

The Narvon Times

Zerbe Sisters
Nursing Center

National Girl Scout Cookie Weekend! February 14th - 16th

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The Girl Scouts was started in 1912 by Juliette Gordon Low in Savannah, Georgia. The first ever troop of Girl Guides (as they were called back then) were 18 in number, and all of them shared a common sense of curiosity and self-efficacy. American women did not even possess the right to vote then and were expected to adhere to very restrictive societal norms. The first cohort of Girl Scouts, however, sparked a movement across the country that allowed girls (albeit only White girls) to realize their potential and make the world a better place in the process.

In 1913, the Girl Guides of America was changed to the Girl Scouts of the United States, and the organization's headquarters were moved to the national capital, Washington D.C. The headquarters was again shifted when the organization was incorporated in 1915. During World War II, Girl Scout troops were even organized in Japanese internment camps. Girl Scout troops remained segregated for many years. The first ever troop of African American girls was established in 1917, the first Native American troop in 1921, and the first Mexican American troop in 1922. They changed their name to the Girl Scouts of the United States of America (G.S.U.S.A.) in 1947. The G.S.U.S.A. started advocating to desegregate troops at a national level around the 1950s. One of the first successful desegregations happened in 1956.

One of the most popular projects run by the Girl Scouts is the Girl Scout Cookies Program. Every third weekend of February, Girl Scout Cookie Weekend is celebrated to encourage Americans to support the Girl Scouts and to foster entrepreneurship in young American girls. Their cookies can be bought almost anywhere throughout the weekend. People can support their local Girl Scouts by buying cookies in person at their booths or by buying them online.

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World Radio Day

February 13th

Radio is one of the oldest and most influential forms of communication in the world. From the earliest days of wireless communication to the modern-day convenience of streaming music and audio from anywhere in the world. Radio has played a major role in our lives! Let's explore some of the most interesting facts about radio, from its invention to its influence on society.



- **The first true radio transmission of voice was made by Guglielmo Marconi in 1895.**

Guglielmo Marconi was an Italian inventor who made a big breakthrough in communication in 1895. He figured out how to send a sound over long distances using radio waves! This was the first time that anyone had ever sent a sound using radio waves and it was the beginning of what we know today as the radio. Marconi's invention changed the world forever, making it possible to communicate with people far away.

- **The first commercial radio advertisement was broadcast in 1922.**

In 1922, radio was a new technology that people were just beginning to use. A company called the Queensboro Corporation wanted to try a new way of advertising their products to people. So, they broadcasted an advertisement on the radio, and it was the first commercial ever to be heard on the radio!

- **Radio was the first mass medium.**

Radio was the first type of technology that allowed people to communicate over long distances. This meant that instead of just talking to someone in person or sending a letter, you could now talk to people all over the world.

- **It took a sinking ship to normalize overseas radio.**

The sinking of the Titanic in 1912 mandated the use of radio at sea. It's not that there was no radio system on the Titanic. Quite the opposite, the radio system on the ship saved lives. During the sinking, sailors used the radio to reach out to the nearby ship and rescue passengers.

Riddle Me This!

Q1: What did the farmer give his wife for Valentine's Day?

Q2: What do you call it when two young fish are in love?

Q3: What did one piece of toast say to the other?

A1: Hogs and kisses!

A2: Guppy love!

A3: You're my butter half!



National Women Physicians Day

February 3rd

National Women Physicians Day is celebrated on February 3rd to honor the contributions of women in medicine. It also recognizes the challenges women have faced in healthcare.

Why is it celebrated on February 3rd?

It's the birthday of Dr. Elizabeth Blackwell, the first woman to receive a medical degree in the United States in 1849. Blackwell faced significant opposition and discrimination due to gender bias. Blackwell faced discrimination and obstacles in college: professors forced her to sit separately at lectures and often excluded her from labs; local townspeople shunned her as a "bad" woman for defying her gender role. Blackwell eventually earned the respect of professors and classmates, graduating first in her class in 1849. She continued her training at London and Paris hospitals. She began to emphasize preventative care and personal hygiene, recognizing that male doctors often caused epidemics by failing to wash their hands between patients. In 1857, she opened the New York Infirmary for Women and Children with her sister. Its mission included providing positions for women physicians. During the Civil War, the Blackwell sisters trained nurses for Union hospitals.

What does it celebrate?

- The contributions of women in medicine
- The challenges women have faced in healthcare
- The pioneering spirit and resilience of women in medicine

Workforce

In 2022, women made up 38% of the active physician workforce in the United States.

Pioneers

Some notable female physicians include:

Patricia Goldman-Rakic: Conducted research on the prefrontal cortex and published over 200 papers. Because of Goldman-Rakic, scientists began to better understand the neurobiological basis of higher cognitive function, and of such disorders as schizophrenia, Alzheimer's, Attention deficit hyperactivity disorder (ADHD), cerebral palsy, Parkinson's disease, and dementia.

Rebecca Lee Crumpler: The first Black woman to earn an MD degree in the United States in 1864. Crumpler was also one of the first female physician authors in the nineteenth century. In 1883, she published *A Book of Medical Discourses*. Crumpler first practiced medicine in Boston, primarily serving poor women and children. Crumpler worked for the Freedmen's Bureau to provide medical care to freedmen and freedwomen who were denied care by white physicians. At the Freedmen's Bureau, she worked under the assistant commissioner, Orlando Brown. Subject to intense racism by both the administration and other physicians, she had difficulty getting prescriptions filled and was ignored by male physicians.



We would like to also recognize our own fabulous female physicians - Dr. Massaro and Dr. Debonera!



Happy Birthday!



Residents

- Katherine Lee - 2/6
- James Shenenberger - 2/7
- Doris Rynier - 2/11
- Jane Gaverick - 2/13
- Mary Kramer - 2/17
- Randy Buck - 2/18
- Bonnie Denlinger - 2/19
- Elaine Mingione - 2/24
- Dennis Mast - 2/28

Staff

- Joshua Briggs - 2/2
- Jamie Kurtz - 2/3
- Annalisa Stoltzfus - 2/3
- David Bitler - 2/7
- Vickie Rosado - 2/8
- Hayden Myrick - 2/11
- Joan Chavez - 2/14
- Kelly Cuetara - 2/16
- Kathryn Dillon - 2/16
- Tatianna Belloma - 2/19
- Monica Pimley - 2/20
- Vada Whitford - 2/26
- Ashley McNeil - 2/27

What's Your Favorite Game Day Snack?

Super Bowl Sunday is on February 9th!
Philadelphia Eagles us. Kansas City Chiefs

- Wren** - Shrimp Tray
- Sam** - Hot Wings
- Kahlee** - Nachos
- Frank B.** - Coors light, Chips, & Dip
- Mary K** - Potato Chips
- Victor** - Pizza
- James S.** - Peanut Butter Cookies
- Steve W.** - Pizza

- Jane G.** - Pickles, Ring Baloney & Chips
- Velma** - Fritos
- Deb G.** - Pretzels & Cheese
- Pat** - Shrimp
- Donna A** - Chocolate
- Corey** - Beer & Sandwiches
- Alexis** - Buffalo Chicken Dip
- Danny** - Buffalo Chicken Sliders



Sunday Monday Tuesday Wednesday Thursday Friday Saturday



2:00 CHURCH	2	8:45 GOOD MORNING FRIEND'S CIRCLE 9:45 FRIEND'S CIRCLE 9:30 BINGO STORE! 1:00 SENSORY TIME 2:00 NEIGHBORS 2:00 WINTER CRAFT 3:15 GO FISH 4:00 MAILBAG	3	8:45 GOOD MORNING FRIEND'S CIRCLE 9:45 FRIEND'S CIRCLE 9:30 EXERCISE 10:00 IT'S ALL ABOUT THE CORN! 1:00 SENSORY TIME 2:00 BINGO! 4:00 MAILBAG 6:00 MUSICAL WORD GAME	4	8:45 GOOD MORNING FRIEND'S CIRCLE 9:30 EXERCISE 10:00 HAVE A HEART CRAFT 1:00 SENSORY TIME 1:00 WAL-MART TRIP! 2:00 MOVIE MATINEE! 4:00 MAILBAG 6:00 COMEDY CLUB	5	8:45 GOOD MORNING FRIEND'S CIRCLE 9:45 FRIEND'S CIRCLE 9:30 EXERCISE 10:00 FABIAN DAY 1:00 SENSORY TIME 2:00 NEIGHBORS 2:00 WEATHER WORD SEARCH 3:15 BE MY VALENTINE CHARLIE BROWN 4:00 MAILBAG 6:00 COMEDY CLUB	6	8:45 GOOD MORNING FRIEND'S CIRCLE 9:45 FRIEND'S CIRCLE 9:30 EXERCISE 10:00 BEATLEMANIA! 10:00 NEIGHBORS 1:00 SENSORY TIME 2:00 BINGO! 4:00 MAILBAG	7	8:45 GOOD MORNING FRIEND'S CIRCLE 9:45 FRIEND'S CIRCLE 9:30 EXERCISE 10:00 BEATLEMANIA! 10:00 NEIGHBORS 1:00 SENSORY TIME 2:00 BINGO! 4:00 MAILBAG	8	8:45 FRIEND'S CIRCLE 10:15 LADDERBALL & TRIVIA 2:00 TONY BENNETT IN CONCERT! 3:15 NEIGHBORS 4:00 MAILBAG	1	8:45 FRIEND'S CIRCLE 10:15 LADDERBALL & TRIVIA 2:00 TONY BENNETT IN CONCERT! 3:15 NEIGHBORS 4:00 MAILBAG
2:00 CHURCH	9	8:45 GOOD MORNING FRIEND'S CIRCLE 9:30 EXERCISE 10:00 ARMCHAIR TRAVELS! 10:00 LIBRARY CART 1:00 SENSORY TIME 2:00 REFRESHMENT CART 2:00 VALENTINES CRAFT! 3:15 CONNECT FOUR 4:00 MAILBAG	10	8:45 GOOD MORNING FRIEND'S CIRCLE 9:45 FRIEND'S CIRCLE 9:30 EXERCISE 10:00 SCRAPBOOK VALENTINES! 10:00 DAY CARDS 1:00 SENSORY TIME 2:00 BINGO! 4:00 MAILBAG 6:00 VALENTINE MAD LIBS	11	8:45 GOOD MORNING FRIEND'S CIRCLE 9:30 BIBLE STUDY/COMMUNION WITH PASTOR JIMI 1:00 SENSORY TIME 2:00 BELL CHOIR 2:45 FUNNY HEADLINES 4:00 MAILBAG 6:00 VALENTINE MAD LIBS	12	8:45 GOOD MORNING FRIEND'S CIRCLE 9:45 FRIEND'S CIRCLE 9:30 EXERCISE 10:00 VALENTINE FAMILY FEUD! 1:00 SENSORY TIME 1:30 CATHOLIC TRAVELLING COMMUNION 2:00 AMAZING AMAZON! 3:15 COUNT YOUR CHICKENS 4:00 MAILBAG 6:00 LAWRENCE WELK V-DAY!	13	8:45 GOOD MORNING FRIEND'S CIRCLE 9:45 FRIEND'S CIRCLE 9:30 EXERCISE 10:00 VALENTINE FAMILY FEUD! 1:00 SENSORY TIME 1:30 CATHOLIC TRAVELLING COMMUNION 2:00 AMAZING AMAZON! 3:15 COUNT YOUR CHICKENS 4:00 MAILBAG 6:00 LAWRENCE WELK V-DAY!	14	8:45 GOOD MORNING FRIEND'S CIRCLE 9:45 FRIEND'S CIRCLE 9:45 VALENTINE'S DAY PARTY! 1:00 SENSORY TIME 2:00 BINGO! 4:00 MAILBAG	15	8:45 FRIEND'S CIRCLE 10:15 LADDERBALL & TRIVIA 2:00 CHARLEY PRIDE IN CONCERT! 3:15 NEIGHBORS 4:00 MAILBAG	15	8:45 FRIEND'S CIRCLE 10:15 LADDERBALL & TRIVIA 2:00 CHARLEY PRIDE IN CONCERT! 3:15 NEIGHBORS 4:00 MAILBAG
2:00 CHURCH	16	8:45 GOOD MORNING FRIEND'S CIRCLE 9:30 NAIL SPA! 9:30 NEIGHBORS 1:00 SENSORY TIME 2:00 FAMOUS FOLKS (ABRAHAM LINCOLN) 3:15 UNO! 4:00 MAILBAG	17	8:45 GOOD MORNING FRIEND'S CIRCLE 9:45 FRIEND'S CIRCLE 9:30 EXERCISE 10:00 NAME THAT PICTURE 1:00 SENSORY TIME 2:00 BINGO! 4:00 MAILBAG 6:00 QUIRKLE	18	8:45 GOOD MORNING FRIEND'S CIRCLE 9:30 LIBRARY CART 9:30 EXERCISE 10:00 ROAD TRIP BINGO 10:00 NEIGHBORS 1:00 SENSORY TIME 1:00 WAL-MART TRIP 2:00 MOVIE MATINEE! 4:00 MAILBAG	19	8:45 GOOD MORNING FRIEND'S CIRCLE 9:45 FRIEND'S CIRCLE 9:30 EXERCISE 10:00 SINGIN' WITH KAHLEE! 1:00 SENSORY TIME 2:00 BIRTHDAY PARTY! 4:00 MAILBAG 6:00 MARTIN & LEWIS	20	8:45 GOOD MORNING FRIEND'S CIRCLE 9:45 FRIEND'S CIRCLE 9:30 EXERCISE 10:00 SINGIN' WITH KAHLEE! 1:00 SENSORY TIME 2:00 BIRTHDAY PARTY! 4:00 MAILBAG 6:00 MARTIN & LEWIS	21	8:45 GOOD MORNING FRIEND'S CIRCLE 9:45 FRIEND'S CIRCLE 9:30 EXERCISE 10:00 FOLKTALES, FABLES & FANTASY MONTH! 1:00 SENSORY TIME 2:00 BINGO! 4:00 MAILBAG	22	8:45 FRIEND'S CIRCLE 10:15 HORSESHOES & TRIVIA 2:00 JOAN BAEZ IN CONCERT! 3:15 NEIGHBORS 4:00 MAILBAG	22	8:45 FRIEND'S CIRCLE 10:15 HORSESHOES & TRIVIA 2:00 JOAN BAEZ IN CONCERT! 3:15 NEIGHBORS 4:00 MAILBAG
2:00 CHURCH	23	8:45 GOOD MORNING FRIEND'S CIRCLE 9:30 NAIL SPA! 1:00 SENSORY TIME 2:00 ARTS & CRAFTS 3:15 ROLL A SNOWMAN! 4:00 MAILBAG	24	8:45 GOOD MORNING FRIEND'S CIRCLE 9:45 FRIEND'S CIRCLE 9:30 EXERCISE 10:00 INVENTIONS 1:00 SENSORY TIME 2:00 BINGO! 4:00 MAILBAG 6:00 HYMN SING	25	8:45 GOOD MORNING FRIEND'S CIRCLE 9:45 FRIEND'S CIRCLE 9:30 EXERCISE 10:00 COOKING CLUB 1:00 SENSORY TIME 2:00 BELL CHOIR 2:45 COUNT DOWN 4:00 MAILBAG	26	8:45 GOOD MORNING FRIEND'S CIRCLE 9:45 FRIEND'S CIRCLE 9:30 EXERCISE 10:00 COOKING CLUB 1:00 SENSORY TIME 2:00 BELL CHOIR 2:30 SING-ALONG 3:15 CHICKEN SOUP FOR THE SOUL 4:00 MAILBAG 6:00 GAITHER TIME!	27	8:45 GOOD MORNING FRIEND'S CIRCLE 9:45 FRIEND'S CIRCLE 9:30 EXERCISE 10:00 NAME THAT TUNE 1:00 SENSORY TIME 2:00 RESIDENT COUNCIL 3:15 SING-ALONG 4:00 MAILBAG 6:00 GAITHER TIME!	28	8:45 GOOD MORNING FRIEND'S CIRCLE 9:45 FRIEND'S CIRCLE 9:30 EXERCISE 10:00 LAUNDRY GALORE! 1:00 SENSORY TIME 2:00 BINGO! 4:00 MAILBAG	28	8:45 FRIEND'S CIRCLE 10:15 HORSESHOES & TRIVIA 2:00 JOAN BAEZ IN CONCERT! 3:15 NEIGHBORS 4:00 MAILBAG	28	8:45 FRIEND'S CIRCLE 10:15 HORSESHOES & TRIVIA 2:00 JOAN BAEZ IN CONCERT! 3:15 NEIGHBORS 4:00 MAILBAG

RL = ROUND LOUNGE LRS = LIVING ROOMS DR = DINING ROOM TO = THROUGHOUT FACILITY O = OUT OF FACILITY

ACTIVITIES ARE SUBJECT TO CHANGE