

## Virtual Adult Storytime

Theme: Tales & Travel - Poland

The purpose of the Virtual Adult Storytime is to provide older adults in the Wadsworth Community with content to facilitate sharing and reminiscing during a time we cannot meet in person.

**Story/ Book/ Folktale** (People of all ages benefit from hearing stories read aloud. For older adults it can be a chance to stir memories and use their imagination)

### Interesting Facts about Poland:

- The capital of Poland is Warsaw. There is a population of over 38 million living in Poland.
- Poland borders seven different countries: Germany, Russia, Lithuania, Ukraine, Slovakia, Czech Republic, Belarus
- Poland has 17 Nobel Prize winners, including five for Literature and four Peace Prizes
- An estimated 100 million *paczki* (a Polish donut) are eaten every year—on the Tuesday before Ash Wednesday (Fat Tuesday) alone!
- Names in Poland may change depending on gender. Unlike most countries where children get a certain last name regardless of gender, Poland is different. A baby boy would have a surname that ends with “-cka/-cki” and a newborn baby girl will have “-ski/-ska”. For example, if your father’s last name is Kowalski and you are a girl, you will have Kowalska as the last name. However, all Polish surnames in the United States use the male versions.
- Marie Curie was Polish, not French. Known as the Mother of Modern Physics Marie Curie was actually of Polish descent. Before marrying her French husband, Pierre Curie, she was named Marie Skłodowska. Together, the two discovered radium and polonium.

### Famous People from Poland:

- Marie Curie (1867-1934)
- Frederic Chopin (1810-1849)
- Pope John Paul II (1920-2005)
- Nicholas Copernicus (1473-1543) - a mathematician and astronomer who proposed that the sun was stationary in the center of the universe and the earth revolved around it.

Video of books read:

[https://www.youtube.com/watch?time\\_continue=1154&v=jd0zeptgrtg&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=1154&v=jd0zeptgrtg&feature=emb_logo)

The Harmonica by Tony Johnstone and Fryderyk Chopin by Catherine Weill

**“Tell Me a Story” Pictures** (A picture can truly say a thousand words; the pictures included here can spur older adults to remember and even be creative in describing a story from the image. After prompting them, let them become the storytellers)

Use leading statements and questions such as:

“What is happening in this photo?”

“Who has seen this before?”

“Tell me if you had one of these?”

“This one is funny.”

Etc.

**Video Links** (These are provided for enrichment of the theme. Music, dance, etc. enrich auditory, visual, and memory in older adults. Entertainment and engagement are enhanced with these tools)

Travel Guides:

<https://www.lonelyplanet.com/poland>

<https://www.nationalgeographic.com/travel/destinations/europe/poland/>

Music:

<https://www.youtube.com/watch?v=BPQn6DLc8B8>

<https://www.youtube.com/watch?v=JSZvk7nRNHA>

Chopin:

<https://www.youtube.com/watch?v=Jn09UdSb3aA>

National Anthem:

<https://www.youtube.com/watch?v=N057iKYUj0c>

"Mazurek Dabrowskiego" (Dabrowski's Mazurka), by Jozef Wybicki/Traditional

Dance:

<https://www.youtube.com/watch?v=BXYKkb-SynM>

<https://www.youtube.com/watch?v=sVnfVUWiBTU>

### **Theme-related Activities** (Continued enrichment of the theme provided)

Folktale to read together:

<http://talesandtravelmemories.com/wp-content/uploads/2016/04/Poland.pdf>

[https://www.worldoftales.com/Polish\\_folktales.html#gsc.tab=0](https://www.worldoftales.com/Polish_folktales.html#gsc.tab=0)

Try a Polish cutting craft: **Polish Wycinanki**

<https://www.dltk-kids.com/world/mwycinanki.html>

**Library Resources** (If the residents are interested in this topic, here are some resources that can be provided to you. Please contact the outreach team at [outreach@wadsworthlibrary.com](mailto:outreach@wadsworthlibrary.com) and the items can be delivered to your facility.)

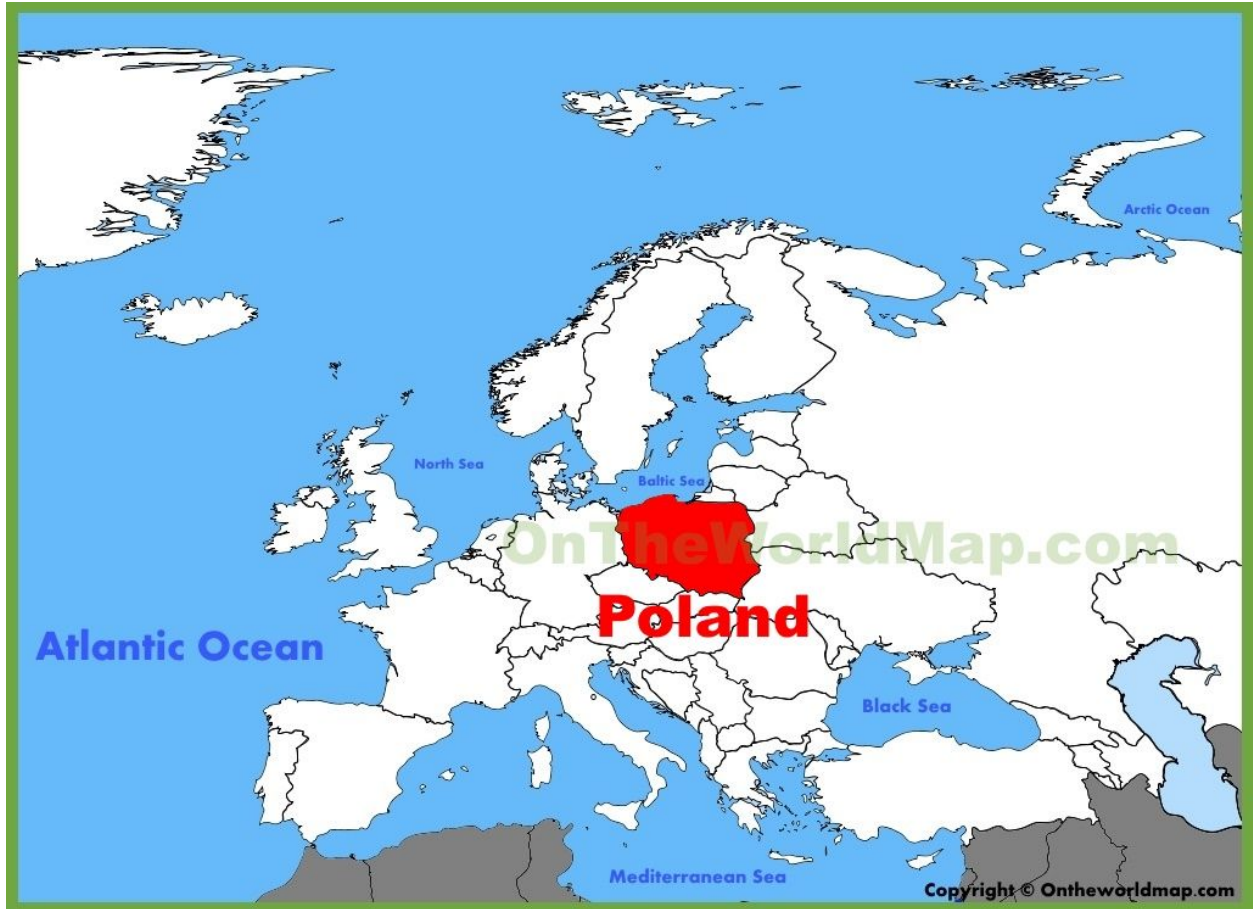
- Globe Trekker - Poland [DVD]
- At the wolf's table : a novel / Rosella Postorino
- Jars of hope : how one woman helped save 2,500 children during the Holocaust / by Jennifer Roy
- Schindler's list [DVD]
- Pope John Paul II [DVD]



**Poland's national flag, flown by the people, has two horizontal stripes of red and white. (shown above) The state flag, used by the government, includes the coat of arms. An eagle has been used on the Polish coat of arms since the 1200's. (Shown Below)**











### **Old Town Gdansk**

**Located in northern Poland on the mouth of the Vistula River and the Baltic Sea. Bounced between being Poland and German territories. When under German control, it was called Danzig.**





**Traditional Polish Dress**



**Wawel Castle**  
**Originally built in 11th century by Polish Monarchs**





**Mansurian Lakeland**  
**Beautiful lake district in Northeastern Poland**



**Malbork Castle is located in northern Poland  
It was built in the 13th century and is said to be the world's largest  
brick castle.**



**Bialowieza Forest**  
**Home to the largest population of European bison.**