

Kopernik Lodge

Newsletter



Jesienią

Jesienią, jesienią
Sady się rumienia;
Czerwone jabłuszka
Pomiędzy zielenią.

Czerwone jabłuszka,
Żłociste gruszcзки
Świecą się jak gwiazdy
Pomiędzy listeczki.

Pójdę ja się, pójdę
Pokłonić jabłoni,
Może mi jabłuszko
W czapeczkę uroni!

Pójdę ja do gruszy,
Nastawię fartuszką,
Może w niego spadnie
Jaka śliczna gruszką!

Jesienią, jesienią
Sady się rumienia;
Czerwone jabłuszka
Pomiędzy zielenią.

Maria Konopnicka



A Magical Life

When Harry Houdini died on October 31, 1926, obituaries called him the world's greatest magician and an unparalleled escape artist. Houdini was born in Hungary and emigrated to the United States with his family, where they soon fell into poverty. Houdini began his magic career in 1891 with little success. It wasn't until 1899 that Houdini impressed vaudeville manager Martin Beck with a handcuff escape act. He went on to baffle inspectors from Scotland Yard with his escapes, a feat that earned him regular performances and a decent salary. It did not take long before Houdini was a household name all over Great Britain. He dazzled audiences with card tricks, illusions, and, of course, escape acts. Houdini suddenly found himself the highest-paid entertainer in the world.

Houdini's escapes, while marvelous and death-defying, were also extremely dangerous. Failure to escape meant certain death. Houdini wrapped himself in chains and plunged into a river. He was put in handcuffs and sealed into a milk can filled with milk. He was wrapped in a straitjacket, placed in a coffin, and buried alive. One of his most famous tricks was the "Chinese water torture cell," where his ankles were locked in stocks, and he was suspended upside down in a locked glass-and-steel cabinet filled with water. His escapes were so unbelievable that critics often called him a fake. But no one took their work more seriously than Houdini, and as president of the Society of Magicians, he did not hesitate to expose frauds.

Houdini might be the most famous name in magic, but he is far from the world's only famous magician. Other greats include illusionist Jean-Eugene Robert-Houdin, from whom Houdini took his name. Robert-Houdin is credited with transforming magic from a gimmick for the lower classes to respectable entertainment for the wealthy. And Alexander Herrmann, billed as "Herrmann the Great," was married to Adelaide Herrmann, known as the "Queen of Magic." Hermann was an expert card thrower and could land cards in the highest balcony of a theater. And, of course, he perfected pulling several rabbits out of a hat.

Absolutely Gourd-geous



Anyone who's attended a county fair is probably familiar with gargantuan, record-breaking pumpkins. Last October, Travis Gienger grew the largest pumpkin in America at 2,560 pounds. But in September of 2021, Italian

farmer Stefano Cutrupi set a new world record for the world's largest when his colossus weighed in at 2,702.9 pounds. Why grow pumpkins to such enormous sizes? A better question to ask is how do pumpkins get so big? And can you grow a giant in time for Pumpkin Day on October 26?

Pumpkins are members of the genus *Cucurbita*. These fruits are related to the cucumber family and include squashes, gourds, zucchini, and, of course, pumpkins. All these plants are native to tropical and subtropical areas of North and South America. They grow on vines and can naturally grow as large as 200 pounds, making them the heaviest fruits on the planet.

Over the years, farmers moved these plants out of the tropics and began to grow them around the world. They selected certain species and explored which cultivars could be cross-bred to create the largest pumpkins. At the 1893 Chicago World's Fair, William Warnock wowed crowds with a 365-pounder. In 1900, Warnock showed off a 400-pound pumpkin at the World's Fair in Paris. His giant pumpkins had become major attractions.

It wasn't until the 1970s that Howard Dill of Nova Scotia bred a pumpkin known as the "Atlantic Giant," a cross between the Rennie's Mammoth (itself descended from the Goderich Giant) and Mammoth Chile pumpkins. Over the next decade, pumpkins would grow to 700 pounds.

Growing an Atlantic Giant takes 130 days, with plenty of full sunshine, fertilizer, and water. A frost will ruin the growth, so it's important to keep the pumpkin warm early in the season. Once the vine bears a pumpkin, choose the best to focus on and remove the rest. Even nonprofessionals can grow Atlantic Giants as large as 500 pounds!

Leif the Lucky

Each year, October 9 is proclaimed Leif Erikson Day to honor the Scandinavian explorer who landed in North America over 1,000 years ago. For many people of Scandinavian descent, this is a day to remind the world that Leif Erikson, also known as Leif the Lucky, was the first European to set foot in North America.

Both the *Saga of Erik the Red* and the *Saga of the Greenlanders* are books that offer details about Leif Erikson's voyage to Vinland, in present-day Newfoundland. While sailing from Norway to Greenland, Erikson was blown off course. He discovered a land full of wild grapes, wheat, and maple trees, samples of which the seafarers brought back to Greenland. The new land was called Vinland, or "wine land," after the grapes found growing there. Erikson never returned to Vinland, but others from both Greenland and Iceland did, including the Icelandic explorer Thorfinn Karlsefni, who unsuccessfully attempted to establish a permanent settlement there.

Giving Thanks



Thanksgiving may fall on the fourth Thursday of November in America, but for Canadians, the second Monday in October will always be Thanksgiving. Canada's holiday commemorates Sir Martin

Frobisher, who sailed from England to Canada in 1578 in search of the Northwest Passage. When Frobisher reached Nunavut in the eastern Arctic, he gave a "thanksgiving" for their safe arrival, eating a meal of salty beef, biscuits, and mushy peas. Luckily, most Canadians don't repeat this meager meal on Thanksgiving. As in America, most Canadians opt for turkey. Stuffing and pumpkin pie also grace the Thanksgiving table, but the stuffing is made of rice and bread crumbs, and the pie is chock full of ginger and other spices, like cloves, nutmeg, and cinnamon. As the holiday's name implies, it is still a day to give thanks for family and the fall harvest.

Come and Join our Therapeutic Recreation Programs

Without a doubt, in order to stay healthy and feel great we have to have some fun in our lives. At the Kopernik Lodge we believe that recreation and leisure are essential components of a healthy and fulfilling life. We are committed to providing our Residents with the best possible tools and resources to make that happen. Our friendly and experienced staff are here to support our Residents in every step of the way and ensure that they have an enjoyable and rewarding experience.

Our Therapeutic Recreation team offers a variety of exciting recreational activities designed to help our Residents to build strength, increase flexibility, and reduce stress, all while having a great time in the process.

Without a doubt, the Exercise program is the most popular activity among our Residents. The program takes place every morning at 9:45am sharp. Many Residents, after they finish eating their breakfast, start heading towards the activity room, where most of them have their favorite spots in the exercise circle. We put some music on and exercise together for about 45 minutes. It keeps us energized for the whole day ahead.

A sense of belonging and engagement with others is a basic human need. The Recreation Therapy team at our Kopernik Lodge considers the interests, abilities, and needs of our residents in order to help them become an active member of our community. Our Recreation Therapy programs encourage participation, in order to increase activity levels, nurture social connections, and promote inclusion.

A big hit among our Residents is the Social Tea program. We invite Residents from both units (general site and Special Care). We sit together like a big family that we are; getting to know each other, telling stories, eating some delicious snacks, listening to the music, etc. We decorate tables, use our best China and serve coffee and tea. We make meaningful social connections and have a lot of fun.

Another popular activity is our Arts and Crafts evening program. Studies show that engaging in Arts and Crafts reduce agitation, boost mood and cognitive function, as well as enhance communication and promote social interaction for people living with dementia. Art is for everyone, no previous experience needed!

During our program Residents get creative and have fun. We decorate hallways with their art, which not only provides reality orientation (for example reminding people what time of the year it is), but also provides a sense of accomplishment. Everyone can see their masterpieces, including staff, families and other Residents. These who engage and create the art work are so proud... and they should be!

Our Therapeutic Recreation team offers a variety of other meaningful programs.

So don't wait any longer and try something new today! Transform your mind, body, and soul, and reap the rewards of a healthy and active lifestyle. Join us in our high-quality activities that promote physical and mental wellbeing. Take the first step towards a happier, healthier you and join us for an unforgettable recreational experience that will leave you feeling energized, inspired, and ready to take on the world!



EXERCISE PROGRAM





Social Tea



Autumn

Crafts





Remembrance

Day



Lest
WE FORGET





Inspired to have fun

Inspiration and fun go together like a horse and carriage or better yet, like Halloween, costumes and pumpkins. At Kopernik Lodge we relish plenty of fun and creativity around the year, but Halloween is especially spectacular. Dressing up for Halloween and designing the best pumpkin requires a lot of imagination and commitment; it also brings a lot of enjoyment, excitement and gratification. Anyone who turns up can join in the lighthearted pleasure and entertainment.

This year, pumpkin decorating took place a few days before the Halloween party.... Our Residents dressed up for this occasion. This way we had plenty of "inspiration" while painting their pumpkins. It paid off, because the final outcome was great.

Everyone did a fantastic job, using their imagination. The table with displayed pumpkins looked "halloweenish" and everyone was able to admire the Residents creativity and talent.

The Halloween party was as always a lot of fun. The Residents wore costumes, even some family members, staff and visitors caught the "dressing up" bug. Of course there was a contest for the best costume, and a special jury... First prize was a 100 \$ cash won by Sabrina, a staff member who transformed into a pumpkin; the second prize - 50\$ was won by Elio, the King - the resident who is brand new at Kopernik; third prize also \$50, won the "Spanish Girl" – Dorota, a staff member.

It was amazing to see the Residents, staff, family and friends dressed in costumes and joining the fun. There was dancing, there was laughter and there was joy. We even had a choo choo train, formed by Residents and staff, who to the rhythm of the music roamed over the main floor.

I just wonder why the dog didn't win. His name is Mr. Duke and he looked cool with his red ears. Boo!

- Why did the skeleton run away?
Because a dog was after his bones.
- How did the skeleton know it was going to rain on Halloween?
He felt it in his bones.
- Why didn't anyone want to go trick or treating with Dracula?
Because he is a pain in the neck.
- Why don't skeletons like Halloween candy?
They don't have the stomach for it.
- Why don't vampires eat a lot of Halloween candy?
They're afraid of tooth decay.
- What is a baby ghost's favorite game to play on Halloween?
Peek-a-boo.

HAPPY
HALLOWEEN



Made with PosterMyWall.com

THE BEST HALLOWEEN PARTY IN TOWN





BOO!









BOO!



Lighting the Darkness

Diwali, India's fabulous "festival of lights," occurs on the night of the new moon during the Hindu month of Kartik, and this year falls on November 12. Diwali is the most important holiday of the Indian calendar. It is primarily a religious celebration for Hindus, Jains, and Sikhs, but it has become so popular that many other South Asian countries treat it as a national holiday.



Across India, Diwali is celebrated over five days, but the darkest night, the night of the new moon, is the main day of the festival. Families light small, clay lamps known as *diyas* to ward away evils associated with the darkness. Diyas, candles, and lanterns are arranged throughout the home, in the streets, in places of worship, and even floated on lakes and rivers. Some places set off bright explosions of fireworks in the night sky. Once the lamps are lit, families gather for fabulous feasts and prayers to Lakshmi, the Mother Goddess of good fortune and prosperity. To celebrate Diwali is to celebrate the triumph of light over darkness and good over evil.

Throughout India, there are many legends associated with Diwali. In the north, Diwali commemorates the return of King Rama to his kingdom of Ayodhya after 14 years of exile. To celebrate the king's return, his subjects lit lamps and decorated Ayodhya with rows of diyas, a practice reflected in modern Diwali celebrations.

In southern India, the story is told of Lord Krishna vanquishing the demon Narakasura with the help of his wife, Satyabhama. The demon had been granted immortality and could be slain only by his mother. Krishna knew this and asked his wife to accompany him to battle. It was Satyabhama, as an incarnation of Narakasura's mother, who felled the demon with an arrow. In western India, as in the south, Diwali is celebrated as the triumph of good over evil. Here, the festival marks the day that Lord Vishnu sent the selfish and vain King Bali to the netherworld. Despite these differences, no matter where you go, Diwali is marked with light and family.

Nostalgia for Rent

A holiday on the third Saturday in October celebrates a dying breed: the independent video store. Staff picks. Late fees. "Be kind, rewind." Throughout the 1980s, '90s, and even into the 2000s, video stores enjoyed a culture all their own. Some stores, such as Scarecrow Video in Seattle and Vidiots in Santa Monica, have achieved such a cult following that they still operate in this era of on-demand streaming. Most video stores did not survive the technological shift. Back in 2004, Blockbuster had 9,000 stores around the world and earned \$5.9 billion annually. In 2010, Blockbuster filed for bankruptcy.

For anyone nostalgic for the good old days of video store rentals, one Blockbuster store still exists in Bend, Oregon. Or you can do what some video rental superfans have done and convert their own homes into nostalgic shrines to the rental stores of yesteryear. During the pandemic, one couple converted their basement into a video store "bunker" using furniture and shelving from a local video store that closed. There's a cash register, a restricted adults-only section, and a bell on the door that rings when a "customer" enters.

Burgoo Days



October 7 and 8 bring the Burgoo Days to counties across the American Midwest and South. Burgoo is a traditional stew that celebrates both the pioneers and the harvest season, as it was traditionally made with whatever meats and vegetables the pioneers could find, including venison, squirrel, opossum, raccoon, game birds, lima beans, corn, okra, tomatoes, cabbage, and potatoes. In Kentucky and Indiana, the making of burgoo is a vast communal enterprise, where members of the community each bring an ingredient and the stew is slow-cooked in a public setting. Burgoo is considered an iconic dish of the Kentucky Derby.



Janek

In his own words he told us:

Urodziłem się 90 lat temu, bo nie miałem innego wyboru. Mój znak zodiaku to Strzelec (26 listopada).

Urodziłem się na Ziemi Sandomierskiej, gdzie wiosną kwitną piękne sady i słyszeć w nich brzęczenie pszczół, a jesienią czerwienią się owoce.....

Przez wioskę płynął piękny strumyk do którego dołączał jeszcze mniejszy; ale wysechł. A ten duży zrobił się jeszcze mniejszy

Moje ulubione jedzenie to pierogi z kapustą i grzybami.

Moje hobby to: uprawa kwiatów i przestrzeganie zasady:

“Kto kocha zwierzęta, kwiaty i ptaki - to człowiek nie byle jaki.”

Moje motto życiowe to: “Skromność jest tym rodzajem dumy, która najmniej razi.”

Mój ulubiony kolor to niebieski

It is hard to do justice and translate properly beautiful words of Janek, but he said:

I was born 90 years ago because I had no other choice. My zodiac sign is Sagittarius (Nov. 26).

I was born in the Sandomierz region, where beautiful orchards bloom in spring and where you can hear the hum of bees. And and in autumn the fruits turn red...

A beautiful stream flowed through the village, which was joined by a smaller one, but it had dried up... The big one became smaller.

My favorite food are dumplings with cabbage and mushrooms.

My hobby is: growing flowers and following rule:

“Whoever loves animals, flowers and birds is not just any person.”

My life motto is: “Modesty is the kind of pride that offends the least.”

My favorite color is blue.

Please Meet Jeffrey

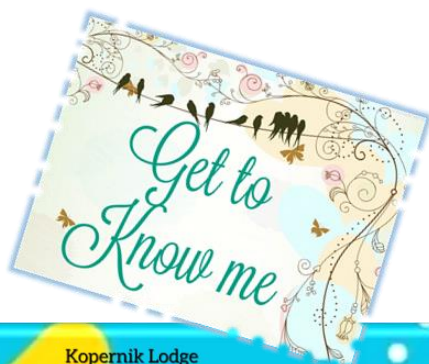


Jeffrey,

Jeffrey was born in Taipei, the capital of Taiwan. He came to Canada in 2002 with his wife and two daughters. One daughter lives in Canada. The second one lives in Italy. Jeffrey used to work as a security man. He came to Kopernik Lodge on January 2022.

Jeffrey's hobby is to listen to international news. Jeffrey's favorite colour is purple. His favorite meal is chicken drumstick. He likes to listen to classical music.

Jeffrey is always smiling and likes to join many Therapeutic Recreation programs offered at Kopernik Lodge.



Kopernik Lodge

STAFF SPOTLIGHT :



Tina

Hairdresser

Tina,

Tina has been a hairdresser in Kopernik Lodge since 2005. She is coming religiously every Tuesday for the whole day to do our Residents hair.

Clients can choose services like haircuts, set & style, perm or colour. Some of the residents are already waiting for Tina in front of the salon before she arrives.

She has some regular customers with whom she develops a great relationship.

Residents feel great about themselves leaving Tina's salon. Staff gives them complements which make them smile.



Famous Polish People

Maria Konopnicka

Maria Konopnicka, née Wasiłowska, was a Polish poet, novelist, children's writer, translator, journalist, critic, and activist for women's rights and for Polish independence. She was one of the most important poets of Poland's Positivist period.

Konopnicka's poetry was strongly motivated by patriotic overtones, and her deep sympathy lay with the poor and the downtrodden—the peasants in particular. Those concerns were often sentimentally expressed in her poems and prose works. Her short stories, considered among the best in Polish literature, are well-focused, tense in composition, and often dramatic.

Konopnicka was born to a Polish Noble class family, in Suwałki, on 23 May 1842. During her life, Poland was wiped out from the map of Europe. The land of the Polish–Lithuanian Commonwealth was divided up among Prussia, the Habsburg monarchy, and the Russian Empire, which effectively ended Polish–Lithuanian national sovereignty until 1918.

Konopnicka made her debut as a writer in 1870 with the poem, *"W Zimowy Poranek"* ("On a Winter's Morn"). She gained popularity after the 1876 publication of her poem, *"W Górach"* ("In the Mountains"). In 1884 she began writing children's literature, and in 1888 she debuted as an adult-prose writer.

Among her short stories, the best-known include *"Niemczaki"* ("The German Kids") and *"Nasza Szkap"* ("Our Old Mare"). Konopnicka's most famous children's literature work is the 1896 *"O Krasonoludkach i Sierotce Marysi"* ("Little Orphan Mary and the Gnomes"). Another of Konopnicka's best known works is the long epic in six cantos, *"Mister Balcer in Brazil"* (*"Pan Balcer w Brazylii,"*), on the Polish emigrants in Brazil.

Konopnicka's patriotic writings won her particular renown, especially *Rota* (*Oath*); written as a protest against the German Empire's oppression and suppression of Polish culture in German-occupied western Poland — lands that from the late 18th century after the Partitions of the Polish-Lithuanian Commonwealth to 1918 were under Prussian — and later, German — rule.

Rota set to the music by Feliks Nowowiejski two years later became an unofficial anthem of Poland. *Rota* was first sung publicly during a patriotic demonstration in Kraków on July 15, 1910, held to commemorate the 500th anniversary of the Polish-Lithuanian victory over the Teutonic Knights at the Battle of Grunwald. The anthem quickly became popular across partitioned Poland. Until 1918, *Rota* served as the anthem of the Polish Scouting movement.

Konopnicka died in Lwów (now Lviv, Ukraine) on 8 October 1910. She was buried there in the Łyczakowski Cemetery. Her funeral ceremony turned into a great patriotic manifestation.

Ojczyzna Moja

Ojczyzna moja to ta ziemia droga,
Gdziem ujrzał słońce i gdziem poznał Boga,
Gdzie ojciec, bracia i gdzie matka miła
W polskiej mnie mowie pacierza uczyła.

Ojczyzna moja to wioski i miasta,
Wśród pól lechickich sadzne od Piasta;
To rzeki, lasy, kwietne niwy, łąki,
Gdzie pieśń nadziei śpiewają skowronki.

Ojczyzna moja to praojców sława,
Szczербiec Chrobrego, cecorska buława,
To duch rycerski, szlachetny a męski,
To nasze wielkie zwycięstwa i klęski.

Ojczyzna moja to te ciche pola,
Które od wieków zdeptała niewola,
To te kurhany, te smętne mogiły
Co jej swobody obrońców przykryły.

Ojczyzna moja to ten duch narodu,
Co żyje cudem wśród głodu i chłodu,
To ta nadzieja, co się w sercach kwieci,
Pracą u ojców, a piosnką u dzieci!

Maria Konopnicka



My homeland

My homeland - dear land,
where for the first time I saw the sun
and where I came to know God;
Where my father, brothers and mother kind
taught me prayers in my maternal tongue.

My homeland - villages and cities,
planted from the times of Piasts among
Lechic fields;
Rivers, forests, flowery leas and meadows,
where larks sing their sweet songs of hope.

My homeland - our forefathers' glory,
Chrobry's Notched Sword and Cecora
Mace,
Knightly Spirit, noble and brave,
bitter defeats and victories great.

My homeland - quiet green fields
for centuries trampled by hostile armies,
burial mounds and sad graves
that have covered our freedom's defenders.

My homeland - heroic spirit of the Polish
people,
that by miracle lives amid hunger and cold;
- hope that always blooms in hearts,
with work for the fathers, and song for the
young!

Maria Konopnicka

Independence Day in Poland

Independence Day is associated with Poland regaining independence in 1918, after 123 years of partition. November 11 was established as a public holiday for the first time only in 1937. In the years 1939-1944, during the Nazi occupation and in the period from 1945 to 1989, during the communist rule, celebrating November 11 was prohibited. Only in 1989, by an act of the Sejm, the celebration of this holiday was restored.

National Independence Day is the most important Polish public holiday of the year and a special day for every Pole. November 11 was established as a public holiday during the Second Polish Republic (by the Act of April 23, 1937). It was symbolically recognized that it was on November 11, 1918 that Poland regained independence after 123 years of partition, although in reality it was a complex process, and it is very difficult to clearly indicate the moment when our country regained freedom. The independence of the Kingdom of Poland was formally announced on October 7. The holiday was abolished by an act of the National Council on July 22, 1945, and restored by an act during the systemic transformation in 1989.

Poland regaining independence was a gradual process. After Germany surrendered on November 11, World War I ended on the Western Front. On this day, Marshal Piłsudski, after returning from prison in Magdeburg, became the Supreme Commander of the Polish Army. After his negotiations with the Central Soldiers' Council on November 11, 2018, German troops began to withdraw from the Kingdom of Poland.

At night, soldiers disarmed the German garrison stationed in Warsaw. A day later, on November 12, 1918, the Regency Council entrusted Piłsudski with the mission of forming a government. The Polish nation fully realized that it had regained independence on November 10 and 11, 1918, and a mood of deep emotion and enthusiasm enveloped the entire country.

Jędrzej Moraczewski, Polish Prime Minister, politician and publicist, described it this way:

"It is impossible to convey this intoxication, this frenzy of joy that gripped the Polish population at that moment. After 120 years, the cordons were broken. There is no "them". Freedom! Independence! Union! Your own country! Forever! Chaos? That`s nothing. It'll be all right. Everything will be fine, because we are free from leeches, thieves, robbers, from caps with spinning tops, we will rule ourselves. (...) Four generations waited in vain for this moment, the fifth lived to see it. (...)





Dear Santa,
Here is my wish list....





May dreams
come true...



Great Balls of Fire

On October 29, thousands of visitors will line the banks of the Mekong River in Thailand to celebrate the end of Vassa, a period of intensive Buddhist meditation when Buddhists often give up meat or alcohol, a practice that has led some to call Vassa “Buddhist Lent.” But the real highlight is the river itself, which holds a mysterious secret.



Each year, along a 150-mile stretch of river, glowing balls of red light shoot from the river and disappear into the sky. A local legend attributes the fireballs to Naga, a massive serpent who lives in the river and awakens at the end of Vassa. The Naga is a deity who is believed to guard a treasure in the underwater kingdom of Naga-Loka, a palace adorned with precious gems. The god is also a protector of Vientiane, the capital of Laos.

Scientists have attempted to explain the fireball phenomenon. The fireballs may be the result of a buildup of the swamp gas methane. As organic matter in the riverbed decomposes, methane increases until it is released in great underwater bubbles. When the methane touches the oxygen-rich air, it spontaneously combusts, creating brief explosions of fire. Other researchers have discovered traces of the flammable gas phosphine, a gas that is typically manufactured for industrial uses. None of the research explains why the fireballs always coincide with the end of Vassa, although some scientists have concluded that the phenomenon might correspond to a unique alignment of the sun, moon, and Earth, which coincides with the lunar holiday of Vassa.

Some skeptics have an alternate explanation. They assert that people from the county of Laos across the river from Thailand shoot flares up into the sky, perpetrating a massive ruse on the spectators. However, local villagers who have witnessed the Naga lights for decades find this hard to believe. While the debate over the origin of the fireballs continues, people still flock to the river to watch the mysterious lights, often joining in the fun by setting off fireworks of their own.

Getting Ready for Christmas!

We are already getting ready for Christmas. Every year we prepare Christmas cards for the St Casimir's Polish Parish.

The Knights of Columbus hung our Residents handmade cards on a Christmas tree. This year it will be done on December 2nd.

On those cards we write a few items that our Residents would benefit from; for example lotion, shampoo or a wall calendar for the next year. Our very generous polish parishioners (these who want and can) take our cards from the Christmas tree and then buy those Christmas gifts. The gifts are later brought by Knights of Columbus to the Kopernik Lodge.

This wonderful project would not be possible without our amazing parishioners, Knights of Columbus and of course the Parish Priest.

The Lady with the Lamp



Would the “Florence Nightingale effect” exist if Florence Nightingale never left for Crimea on October 21, 1854? Nightingale and her nurses

arrived at the Crimean War hospital in Scutari to find that conditions were so unsanitary that soldiers were dying ten times faster than they should have. Nightingale nearly single-handedly turned the hospital around, cleaning the rooms, providing laundered clothes and linens to patients, bringing fresher food, flushing out the sewers, and ventilating the rooms. She made her nightly rounds with a handheld light, earning her the nickname the “Lady with the Lamp.” Some wonder, did Florence Nightingale fall in love with any of the patients under her care? Nightingale’s efforts have earned her renown as the “Founder of Modern Nursing.”