## 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 21 st chromosome. Typically developing individuals have two copies of the 21 st 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 I in 772 babies in the United States are born with Down syndrome. About 5, I00 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.


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## WHAT IS RAMADAN?



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

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



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


QI: 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?
AI: The rain.
A2: Umbrellas!
A3: A rainbow!

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| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  |  |  | norning LRS <br> GROUP LRS <br> SE RL <br> LLAmb RACE RL <br> RY time LRS <br>  DR | 8:45 FRIEND'S CIRCLE LRS 2 10:15 BOWLING \& TRIVIA <br> 2:00 ELLA FITZGERALD IN CONCERT! <br> 3:15 NEIGHBORS |
|  |  | 8:45 GOOD MORNING LRS <br> 10:00 HOME GROUP LRS <br> 9:30 EXERCISE RL <br> 10:00 NAME THAT PICTURE RL <br> 1:00 SENSORY TIME LRS <br> 2:00 BINGO!  <br> 4:00 MALLBAG DR <br> 6:00 THE PRICE IS RIGHT! TO <br> RL  |  |  |  | 8:45 FRIEND'S CIRCLE LRS 9 <br> 10:15 SHENANIGANS \& TRIVIA  <br> 2:  <br> 2:00 EILEEN IVERS BAND IN RL <br> CNCERII TO <br> 3:15 NEIGHBORS TO <br> 4:00 MAILBAG TO |
|  | 8:45 GOOD MORNING <br> 10:00 LRSME GROUP <br> 9:30 EXERCISE <br> 10:00 LUSICAL <br>  1940'S <br> 2: RLEATRE OF <br> 2:00 NAME THAT TUNE <br> 3:15 RUSICAL <br> 4:00 MAILBAG <br>  RL <br>   |  |  |  | 8:45 GOOD MORNING LRS <br> 10:00 HOME GROUP LRS <br> 9:30 EXERCISE RL <br> 10:00 IRISH FOLKLORE RL <br> 1:00 SENSORY TIME LRS <br> 2:00 BINGO! DR <br> 4:00 MAILBAG TO |  |
|  |  | 8:4  <br> 10:00 HOME GROUP LRS <br> 9:30 EXERCISE RL <br> 10:00 WELCOME SPRING! <br> 1:00 RL <br> 2:00 SENSORY TING <br> 4:00 LRS <br> 6:00 SPRILBAG <br>  DR <br>  TO |  |  | 8:45 GOOD MORNING <br> 10:00 LRSME 22 <br> 9ROUP LRS <br> 9:30 EXERCISE <br> $10: 00$ SHOOT SOME HOOPS DAY! <br> 1:00 SENSORY TIME RL <br> 2:00 BINGO! LRS <br> 4:00 MAILBAG TO |  |
| CHURCH <br> 3:00 YAHTZEE! <br> 6:00 HOT POTATO TRIVIA <br> RL | 10:00 HOME GROUP LRS <br> 9:30 EXERCISE RL <br> 10:00 NEWS $\&$ VIEWS RL <br> 1:00 SENSORY TIME LRS <br> 2:00 BUNNY RACING RL <br> 3:15 COUNT DOWNM RL <br> 4:00 MAILBAG TO | 8:45 GOOD MORNING LRS <br> 10:00 HOME GROUP LRS <br> 9:30 EXERCISE RL <br> 10:00 COOKING CLUB RL <br> 1:00 SENSORY TIME LRS <br> 2:00 BINGO! DR <br> 4:00 MAILBAG TO <br> 6:00 HYMN SING RL |  |  | 8:45 GOOD MORNING LRS 29 <br> 10:00 HOME GROUP LRS <br> $9: 30$ EXERCISE <br> $10: 00$ EGG COLORING RL <br> 1:00 SENSORY TIME LRS <br> 2:00 BINGO! DR <br> 4:00 MAILBAG TO |  |
| 10:15 EGG decoratina <br> 2:00 EASTER SERVICE | "It was one of those March days when the sun shines Hot and the wind Glows cold: when it is summer in the light, And winter in the shade." <br> - Charles Díckens |  |  |  |  |  |

[^0]
[^0]:    RL = ROUND LOUNGE LRS = LIVING ROOMS DR = DINING ROOM O=OUTSIDE/OUT OF FACILITY TO = THROUGHOUT FACILITY

