The Narvon Times

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Medal of Honor Day - March 25th

March 25 marks Medal of Honor Day, a date set aside to recognize those who have been awarded the United States' highest military decoration for valor in action against enemy forces. In light of the observance, here are some facts you might not know about the decoration:

According to the Congressional Medal of Honor Society, there have been 3,511 brave individuals who have received the Medal of Honor since the decoration's inception in 1861.

- Nineteen of the 3,511 recipients have received the medal twice.
- There are three different versions of the Medal of Honor —one each for the Army, Navy, and Air
 Force. Marines and Coast Guardsman receive the Navy version. Douglas Albert Munro is the only
 Coast Guardsmen to receive the Medal of Honor to date. Munro received his medal posthumously
 for evacuating 500 Marines off Guadalcanal under enemy fire during World War II.
- On March 25, 1863, Army Private Jacob Parrott received the first Medal of Honor for his actions during the Great Locomotive Chase during the Civil War.
- There are eight civilians who have received the Medal of Honor. The civilian recipients were all from the Civil War era, including the only woman to receive the medal, Mary Edwards Walker, a surgeon for the Union Army during the Civil War.



World Down Syndrome Day - March 21st



- Down syndrome occurs when an individual has a full or partial copy of the 21st chromosome.
 Typically developing individuals have two copies of the 21st chromosome, individuals with Down syndrome have three copies. The cause of the extra or partial chromosome is still unknown.
- There are three types of Down syndrome- trisomy 21 (nondisjunction) accounts for 95% of cases,

translocation accounts for about 4% of cases and mosaicism accounts for about 1% of cases

- Down syndrome is the most commonly occurring chromosomal condition. Approximately 1 in 772
 babies in the United States are born with Down syndrome. About 5,100 babies with Down syndrome
 are born in the United States each year.
- Down syndrome occurs in people of all races and of all socio-economic levels.
- The incidence of Down syndrome increases with the age of the mother. But due to higher fertility rates in younger women, 51% of children with Down syndrome are born to women under 35 years of age.
- People with Down syndrome have an increased risk for certain medical conditions, such as congenital
 heart defects, respiratory and hearing problems, Alzheimer's disease, childhood leukemia and thyroid
 conditions. Many of these conditions are now treatable, so most people with Down syndrome lead
 healthy lives.
- A few of the common physical traits of Down syndrome are low muscle tone, small statue, an upward slant to the eyes, and a single deep crease across the center of the palm. Every person with Down syndrome is a unique individual and may possess these characteristics to different degrees or not at all.
- Life expectancy for people with Down syndrome has increased dramatically in recent decades- from 25 in 1983 to 60s today.
- People with Down syndrome attend school, work, participate decisions that affect them, have meaningful relationships, vote, and contribute to society in many wonderful ways.
- All people with Down syndrome experience cognitive delays, but the effect is usual mild to moderate and is not indicative of the many strengths and talents that each individual possesses.
- Quality educational programs, a stimulating home environment, good health care, and positive support from family, friends, and the community enable people with Down syndrome to lead fulfilling and productive lives.

For more information, visit www.ndss.org

WHAT IS RAMADAN?



Ramadan is the ninth month of the Muslim year, during which strict fasting is observed from sunrise to sunset.

<u>Fasting is the fourth of Islamic faith</u> and it refers to the act of not eating or drinking from dawn until sunset during the 30 days that <u>Ramadan</u> last.

Ramadan is when the Holy Qur'an was first revealed to Prophet Muhammad.

The end of Ramadan is celebrated with Eid al-Fitr, a three days Muslim festival. It can be translated as "the feast of fast-breaking".



Kathy from housekeeping is always going above and beyond and cleans thoroughly. - Anonymous

Kudos to Brittany Binkley for her good work with the residents. - Anonymous Melanie (therapy) does great with the residents. She really takes the time and has the patience. - Brittany Binkley

Barb Beyer for taking action quickly when I report issues to her. - Nikki **Keke** - for taking great care of the residents - Nikki

Brittany - for going above and beyond for the residents - Nikki

Karen R. from housekeeping goes above and beyond. She's always willing to help. - Anonymous Kudos to all staff at Zerbe's! I appreciate you all! -Sheena Taltoan

Karen in housekeeping is doing a great job! - Anonymous

Nayelie in housekeeping—she is always so willing to help others. - Anonymous

Charles Trimble is always efficient, friendly and upbeat. My mom enjoys his company. - Anonymous

Kathy Smith in housekeeping is very sweet and always greets everyone with a smile and a genuine "hello". She always
goes above and beyond for the residents, even stops to listen to any stories the residents want to share. She is a great
worker, always dependable, always positive attitude. Kathy deserves to be recognized. - Anonymous

Sheena (LPN) has been a great addition to our team. She has a wonderful, positive attitude and is great with the residents - Anonymous

Kudos to Brittany Binkley for going above and beyond, helping out other staff as well as residents when they are not on her assignment. Good egg to keep around! - Anonymous

Sam Kulp for going on a very very last minute resident's appointment. It was greatly appreciated! - Anonymous Joann, RN 7am-3pm, Bokoni, RN 7am-3pm, Sabrina CNA 7pm-7am weekends, Katie, LPN 7am-7pm weekends, Esther CNA 7pm-7am weekends, Carol, LPN 7am-7pm weekends. - Anonymous

Congratulations to Keke and Karen R. For being this month's Kudos Winners!!



experimentation begins in the sanitarium basement

Will starts the Battle Creek toasted Corn Flake Company

1870 1894

1906

1915



1876

Brothers Will and John Kellogg start working at the Battle Creek Sanitarium 1898

Will Kellogg flakes corn to accidentally create Corn Flakes 1910

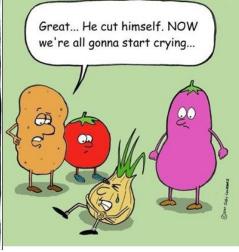
Worldwide cereal expansion begins with Kellogg's in Canada

What is Your Favorite Cereal?

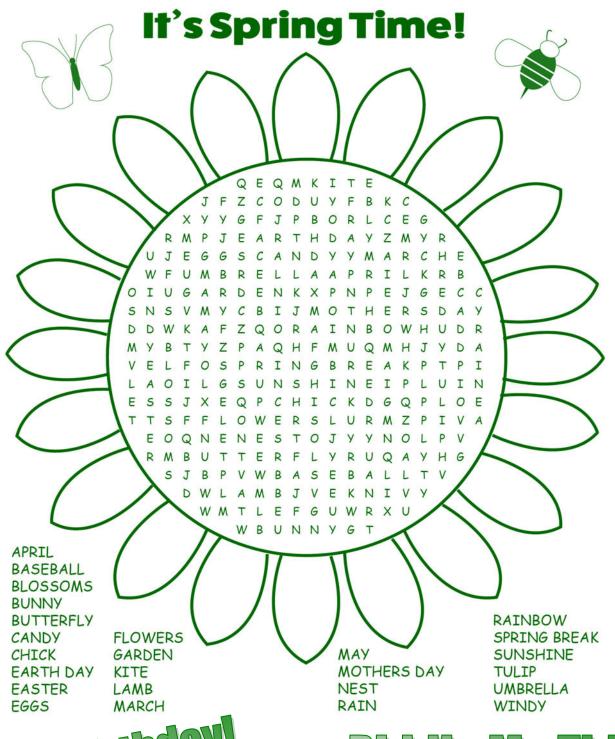
Betsyann - Corn Flakes
Pearl Ann Spencer - Frosted Flakes
Corey Jones - Fruit Loops
Tonya Hall - Cinnamon Toast Crunch
Brenda Burkholder - Any Cheerios
Pat Derr - Cheerios
Katherine Swarner - Special K
Katherine Lee - Oatmeal
Rita Massmann - Grape Nuts

Leslie Allgyer - Frosted Flakes
Alice Rowan - Life
Janet Reich - Anything on Sale
Steve White - Cheerios
Bonnie Denlinger - Shredded Wheat
Matt Minch - Cinnamon Toast Crunch
Elizabeth Grow - Rice Krispies
Frank Burkman - Frosted Mini Wheat









Tanny Birthday

Velma Weaver - 3/1
Frank Donohoe - 3/4
Arvilla Peiffer - 3/10
Doris Cluelow - 3/17
Raymond Ravegum - 3/24

Sam Kulp - 3/1
Nancy Decarlo - 3/4
Danny Jones - 3/4
Steve Weber - 3/4
Karen Randolph - 3/10
Dan Caffrey - 3/26
Andrea Sample - 3/26

Riddle Me This

Q1: What falls, but never needs a bandage?
Q2: What goes up when the rain comes down?
Q3: What type of a bow can't be tied or untied?

A1: The rain.
A2: Umbrellas!
A3: A rainbow!

rday	TCLE LRS 2 TRIVIA RL TO TO TO	RCLE LRS 9	RCLE LRS 16 LL & TRIVIA RL RT IN CONCERT! TO TO	FRIEND'S CIRCLE LRS 23 CORNHOLE & TRIVIA RL SAM COOKE IN CONCERT! RL NEIGHBORS TO MAILBAG TO Purim Begins	RCLE LRS 30 OLLEYBALL & LLL & THE FOUR CERT! TO	
Saturday	8:45 FRIEND'S CIRCLE 10:15 BOWLING & TRIVIA 2:00 ELLA FITZGERALD IN CONCERT! 3:15 NEIGHBORS 4:00 MAILBAG	8:45 FRIEND'S CIRCLE LRS 10:15 SHENANIGANS & TRIVIA 2:00 EILEEN IVERS BAND IN CONCERT! 3:15 NEIGHBORS 4:00 MAILBAG	8:45 FRIEND'S CIRCLE LRS 10:15 BASKETBALL & TRIVIA RI 2:00 HERB ALPERT IN CONCERT! RI 3:15 NEIGHBORS TO 4:00 MAILBAG TO	8.45 FRIEND'S CIRCLE LRS 10:15 CORNHOLE & TRIVIA 2:00 SAM COOKE IN CONCEF 3:15 NEIGHBORS 4:00 MAILBAG Purim Beains	8:45 FRIEND'S CIRCLE LRS 30 10:15 BALLOON VOLLEYBALL & TRIVIA 2:00 FRANKIE VALLI & THE FOUR SEASONS IN CONCERT! RL 3:15 NEIGHBORS TO 4:00 MAILBAG TO	líght,
Friday	10:00 HOME GROUP LRS 10:00 HOME GROUP LRS 9:30 EXERCISE 10:00 LION VS LAMB RACE RL 1:00 SENSORY TIME LRS 2:00 BINGO! DR 4:00 MAILBAG TO	8:45 GOOD MORNING LRS B 10:00 HOME GROUP LRS 9:30 EXERCISE 10:00 EASTER TREE ORNAMENT 1:00 SENSORY TIME LRS 2:00 BINGO! DR 1:00 MAILBAG TO	8:45 GOOD MORNING LRS 15:00 HOME GROUP LRS 9:30 EXERCISE RL 1:00 IRSH FOLKLORE RL 1:00 SENSORY TIME LRS 2:00 BINGO! DR 4:00 MAILBAG TO	10:00 HOME GROUP LRS 10:00 HOME GROUP LRS 9:30 EXERCISE 10:00 SHOOT SOME HOOPS DAY! 1:00 SENSORY TIME RL 1:00 SENSORY TIME LRS 2:00 BINGO! DR	8:45 GOOD MORNING LRS 29 10:00 HOME GROUP LRS 9:30 EXERCISE RL 10:00 EGG COLORING RL 1:00 SENSORY TIME LRS 2:00 BINGO! DR 4:00 MAILBAG TO	"It was one of those March days when the sun shines Hot and the wind blows cold: when it is summer in the light, And winter in the shade." - Charles Dickens
	8:45 GOOD MOI 10:00 HOME GE 9:30 EXERCISE 10:00 LION VS I 1:00 SENSORY 2:00 BINGO! 4:00 MAIL BAG		\$14 8.45 GOOD RES 10:00 HOME RES 10:00 INSH RES 10:00 INSH RES 10:00 INSH RES 10:00 INGOID RES 1	LRS 10:00 HOWE RL 10:00 SHOOD LRS 10:00 SHOOD LRS 10:00 SHOOD TO 2:00 BINGOID RL 1:00 MALLB/	28 8.45 GOOD MODE GENERAL 10:00 EGG COLLRS RL 1:00 EGG COLLRS RL 1:00 SENSORY RL 1:00 MALL BAG RL 4:00 MALL BAG R	re su umm Díck
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ay	1	COLIN! RL	· · · · · · · · · · · · · · · · · · ·		24 EBAPTIST RL RL RIVIA RL	LE LRS 31 TING RL CE RL IUSICIAN TO
Sunday	2	2:00 CHURCH WITH COLIN! RL 3:00 MICKEY MOUSE CARTOONS RL 6:00 LEFT RIGHT CENTER RL	2:00 VIRTUAL CHURCH 3:00 TRUE OR FALSE 6:00 LAWRENCE WELK ST. PATTY'S DAY CELEBRATION Ramadan Begins Daylight Saving Time Begins	2:00 CHURCH WITH WALLY & ALICE! 3:00 SPRING INTO CLEANING! RL 6:00 MONTHLY GAZETTE RL St. Patrick's Dav	2:00 CORNERSTONE BAPTIST CHURCH 3:00 YAHTZEE! 6:00 HOT POTATO TRWIA Palm Sunday	8:45 FRIEND'S CIRCLE LRS 10:15 EGG DECORATING 2:00 EASTER SERVICE 3:00 TRAVELLING MUSICIAN Easter Sunday
		3:00 CH 6:00 LE	2:00 VII 3:00 TF 6:00 LA PATTY*	2:00 CF ALICE! 3:00 SP 6:00 MC	2:00 CORNERS CHURCH 3:00 YAHTZEEI 6:00 HOT POTA	8:45 FF 10:15 E 2:00 EA 3:00 TR