



Sailing to Scutari
The Nightingale Tea Party

Invitation to hold a Nightingale Tea!

Let's celebrate the wonderful lifetime of work Florence Nightingale gave to the profession of nursing. In honor of Florence's voyage from London to Scutari, the Golden State Nursing Foundation (GSNF) has chosen the dates of October 27 – November 4 for their annual fundraiser, The Nightingale Tea Party, with the theme of *Sailing to Scutari*. On October 27, 1854 Florence Nightingale sailed for Scutari with a team of 38 nurses she assembled after offering her services to tend to the wounded soldiers in the Crimean War. Florence Nightingale arrived at Scutari on November 4, 1854. This nine-day journey was the beginning of Florence's significant and productive work that led to changes in nursing education, nursing practice and health care. The Nightingale Tea Party is a time to reflect on the teachings of Florence and how she changed nursing into a respectable profession based on scientific knowledge and the ethics of caring for patients.

The purpose of The Nightingale Tea Party is two fold; The tea's are an opportunity to raise funds that will enable the Foundation to continue to support significant and productive work in nursing practice, nursing education, and health care. In addition, the Foundation is interested in using the funds to help build a Museum of Nursing in California. The museum will trace the beginning of professional nursing in California and depict the changes in the art and science of nursing over time. It will also honor nurses who have made significant changes to nursing in California with a Nursing Hall of Fame. The museum will display artifacts of nursing including the uniforms, equipment used to treat patients, text books to educate nurses and photos of hospitals that trained nursing students.

Most important, the Nightingale Tea Party is a time to celebrate nursing today. It is an event for nurses working in hospitals, community health agencies, homes, schools and other environments to come together and enjoy each other's passion for the profession of nursing. It is a time to renew and make new acquaintances with nurses and friends of nurses. It is a time to reminisce and to look to the future of nursing—good times remembered and better times yet to come.



Sailing to Scutari
The Nightengale Tea Party

The Golden State Nursing Foundation has chosen this nine day journey of Florence Nightingale from London to Scutari, October 27th through November 4th, for their annual fundraiser with the theme, '*Sailing to Scutari*'. The Foundation plans to raise funds through a series of '*Nightingale Tea's*' held throughout the state by individuals interested in helping GSNF fulfill its mission. Funds collected from *The Tea's* will enable the GSNF to continue its support of significant and productive work in nursing practice, nursing education and health care. If you are interested in holding a Nightingale Tea at your home or would like more information, please contact ANA\C at 916-447-0225, email to gsnf@goldenstatenursingfoundation.org or visit www.goldenstatenursingfoundation.org Or simply fill out and mail this form to;

'Nightingale Tea Party'
c/o ANA\California
1121 L Street, Suite 409
Sacramento, CA 95814

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Email: _____

- Yes, I am interested in sponsoring a Nightingale Tea Party at my home and would like to receive the sponsorship package and arrange a date.
- I am interested in attending a Nightingale Tea and would like more information.
- I would like more information about GSNF and would like to be contacted by a representative.

'Sailing to Scutari' - The Nightingale Tea

In honor of Florence's landing at Scutari on October 27, 1854 to provide nursing care for the soldiers in the Crimean War, the Golden State Nurses Foundation is sponsoring a tea party for nurses and friends of nurses throughout California.

Contact person: 555 555 5555

Date: 00/00/00

Time: 00:00

Describe your location by landmark or area of town.

The 'Sailing to Scutari' The Florence Nightingale Tea Party is an opportunity for nurses and friends of nurses to come together and celebrate nursing, from it's humble beginning to what we know nursing to be today. By coming together to remember 'what was' and 'what is' we secure our history, our present and our future for all nurses to come. So,

**Come together to Remember,
Come together and Celebrate Nursing...**



'Sailing to Scutari'
October 27—November 4
The Nightingale Tea Party



*Come Together and Remember,
Come Together and Celebrate Nursing...*



'Sailing to Scutari'
October 27—November 4
The Nightingale Tea Party

1121 L Street
Suite 409
Sacramento, CA 95814

Phone: 916-447-0225
Fax: 916-442-4394
E-mail: gsnf@amacaifornia.org
www.goldenstatenursesfoundation.org





Flo's Tea Party

Dear _____:

Let's celebrate the wonderful lifetime of work Florence Nightingale gave to the profession of nursing. In honor of Florence's landing at Scutari on October 21, 1854 to provide nursing care for the soldiers in the Crimean War, the Golden State Nurses Foundation is sponsoring a tea party for nurses and friends of nurses throughout California. The celebration will be held between the dates October 21 – November 21. It is a time to reflect on the teachings of Florence. She changed nursing to a respectable profession based on scientific knowledge and the ethics of caring for patients. Florence believed that hospitals should be a place where people could be helped emotionally as well as physically. Florence promoted the need to educate nurses in science and statistics as well as training in the art of caring for patients. Her book, *Notes on Nursing*, explained that the nursing of patients extended beyond the hospital walls to the homes and communities where families live. Florence believed that health encompasses the environment as well as the physical body and must be appropriately planned to keep people well. Prevention of illness and healthful living were two values that Florence taught and continue to be paramount principles of nursing care today.

The purpose of Flo's Tea Party is a fund raising opportunity for nurses and friends of nurses to build a Museum of Nursing in California. The museum will trace the beginning of professional nursing in California and depict the changes in the art and science of nursing over time. It will honor nurses who have made significant changes to nursing in California with a Hall of Fame. The museum will display artifacts of nursing including the uniforms, equipment used to treat patients, text books to educate nurses and photos of hospitals that trained nursing students.

Most important, the Tea Party is a time to celebrate nursing today. It is an event for nurses working in hospitals, community health agencies, homes, schools and other environments to come together and enjoy each other's passion for the profession of nursing. It is a time to renew and make new acquaintances with nurses and friends of nurses. It is a time to reminisce and to look to the future of nursing—good times remembered and better times yet to come.

Please join us for a Tea Party on: Date _____ Time _____

Name: _____

Address: _____

RSVP: Phone: _____

Email: _____



Flo's Tea Party

Contribution to the California Museum of Nursing

I wish to contribute the amount of:

___ \$10 ___ \$25 ___ \$50 ___ \$100 ___ \$ _____

Name: _____

Address: _____

Email: _____

Phone: _____

THANK YOU!

Florence Nightingale Short Biography

Florence Nightingale was a legend in her lifetime but the Crimean War years which made her famous were just two out of a life of ninety years.

Early Years

Florence Nightingale was born in Italy on 12 May 1820 and was named Florence after the city where she was born. Her parents, William Edward and Frances Nightingale were a wealthy couple, who had toured Europe for two years on their honeymoon. During their travels their first daughter, Parthenope, was born in Naples (Parthenope being the Greek name for the ancient city), followed one year later by Florence. On returning to England the Nightingales divided their time between two homes. In the summer months they lived at Lea Hurst in Derbyshire, moving to Embley in Hampshire for the winter. Lea Hurst is now a retirement home and Embley is now a school.

Call From God

Florence and Parthenope were taught at home by their Cambridge University educated father. Florence was an academic child, while her sister excelled at painting and needlework. Florence grew up to be a lively and attractive young woman, admired in the family's social circle and she was expected to make a good marriage, but Florence had other concerns. In 1837, whilst in the gardens at Embley, Florence had what she described as her 'calling'. Florence heard the voice of God calling her to do his work, but at this time she had no idea what that work would be.

The years of struggle and the visit to Kaiserswerth

Florence developed an interest in the social questions of the day, made visits to the homes of the sick in the local villages and began to investigate hospitals and nursing. Her parents refused to allow her to become a nurse as in the mid-nineteenth century it was not considered a suitable profession for a well-educated woman. While the family conflicts over Florence's future remained unresolved it was decided that Florence would tour Europe with some family friends, Charles and Selina Bracebridge. The three traveled to Italy, Egypt and Greece, returning in July 1850 through Germany where they visited Pastor Theodor Fliedner's hospital and school for deaconesses at Kaiserswerth, near Dusseldorf. The following year Florence Nightingale returned to Kaiserswerth and undertook three months nursing training, which enabled her to take a vacancy as Superintendent of the Establishment for Gentlewomen during illness at No. 1 Harley Street, London in 1853.

The Crimean War

In March 1854 Britain, France and Turkey declared war on Russia. The allies defeated the Russians at the battle of the Alma in September but reports in *The Times* criticized the British medical facilities for the wounded. In response, Sidney Herbert, the Minister at War, who knew Florence Nightingale socially and through her work at Harley Street, appointed her to oversee the introduction of female nurses into the military hospitals in Turkey. On 4 November 1854, Florence Nightingale arrived at the Barrack Hospital in Scutari, a suburb on the Asian side of Constantinople, with the party of 38 nurses. Initially the doctors did not want the nurses there and did not ask for their help, but within ten days fresh casualties arrived from the battle of Inkermann and the nurses were fully stretched.

The 'Lady-in-Chief', as Florence was called, wrote home on behalf of the soldiers. She acted as a banker, sending the men's wages home to their families, and introduced reading rooms to the hospital. In return she gained the undying respect of the British soldiers. The introduction of female nurses to the military hospitals was an outstanding success, and to show the nation's gratitude for Florence Nightingale's hard work a public subscription was organized in November 1855. The money collected was to enable Florence Nightingale to continue her reform of nursing in the civil hospitals of Britain.

When Florence Nightingale returned from the Crimean War in August 1856, four months after the peace treaty was signed, she hid herself away from the public's attention. In November 1856 Miss Nightingale took a hotel room in London, which became the centre for the campaign for a Royal Commission to investigate the health of the British Army. When Sidney Herbert was appointed chairman, she continued as a driving force behind the scenes.

For her contribution to Army statistics and comparative hospital statistics in 1860 Florence Nightingale became the first woman to be elected a fellow of the Statistical Society. In 1865 she settled at 10 South Street, Mayfair, in the West End of London and apart from occasional visits to Embley, Lea Hurst and to her sister at Claydon House she lived there until her death.

Nightingale Training School for Nurses

Florence Nightingale's greatest achievement was to raise nursing to the level of a respectable profession for women. In 1860, with the public subscriptions of the Nightingale Fund, she established the Nightingale Training School for nurses at St Thomas' Hospital. Mrs. Sarah Wardroper, Matron at St Thomas', became the head of the new school. The probationer nurses received a year's training, which included some lectures but was mainly practical ward work under the supervision of the ward sister. "Miss Nightingale", as she was always called by the nurses, scrutinized the probationers' ward diaries and reports.

From 1872 Florence Nightingale devoted closer attention to the organization of the School and almost annually for the next thirty years she wrote an open letter to the nurses and probationers giving advice and encouragement. On completion of training Florence Nightingale gave the nurses books and invited them to tea. Once trained the nurses were sent to staff hospitals in Britain and abroad and to establish nursing training schools in the Nightingale model. In 1860 her best-known work, *Notes on Nursing*, was published. It laid down the principles of nursing: careful observation and sensitivity to the patient's needs. *Notes on Nursing* has been translated into eleven foreign languages and is still in print today.

Public Health

Florence Nightingale's writings on hospital planning and organization had a profound effect in England and across the world. Miss Nightingale was the principal advocate of the 'pavilion' plan for hospitals in Britain.

Like her friend, the public health reformer Edwin Chadwick, Florence Nightingale believed that infection arose spontaneously in dirty and poorly ventilated places. This mistaken belief nevertheless led to improvements in hygiene and healthier living and working environments. Florence Nightingale also advised and supported William Rathbone in the development of district nursing in Liverpool and many Nightingale trained nurses became pioneers in this field.

Old Age

Although Florence Nightingale was bedridden for many years; she campaigned tirelessly to improve health standards, publishing 200 books, reports and pamphlets. In recognition of her hard work Queen Victoria awarded Miss Nightingale the Royal Red Cross in 1883. In her old age she received many honors', including the Order of Merit (1907), becoming the first woman to receive it. Florence Nightingale died at home at the age of 90 on 13 August 1910 and, according to her wishes, she was buried at St Margaret's, East Wellow, near her parent's home, Embley Park in Hampshire. Florence Nightingale's farsighted reforms have influenced the nature of modern health care and her writings continue to be a resource for nurses, health managers and planners.

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Florence Nightingale Q&A

1. When was Florence born and where?

2. What were Florence's parents' names?

3. What was Florence's sisters' name?

4. In what year did Florence have her calling from God? _____
5. Where did Florence undertake her first nursing training?

6. On 4 November 1854, Florence Nightingale arrived at the Barrack Hospital in Scutari, how many nurses were in her party? _____
7. The soldiers referred to Florence as what? _____
8. In what year did Florence Nightingale become the first woman to be elected a fellow of the Statistical Society? _____
9. In 1860, with the public subscriptions of the Nightingale Fund, she established the Nightingale Training School for nurses at St Thomas' Hospital. Who was the head of the school? _____
10. On completion of training Florence gave the nurses books and ?

11. Florence's is best known for a publication, which laid down the principals of nursing. What is the title of that book?

12. Florence received the Royal Red Cross by Queen Victoria in what year? _____
13. When Florence died she requested to be buried where? And for what reason?



Florence Nightingale Q&A

1. When was Florence born and where? **May 12, 1820 in Italy**
2. What were Florence's parents' names? **William Edward and Frances Nightingale**
3. What was Florence's sisters' name? **Parthenope Nightingale**
4. In what year did Florence have her calling from God? **1837**
5. Where did Florence undertake her first nursing training?
Pastor Theodor Fliedner's hospital and school for deaconesses at Kaiserswerth
6. On 4 November 1854, Florence Nightingale arrived at the Barrack Hospital in Scutari, how many nurses were in her party? **38**
7. The soldiers referred to Florence as what? **'Lady-in-Chief'**
8. In what year did Florence Nightingale become the first woman to be elected a fellow of the Statistical Society? **1860**
9. In 1860, with the public subscriptions of the Nightingale Fund, she established the Nightingale Training School for nurses at St Thomas' Hospital. Who was the head of the school? **Mrs. Sarah Wardroper**
10. On completion of training Florence gave the nurses books and ? **invited them to tea**
11. Florence's is best known for a publication, which laid down the principals of nursing. What is the title of that book? **Notes on Nursing**
12. Florence received the Royal Red Cross by Queen Victoria in what year? **1883**
13. When Florence died she requested to be buried where? And for what reason?
St. Margaret's, East Wellow, near her parents home, Embley Park in Hampshire this is where she received her calling from God.

Information to complete this QandA was taken from the Florence Nightingale Museum web site, <http://www.florence-nightingale.co.uk/>

Games to Play at Flo's Tea Party

- 1. Game of identifying the people in Florence's life.**
- 2. Game of identifying the important events in Florence's life.**
- 3. Game of identifying the names of nurses who started the profession of nursing in the United States.**
- 4. Game of listing the 100 nursing specialty organizations in the United States.**
- 5. List the artifacts each person has to donate to the Museum of Nursing.**
- 6. Prizes for:**
 - a. Most years in nursing**
 - b. Most years in a professional association**
 - c. Most years at one nursing workplace**
 - d. Worked as a nurse in the farthest country from the Tea Party location.**
 - e. Worked as a nurse in the most occupations.**

