

KOPERNIK LODGE

NEWSLETTER

Jesień

(pronounced: yeh-shen) is the Polish word for autumn or fall,

referring to the season of falling leaves, harvest, and changing colors, often linked with melancholic or introspective feelings in culture, and also appearing in Polish names or song titles.

Meaning: Autumn/Fall (the season).

Origin: From Proto-Slavic and Proto-Indo-European roots meaning "harvest".

Usage: Used in general conversation, like "Ostatniej jesieni..." (Last autumn...).

Cultural Context: Associated with beauty, melancholy, and the transition before winter, as seen in art (like Józef Chełmoński's painting, 1875).

Other Meanings: Can also refer poetically to the "autumn of life" (jesień życia).

Examples:

"Jesień jest bardzo piękną porą roku." (Autumn is a very beautiful season.)

"Jesień robi się coraz chłodniejsza." (Autumn is getting colder.)

The Bright Side of October

Orange is one of the most iconic colors of the fall season. From the changing leaves to ripe pumpkins and Halloween decorations, it's everywhere in October. But beyond its seasonal spotlight, orange has an interesting history and set of associations that make it stand out year-round.

The word *orange* didn't appear in English until around the 1300s, borrowed from the Old French *orenge*, which came from Arabic *nāranj*—originally referring to the fruit. Before that, people in English-speaking areas would describe the color as "yellow-red." It wasn't until the fruit became common in Europe that the word was used to describe the hue. In many cultures today, it represents creativity, change, and enthusiasm.

In nature, orange often signals warmth and energy. It's the color of fire, sunsets, and autumn leaves. In October, orange becomes especially visible. Pumpkins, perhaps the most famous fall symbol, take center stage during Halloween. Originally, jack-o'-lanterns were carved from turnips in Ireland, but when the tradition came to America, pumpkins were more plentiful and easier to carve. Their natural orange color made them perfect for the holiday's spooky glow. Orange also pairs well with black, Halloween's other signature color. While black represents darkness and mystery, orange balances it with brightness and warmth, making the two a striking seasonal combo.

Aside from Halloween, orange pops up throughout fall in decorations, wreaths, seasonal foods, and clothing. It evokes the cozy, crisp feel of the season and reminds us of harvest time. Even sports teams and schools often use orange in their autumn promotions and uniforms to reflect that seasonal energy.

While orange is not everyone's favorite color year-round—only five percent of people choose it as their favorite—it has certainly carved out a place in October's spotlight. Whether you're admiring the leaves, carving a pumpkin, or just sipping something cinnamon-spiced, you're likely soaking in a little bit of orange this season.

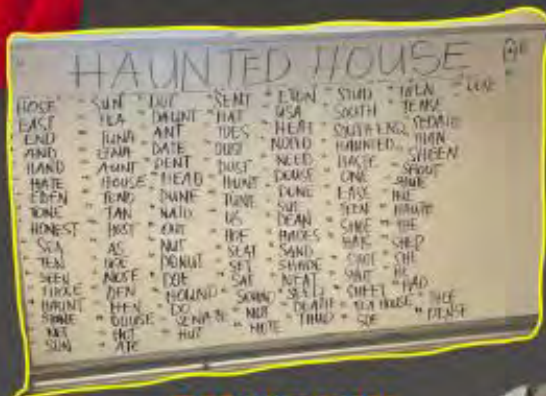


Oktoberfest





For Thanksgiving the Recreation Therapy department prepared the gratitude tree. With the help from Residents we collected tree branches in the bushes around the facility and built the tree. We also prepared paper leaves to be hung on the tree and asked our Residents, visitors and staff to write on leaves what they are grateful for. The tree quickly grew many leaves and put a lot of smiles on everybody's face. The tree encourages mindfulness by prompting a reflection on what is going right. It boosts positive emotions, and fosters stronger connections with family, friends, and the community. By focusing on abundance, it shifts perspective and helps people better handle life's challenges.



PUMPKIN CARVING CONTEST



The Quiet Crusader



On October 21, 1854, Florence Nightingale and her staff of trained female volunteer nurses set out for Crimea near Ukraine's Black Sea. Reports had reached Britain of injured soldiers still fighting in the Crimean War. When Nightingale arrived, she discovered medicine

was scant, infections were rampant, and food was in short supply. The hospital itself was overcrowded, poorly ventilated, and backed up with sewage, so Nightingale pleaded for government help in an article written to Britain's leading newspaper, *The Times*.

The response was overwhelming. The government would build a new hospital in Britain that could be transported to and reconstructed in Crimea. Six months after Nightingale's arrival, the British Sanitary Commission ventured to Crimea to fix the hospital's most pressing problems. Surgeon and biographer Stephen Paget believes Nightingale's actions were responsible for reducing the hospital death rate from 42% to 2%.

Florence Nightingale's persuasive tactics to improve hospital hygiene—with the government's help—are only part of her legacy. During the Crimean War she earned the nickname "The Lady with the Lamp." After the medical officers had left each night, Nightingale would visit all the wounded soldiers, one by one, with a lamp in her hands. This type of round-the-clock care, coupled with her insistence on sanitation, helped revolutionize modern nursing. She returned to Britain a heroine and promptly organized the Nightingale Fund to pay for the improvement of Britain's hospitals and the Nightingale Training School to become the first professional school for nurses. That legacy has endured through the ages. Indeed, the Florence Nightingale Museum in Britain hails its namesake as the most influential woman to have lived in Victorian Britain, Queen Victoria excepted.

From Holy Cows to Home Runs

Holy cow, October 13 was Silly Sayings Day. While this saying's origins are a little obscure, many believe it was an expression used by baseball players in the early 1900s to tamely express disgust while avoiding the ire of umpires. It most likely references the cows held sacred by Hindus.

Perhaps silly sayings and baseball have a special link, for one of the silliest sayers of all was former New York Yankee Yogi Berra. He said of his sport, "Baseball is 90% mental and the other half is physical." When giving directions to his home, he once explained, "When you come to a fork in the road, take it." When he saw Mickey Mantle and Roger Maris repeat their feat of hitting back-to-back home runs, he exclaimed, "It's déjà vu all over again."

When it comes to silly sayings, Mark Twain may offer the best advice: "It is better to keep your mouth closed and let people think you are a fool than to open it and remove all doubt."

Trapped at Sea

It was a pastime practiced by sailors tired of looking at the endless seas day after day after day: building a model ship and putting it inside a bottle. At first, this seems a magical feat. How did that tall ship fit inside the bottle? In reality, the process is rather simple. The ship's masts fold flat across the deck of the miniature ship. Once the ship is fit through the bottle's neck, tiny threads are used to raise the masts and sails. Of course, this "simple" trick requires expert craftsmanship. Miniature model ships can be very elaborate and cost thousands of dollars, with every last detail finished to perfection. On October 4, Ship in a Bottle Day, you can attempt this old seaman's trick yourself—or maybe just marvel at the efforts of an expert.



One month before Halloween, the Recreation Therapy Department built a Candy Monster — affectionately named Frankie (originally Frankenstein). We placed him at the entrance, where he happily welcomed our generous visitors, who donated an incredible amount of candies and chocolates. Before long, our Candy Monster was overflowing! Thank you to everyone who contributed. Your donations made Halloween even sweeter for our residents, and brought smiles to so many faces. We are truly grateful for your kindness and for being part of such a caring and supportive community.

THANK YOU!



TRICK OR TREAT



HAPPY HALLOWEEN



TRICK OR TREAT





HAPPY
HALLOWEEN



MEMORIES



TRICK
OR
TREAT





HALLOWEEN



MAGIC



SHOW



"What a wonderful event! Activities like the Halloween magic show truly foster a vibrant community and benefits residents' well-being and social interaction."



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Paper Alchemy



World Origami Days run from October 24 to November 11—Origami Day in Japan. During these two and a half weeks, paper folders around the world will

share their enduring pastime with seminars, exhibits, folding classes, and more.

The art of paper folding, known as *origami*, was invented in China around AD 105. The practice soon spread to Japan and western Europe. Paper folding, over its 2,000-year history, seems not to have gone out of style. In the 1950s, a woman named Lillian Oppenheimer made *origami* a household word in America. Oppenheimer, an origami devotee, teacher, and advocate, would go on to become an origami celebrity on TV programs such as *The Jack Parr Tonight Show*. Her birthday became the first day of World Origami Days.

What is the allure of origami? For many, it's an art form. Simple sheets of paper are transformed into elaborate sculptures: animals, plants, boxes, and *orizuru* (paper cranes). Monks are credited with bringing origami to Japan, though some say origami didn't flourish in Japan until after the invention of paper known as *washi*. Washi is ultrathin and made from the fibers of gampi tree bark, the mitsumata shrub, or the paper mulberry; it's sometimes mixed with bamboo, hemp, rice, or wheat. Once washi became available to the masses, everyone was able to participate in origami. Another theory for origami's popularity in Japan is its "folding culture," where the Japanese wisely make use of limited space. After all, futons are folding beds. Perhaps folded paper is just another natural outlet of this wisdom.

Either way, the folding of exquisite shapes delights the soul and challenges the fingers. Try it for yourself. Start with a frog, fan, hat, or even the crane, Japan's symbol of peace. And if you really want to be wowed, view the work of origami grandmaster Akira Yoshizawa. You may never see a piece of paper the same again.

Street Eats Hit the Road

While Oscar Mayer's hot-dog-shaped Wienermobile may be the best-recognized food-themed truck around, it's the food made on trucks that brings customers to the curb. Rather than make a reservation at a fancy restaurant, hungry foodies visit parking lots to find open-sided trucks serving sushi, tacos, Brazilian barbecue, Jamaican chicken, brick-oven pizza, pancakes, cupcakes, cookies, and even vegan and gluten-free menus. October is a great time to visit your favorite food trucks before they close or reduce hours for the winter.

It's no wonder chefs have turned to restaurants on wheels. Even small restaurant spaces can cost millions of dollars to build and maintain, while a truck costs a mere fraction of the price. Even better, food trucks can go where the people are, sometimes making many stops over the course of a day. Food truck owners often post their locations and menus on social media to notify fans. Once you know a truck's location, just plan your lunch hour accordingly and step outside. Food trucks truly are a food revolution.

The Peanut Gallery

On October 2, 1950, cartoonist Charles Schulz debuted his *Peanuts* comic strip. Schulz actually hated the name *Peanuts*. He had originally named the strip *L'il Folks*, but his publishers feared that this title was too similar to a comic strip called *Little Folks*. Schulz then decided to call it *Good Old Charlie Brown* after its lead character, but once again his publishers intervened. Without even seeing the strip, they named it *Peanuts*, which was a common term for children in the 1950s, thanks to *The Howdy Doody Show*'s "Peanut Gallery." The name stuck, and Charlie Brown, Snoopy, Lucy, Linus, Sally, and the whole *Peanuts* gang have become international stars, appearing in 2,600 newspapers all around the world.



At Kopenik Lodge we have many friends! Some of them come in a tiny package. An eight year old Sara generously donated her time and talent and created bookmarks for Residents. Before distributing them to the Residents, the Recreation Therapy department placed them on display for everybody to see and enjoy. Residents, visitors and staff stop to look at the colorful and beautiful bookmarks, compare them and choose their favorites.

It's truly a heartwarming story that highlights the significant impact an act of kindness from someone as young as an eight-year-old can have on an entire community. Sara's generosity has become a beautiful conversation starter, fostering connection among the residents, staff, and visitors at Kopenik Lodge.

The display serves as a lovely example of how a simple, personal touch can build community spirit and bring a daily dose of joy to everyone who passes by. It's a wonderful way to celebrate both her creative talent and her generous spirit, creating a shared experience that makes everyone feel valued and appreciated.

We are all very grateful to the young Sara, we hope that she knows how much her thoughtful gesture is cherished.

Thank you so much 'Sara!





BIRTHDAY PARTY



We ensure every Resident feels valued at Kopernik Lodge. We host vibrant monthly birthday parties to honor our Residents and ensure they know they are appreciated and valued members of our community. These events are more than just celebrations; they are essential opportunities to foster emotional well-being, strengthen a sense of belonging, and help residents maintain their unique sense of identity and purpose through meaningful engagement with life.





*100 Lat,
Sto lat!
Niech
żyją żyją
nam!*



"Life in Kopernik" snapshots



Whiskers for a Cause

All November long, you might noticed more men than usual sporting mustaches. These guys don't call this month November; they call



it "Movember," and their mustaches are symbols to help raise awareness of men's health issues. As

men grow their "mos," friends and supporters donate money to fund programs targeting challenges faced by men.

The Movember movement began in Australia in 2003. Since then, it has inspired more than six million new mustaches worldwide. The Movember Foundation has raised over nine million dollars to date and funded over 1,250 men's health programs around the world, supporting efforts to combat prostate cancer, testicular cancer, and mental health challenges, as well as raise awareness about suicide prevention.

Once you've agreed to sign up and "Grow a Mo," the only question remaining is what style? The American Mustache Institute details a variety of "lower nose accoutrements." The chevron, aka the Magnum, is a popular choice. It's named after Tom Selleck's character on the show *Magnum, P.I.*, and may be the manliest mustache of the bunch.

The handlebar requires a touch of mustache wax. Its thin, curling edges can make you look like anything from a circus ringleader to a silent film-era villain to former Oakland A's pitcher Roland "Rollie" Fingers.

The horseshoe, aka the trucker, demands a little more growth. It's like a hairy horseshoe hanging over your lip and along the sides of your mouth. It's not to be confused with a goatee, as the trucker does not connect across the chin. For a picture-perfect bleached-blond trucker, look no further than Hulk Hogan.

There are plenty of others: the Dalí, the pencil, the lampshade, the Fu Manchu, and the grand imperial. They're all impressive, and they all support men's health

Talkin' Turkey (and Chickens)

When it comes to barnyard birds, turkeys and chickens rule the roost, but not in the same way.

Let's start with turkeys. Wild ones can fly—surprisingly fast and far, actually—and they sleep in trees. They're also pretty clever at dodging predators and, yes, humans. Domesticated turkeys, on the other hand, aren't quite so nimble. Their flashy fans and "gobble gobble" calls are iconic this time of year, but only the males gobble; females stick to more modest clucks and chirps.

Chickens, meanwhile, are the overachievers of the coop. They come in all sorts of breeds, from poofy-headed Polish chickens to speckled Sussex. They each lay about 250–300 eggs a year, which is pretty impressive considering they're also known to chase bugs, peck your shoelaces, and form complicated social hierarchies.

In fact, chickens have become so popular that many people now keep them in their backyards. Urban and suburban chicken-keeping has taken off in recent years, with folks raising hens not just for fresh eggs but also for their quirky personalities and surprisingly therapeutic company. You don't need a full farm—just a small coop, a little space, and a willingness to embrace a bit of daily chicken drama.

As for turkeys and Thanksgiving, the tradition dates to the 1800s, when turkey became the centerpiece partly because it was large enough to feed a crowd and not typically used for eggs or milk like other livestock. These days, though, more people are switching things up—serving roast chicken, Tofurky, lentil loaf, or lasagna layered with roasted squash for Thanksgiving's main course. Some people even decide on breakfast-for-dinner, with stacks of pancakes and cozy casseroles taking center stage. Whether you prefer a traditional meal or trying something new, the spirit of the holiday isn't in the bird—it's in the gathering.

Leafy Legend



Kale is no ordinary leafy green. It's one of the healthiest foods on the planet. It's so dense with nutrients that one cup, at only 33 calories, has vitamins A, K, C, B1, B2, B3, and B6, as well as minerals calcium,

manganese, potassium, magnesium, copper, and more iron per ounce than beef. With all this good news about the vegetable, it's no wonder kale has its own holiday, Kale Day, which falls on October 1 this year.

Why else is kale hailed as a superfood? It's high in antioxidants, which provide powerful anti-inflammatory benefits and can lower blood pressure. Kale has also been studied for its effects on lowering cholesterol and is loaded with substances known to fight cancer. Perhaps this is why kale is taking kitchens by storm. People have even taken to putting "Eat More Kale" bumper stickers on their cars and wearing kale T-shirts.

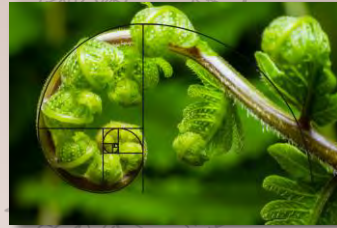


But kale is no passing fad. The healthiest way to enjoy kale is raw—in a salad or as a wrap for hot foods. But for those who may not like the slight bitterness of the greens, there

are other ways to enjoy kale's many benefits. Steaming it softens the leaves. Baking the leaves in the oven with olive oil and spices produces kale chips. Or you can hide the kale. Blend it with fruit for a nutritious smoothie. Mince it finely, and add it to hamburgers or meat loaf. Do you like pesto with your pasta? Substitute kale for half of the basil.

Kale is also easy to grow in the fall, since it thrives in cool temperatures. It became a staple in Britain during World War II as a supplement to rationed diets. Today, kale enjoys its place as the centerpiece of many dinner tables.

Nature's Favorite Sequence



Fibonacci Day is celebrated on November 23 (11/23), a date that matches the start of the famous Fibonacci sequence: 1, 1, 2, 3. Each

number in the sequence is the sum of the two before it. When squares with sides the length of Fibonacci numbers are next to each other, a spiral can be drawn through their corners. This pattern shows up everywhere—from pinecones and sunflowers to galaxies and hurricanes.

Named after Italian mathematician Leonardo of Pisa (aka Fibonacci), the sequence dates back to the 1200s but still fascinates math lovers today. On Fibonacci Day, some people bake spiral-shaped pastries or decorate with Fibonacci-themed art. This November 23, give a little nod to numbers—and maybe eat a croissant in a golden spiral.

Handle with Flair



Purses, pocketbooks, satchels, totes, clutches—whatever the handbag, it's worth celebrating on October 10, Handbag Day. Technically, a purse is

only supposed to hold coins, whereas a handbag is a complete carryall. These days, anything goes in a handbag: wallet, keys, sunglasses, cell phone, mints, gum, pen, umbrella, baby toys.... Truly, some handbags carry as much as a small suitcase. The first handbags were made of leather, metal, or fabric studded with ornaments. The oldest surviving bag, dating back to c. 2500 BC, features beadlike rows of canine teeth on fabric. At just 700 years old, the bag pictured above (reputed to be a horseman's saddlebag) is intricately inlaid with gold and silver, depicting scenes of an enthroned couple, musicians, and hunters. It's kept for display at London's Courtauld Gallery.