its geographic neighbors. These include Korean (Seollal), Bhutanese (Losar), and Vietnamese cultures.

Story of Chinese Zodiac Animals

The twelve animals of the Chinese zodiac - or shengxiao as they are known in Mandarin - represent the qualities and attributes of the people born in a certain year. But how did the rat, ox, tiger, rabbit, dragon, snake, horse, sheep, monkey, rooster, dog, and boar come to typify the years, and how did they achieve their rank from first to twelfth?

Personality Traits and Compatibility

The animals used in Chinese astrology are rat, ox, tiger, rabbit, dragon, snake, horse, sheep (goat), monkey, rooster, dog, and boar (pig). Persons born during their cycle are said to take on their animal traits.

Rat - Determined and ambitious, rats are hungry for success and relentless in achieving their goals. Their intelligence means they have the ability to go far but they can be hot headed in the face of difficulties and obstacles, leading to conflict. Their charm and confidence means they have few problems attracting the opposite sex, but longer term relationships can be more challenging because of their unwillingness to compromise. They do not like to share.

Ox - Patient, reliable and loyal, Ox are happiest when their life and relationships are stable. They tend to form strong and long lasting friendships and often have a small but solid circle of friends. While usually relaxed, oxen can be apprehensive of change and this fear can make them sensitive to criticism and unwilling to accept other people's opinions.

Tiger - Passionate about life, Tigers tend to act before they think and throw all their energies into every situation headlong. Supremely confident, they breed confidence in those around them and are natural born leaders and great orators. But their hot and cold emotions mean they are easily bored and change their mind and opinions frequently. They warm to people quickly and usually have a wide circle of friends, but can often be too easily influenced.

Rabbit - One of the noblest signs, rabbits are considered principled and honorable and often gain the admiration of those around them. They care deeply about family and friends and their kindness and sympathy for others means they have long and strong relationships. Inscrutability honest and with a talent for dealing with people, they can often rise to positions of influence. Their good intentions can make them a soft target for people to take advantage of their charity and sympathy, and their gullibility can lead them into trouble.

Dragon – The red blooded dragon is one of the strongest signs in the Chinese zodiac and their tireless spirit can often bring them success. Their backbone and resolve means they are often turned to in times of crisis, and they can be relied

upon to help out others. Their bravery means there are few situations they cannot overcome. Driving them is a fiery temperament and it can make them impulsive and impetuous. They dislike routines and are regularly searching for new challenges and opportunities.

Snake - Naturally intelligent, snakes have a thirst for knowledge and education giving them a wisdom that makes them prudent and rational when it comes to both money and relationships. They rarely make snap decisions, preferring to be patient, weigh up the pros and cons before choosing the right course. Their cool, calm and collected approach to life snakes cope with stress well but it can make them seem emotionally detached and they struggle to express themselves.

Horse - Full of wit and personality, horses revel in being the center of attention, and their outgoing and sociable behavior means they usually have a wide circle of friends. They usually have little difficulty in attracting the opposite sex but quickly fall in love and relationships can often be intense and short; ending in heartbreak. In a relationship or not, horses like to be independent and their can do attitude and belief in themselves can often drive them to success.

Sheep – Always thoughtful and kind to those around them, sheep value deep links to family friends and are unselfish in putting other people first. Gentle in their personality, sheep tend to have an affinity for culture and are often creatively gifted. Their sensitivity and concern makes them deep thinkers, but also worriers, and they are easily stressed and often tense.

Monkey – Combining confidence, charisma and a dash of cuteness, monkeys are usually the life and soul of the party and popular with friends and potential partners. Imaginative with an ability to think creatively, adventurous and restless, they can seem rebellious, unwilling to accept authority, but their inquisitive nature, imagination and ability to think outside the box often makes them gifted at overcoming challenges and striving under stress. Their natural talents may sometimes be lost to laziness and they can seem condescending and egotistical.

Rooster – With high expectations and high standards, roosters demand the best for themselves and are tenacious in doing whatever it takes to achieve their goals. While their ideals may seem impossibly ambitious, their approach to life is practical, disciplined and hard working. Sharp and capable, they conquer the obstacles that face them resolutely and are unflappable in a crisis. Roosters take failure very personally and can be highly critical of themselves and others around them; sometimes showing insensitivity.

Dog - The eternal optimists, dogs always see the best in themselves and others and have a naturally happy disposition. Their enthusiasm is infectious and can inspire others to look towards them for leadership. While they value loyalty and are trusting of others, they are easily jealous and are unforgiving after disagreements and arguments. An innate stubbornness also means they will rarely admit when they are wrong.

Boar/Pig - The down to earth pig is instantly likable and can always be relied upon for their honesty and sense of fair play. Their friendliness and compassion make them excellent at dealing with people and they are an excellent judge of character. Despite their belief in other people they can often underestimate themselves and often --- wrongly --- feel they lack the skills or talent to achieve what they want most in life.



Rat



Ox



Tiger

01/31/1900- 02/18/1901	02/19/1901 - 02/07/1902	02/08/1902 - 01/28/1903
02/18/1912 - 02/05/1913	02/06/1913 - 01/25/1914	01/26/1914 - 02/13/1915
02/05/1924 - 01/24/1925	01/25/1925 - 02/12/1926	02/13/1926 - 02/01/1927
01/24/1936 - 02/10/1937	02/11/1937 - 01/30/1938	01/31/1938 - 02/18/1939
02/10/1948 - 01/28/1949	01/29/1949 - 02/16/1950	02/17/1950 - 02/05/1951
01/28/1960 - 02/14/1961	02/15/1961 - 02/04/1962	02/05/1962 - 01/24/1963
02/15/1972 - 02/02/1973	02/03/1973 - 01/22/1974	01/23/1974 - 02/10/1975

02/02/1984 - 02/19/1985 02/20/1985 - 02/08/1986 02/09/1986 - 01/28/1987
 02/19/1996 - 02/06/1997 02/07/1997 - 01/27/1998 01/28/1998 - 02/15/1999
 02/07/2008 - 01/25/2009 01/26/2009 - 02/13/2010 02/14/2010 - 02/02/2011



Rabbit

01/29/1903 - 02/15/1904
 02/14/1915 - 02/02/1916
 02/02/1927 - 01/22/1928
 02/19/1939 - 02/07/1940
 02/06/1951 - 01/26/1952
 01/25/1963 - 02/12/1964
 02/11/1975 - 01/30/1976
 01/29/1987 - 02/16/1988
 02/16/1999 - 02/04/2000
 02/03/2011 - 01/22/2012



Dragon

02/16/1904 - 02/03/1905
 02/03/1916 - 01/22/1917
 01/23/1928 - 02/09/1929
 02/08/1940 - 01/26/1941
 01/27/1952 - 02/13/1953
 02/13/1964 - 02/01/1965
 01/31/1976 - 02/17/1977
 02/17/1988 - 02/05/1989
 02/05/2000 - 01/23/2001
 01/23/2012 - 02/09/2013



Snake

02/04/1905 - 01/24/1906
 01/23/1917 - 02/10/1918
 02/10/1929 - 01/29/1930
 01/27/1941 - 02/14/1942
 02/14/1953 - 02/02/1954
 02/02/1965 - 01/20/1966
 02/18/1977 - 02/06/1978
 02/06/1989 - 01/26/1990
 01/24/2001 - 02/11/2002



Horse

01/25/1906 - 02/12/1907
 02/11/1918 - 01/31/1919
 01/30/1930 - 02/16/1931
 02/15/1942 - 02/04/1943
 02/03/1954 - 01/23/1955
 01/21/1966 - 02/08/1967
 02/07/1978 - 01/27/1979
 01/27/1990 - 02/14/1991
 02/12/2002 - 01/31/2003



Sheep

02/13/1907 - 02/01/1908
 02/01/1919 - 02/19/1920
 02/17/1931 - 02/05/1932
 02/05/1943 - 01/24/1944
 01/24/1955 - 02/11/1956
 02/09/1967 - 01/29/1968
 01/28/1979 - 02/15/1980
 02/15/1991 - 02/03/1992
 02/01/2003 - 01/21/2004



Monkey

02/02/1908 - 01/21/1909
 02/20/1920 - 02/07/1921
 02/06/1932 - 01/25/1933
 01/25/1944 - 02/12/1945
 02/12/1956 - 01/30/1957
 01/30/1968 - 02/16/1969
 02/16/1980 - 02/04/1981
 02/04/1992 - 01/22/1993
 01/22/2004 - 02/08/2005



Rooster

01/22/1909 - 02/09/1910
 02/08/1921 - 01/27/1922
 01/26/1933 - 02/13/1934
 02/13/1945 - 02/01/1946
 01/31/1957 - 02/17/1958
 02/17/1969 - 02/05/1970
 02/05/1981 - 01/24/1982
 01/23/1993 - 02/09/1994
 02/09/2005 - 01/28/2006



Dog

02/10/1910 - 01/29/1911
 01/28/1922 - 02/15/1923
 02/14/1934 - 02/03/1935
 02/02/1946 - 01/21/1947
 02/18/1958 - 02/07/1959
 02/06/1970 - 01/26/1971
 01/25/1982 - 02/12/1983
 02/10/1994 - 01/30/1995
 01/29/2006 - 02/17/2007



Boar

01/30/1911 - 02/17/1912
 02/16/1923 - 02/04/1924
 02/04/1935 - 01/23/1936
 01/22/1947 - 02/09/1948
 02/08/1959 - 01/27/1960
 01/27/1971 - 02/14/1972
 02/13/1983 - 02/01/1984
 01/31/1995 - 02/18/1996
 02/18/2007 - 02/06/2008

Enhancing Life by Celebrating **Hispanic** Culture



October 15, 2010

Menu Specials

11:00 am -2:30 pm

JCMC Cafeteria

Roasted Chicken served w/ rice& beans, plantain, & a 32 oz fountain soda \$6.00
(visitors \$6.75)

Pork Shoulders served w/ yucca, plantain, green beans & a 32oz fountain soda \$6.00
(visitors \$6.75)

Pink Beans w/ White Rice \$1.50 (visitors \$2.00)

Plantain \$1.50 (visitors \$2.00)

Yucca two pieces per serving \$1.50 (visitors \$2.00)

Empanada \$ 1.25 each (visitors \$1.50) cream cheese on the side

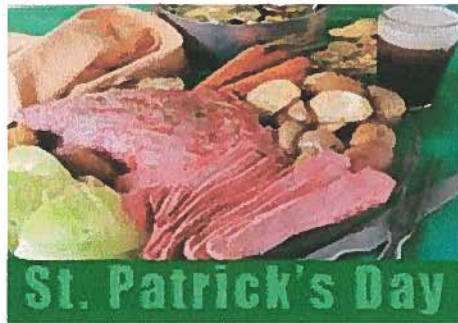
Green Beans .95 cents (visitors \$1.25)

Flan \$2.50 (visitors \$2.75)

Bread Pudding \$2.50(visitors \$2.75)

Octopus Salad

Hispanic Heritage Month is the period when people recognize the contributions of **Hispanic** Americans to the United States and to celebrate **Hispanic** Cultural **heritage** and **Hispanic** culture. **Hispanic Heritage** Week was approved by President Lyndon Johnson and was expanded by President Ronald Reagan in 1988 to cover a 30-day period starting on September 15 and ending on October 15. It was enacted into law on August 17, 1988 on the approval of Public Law 100-402.



THE TRADITIONAL MENU
March 16, 2012

Café
11:00am - 2:30 pm

Starters:
Split Pea Soup
Cream of Potato Soup

Entrees:
Sliced Corned Beef
Irish Stuffed Baked Tilapia

Starches:
Boiled Potatoes
Yellow Rice

Vegetables:
Steamed Cabbage

(Items above are sold by weight – only 32 cents per ounce)

Desserts:
Irish Cup Cakes 60 cents each or 2 for a dollar

Bread:
Irish Soda Bread 50 cents per thick slice

