

# Kopernik Lodge

## Newsletter



### Sonnet 98

By William Shakespeare

From you have I been absent in  
the spring,  
When proud-pied April, dressed in  
all his trim,  
Hath put a spirit of youth in  
everything,  
That heavy Saturn laughed and  
leaped with him.  
Yet nor the lays of birds, nor the  
sweet smell  
Of different flowers in odour and in  
hue,  
Could make me any summer's  
story tell,  
Or from their proud lap pluck them  
where they grew:  
Nor did I wonder at the lily's white,  
Nor praise the deep vermilion in  
the rose;  
They were but sweet, but figures  
of delight  
Drawn after you, – you pattern of  
all those.  
Yet seem'd it winter still, and,  
you away,  
As with your shadow I with  
these did play.

## Spanish Main

Visitors to Spain take pains to find a restaurant that serves delicious paella. This hearty mix of rice and meat or seafood is Spain's national dish and, for those who prepare it, a matter of national pride.

Paella originated in Valencia, the sunny locale sitting on the Mediterranean coast. Local lore tells of how the dish was a favorite of hungry farmworkers who tossed rice and whatever food they could find into a pan—roots, vegetables, scraps of meat, or even eel from a nearby stream—and cooked it over open fires. During the 19th century, it became fashionable for rich city folk to visit the seaside. These aristocrats brought the dish back to their kitchens where they introduced expensive ingredients like chicken and saffron, a spice that imparts paella with both its alluring golden color and earthy floral flavor.

Saffron is considered an essential ingredient in any paella, and Spain takes pride in the cultivation of this rare and expensive spice. Saffron comes from the crocus flower. Its vivid crimson stigmas sprout from inside the petals like threads. These delicate threads cannot be harvested by machine but must be handpicked, a process that contributes to saffron's extravagant price.

Saffron is not native to Spain but comes from Asia Minor and was introduced to Spain by Moorish conquerors in the 10th century. If one digs a bit deeper into the history of paella, it appears that this dish has Arab origins, too. Servants of the royal courts of Arabic Spain would take home lavish leftovers and add them to pans of rice. Some believe that the word *paella* derives from the Arabic word *baqiyah*, which means "leftovers."

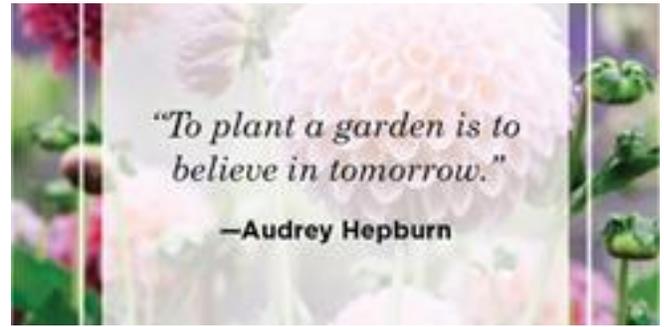
So how did this Moorish dish of Valencia become a symbol of Spain? It was dictator Francisco Franco's favorite dish. He declared it the official dish of Spain as part of his strategy to create a national identity.

## Gardening therapy

Spring is truly the season of renewal. After a cold, harsh winter and rain, nothing lifts our spirits like sunshine and seeing early spring flowers popping up around us. As the weather warms and days get longer, our whole perspective shifts. The world around us becomes colorful and fragrant. Many people get a serious case of spring fever and can't wait to go and work in the garden.

Gardening is an enjoyable and rewarding pastime. It is one of the healthiest and best activities for people of any age, including seniors. Gardeners are more likely to spend time outside in the fresh air and sunshine, which is an excellent source of vitamin D. A gardening program gives seniors an opportunity to beautify the environment around them and engage in a beloved hobby — or take up a hobby they've always wanted to try.

Gardening activities are therapeutic. Being outdoors and surrounded by nature can help to reduce stress levels and promote relaxation. Gardening can stimulate all senses. Gardening helps seniors fight isolation and improves health and attitude. There's more than just the physical exercise and mental engagement. There's a spiritual aspect as well. Working in the garden provides a sense of purpose, connection and accomplishment. Gardening can help residents improve mood, increase their sense of self-worth, and even enhance communication. Working with plants allows seniors to interact with nature and regain a sense of self and pride. Gardening reduces the symptoms of depression and anxiety in seniors. The combination of physical activity, exposure to nature, and social interaction can all contribute to improved mental and physical wellbeing.



## Thank you for supporting our gardening program.

We would like to express our gratitude to Mrs. Muriel Haw's daughter, Lauren for a generous donation of gorgeous flowers and plants for our garden. Thanks to her donation and help with planting, our residents not only enjoyed gardening program, but also can now admire lovely and colorful Kopernik's garden.



## Special Events









## Music Therapy rocks

We all have our favorite kinds of music – classical, pop, blues, rock...the list goes on and on. No matter what style or genre you like, there's no doubt that music can be powerful.

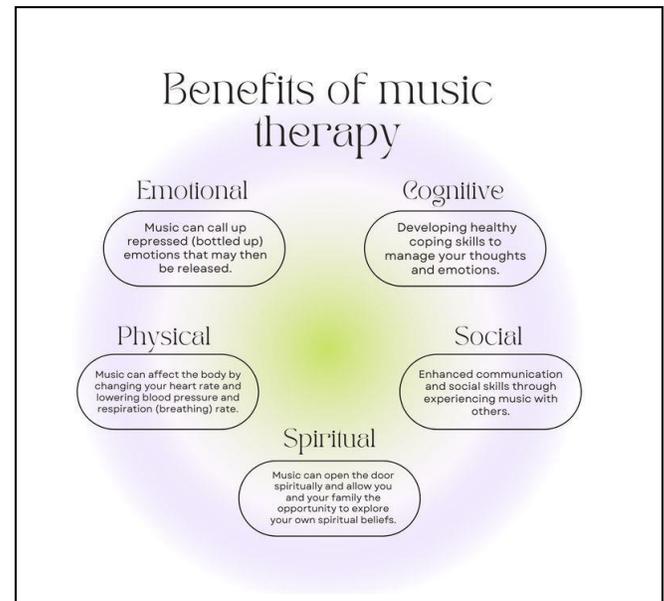
We each have a unique relationship to music. Hearing a long-forgotten song on the radio may invoke old memories from years ago.

Rhythm, sounds, and melodies have been used for over 45,000 years and probably much longer. Music is an innate human trait. We are wired for music. This intrinsic, lasting response to music is what drives the effectiveness of music therapy. The heart keeps a beat and the body moves in rhythm.

Just listening to music can be therapeutic. Research has shown, that for seniors living with dementia and other health challenges, the impact of music can be incredibly significant. The human brain's response to music indicates that music leaves a lasting impression in the brain, even when disease takes over. Music has a unique ability to affect mood and emotion. Research suggests music might do this by actually altering brain activity. The act of listening to music, which involves sounds, rhythm, and lyrics, activates much of the brain, as well as brings about changes in neuroplasticity.

Musical perception, emotion, and memory can survive long after other types of memory and cognition related to events, knowledge, and reasoning have been destroyed due to disease.

According to research, enjoying music or dancing involve procedural memory. Those activities are deeply embedded in the brain and remain intact despite the level of brain impairment and severity of dementia.



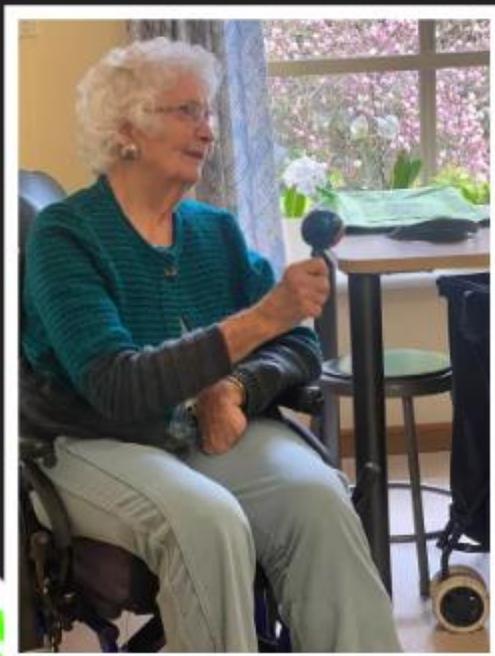
## Our wonderful Music Therapist - Lyndia.

Our Music Therapist, Lyndia comes to Kopernik once a week for music therapy sessions, in Special Care and on the second floor. Lyndia provides musical expertise on her guitar, sings many styles of music, and engages the residents on individual basis with creative interactions and much joy!

Lyndia's specialty seems to be forming strong bonds with each resident through humor, music, language learning and dance! Her colleague says that she "sparkles"!!!

Everybody agrees, that Lyndia is amazing. She is passionate about her work and has a fantastic way of connecting with our residents. The residents benefit from her work and have fun. Through Music Therapy, Lyndia provides memorable moments and enriches our residents' lives.

# Music Therapy



Sometimes, all that we need is good music and good company.









## Jan Brzechwa

Jan Brzechwa was born on August 15, 1898, in Żmerynka, Polish Podolia; now Ukraine. His father was a railway engineer. Jan spent a lot of his childhood travelling around Eastern Poland (Kresy) with his family. Brzechwa studied at the Jesuit college in Chyrów (present day Khyriv) in Ukraine), and upon moving from Podolia to Warsaw, he graduated from the School of Law at the Warsaw University.

A lawyer by profession, Brzechwa wrote satirical works and poems for children and adults in the style of the folk song or fairy tale. His poetry was written mostly in the melodic style of the 8-syllable accentual verse, the most popular rhythmic structure among the Polish stylistic variations. His works include *Oblicza zmyślone* (1926), *Talizmany* (1929), and *Wiersze wybrane* (1955), collected verse, and *Poszła w las nauka* (1956), a fairy tale. In 1926 he published *Oblicza zmyślone* ("Imaginary visages"), his first book of poems. His first set of poems for children *Tańcowała igła z nitką* ("Danced the needle with the thread") was published in 1937. Among his most popular works is *Chrząszcz* (The Beetle), a poem proverbial for containing one of the hardest-to-pronounce phrases in Polish. Brzechwa also wrote a long-running series of children's books based on the adventures of Pan Kleks, the headmaster of a magical academy, and his students. Many of the Kleks books and plot points were made into a series of films in the 1980s, while the poem *Pchła Szachrajka* (Adventures of a Cheating Flea) was developed into an animated film in 1989.

Brzechwa died in Warsaw in 1966 and is buried at the famous Powązki Cemetery.

## Chrząszcz

W Szczepreszynie chrząszcz brzmi w trzcinie  
I Szczepreszyn z tego słynie.

Wół go pyta: – Panie chrząszczu,  
Po co pan tak brzęczy w gąszczu?

– Jak to – po co? To jest praca,  
Każda praca się opłaca.

– A cóż za to pan dostaje?  
– Też pytanie! Wszystkie gaje,

Wszystkie trzciny po wsze czasy,  
Łąki, pola oraz lasy,

Nawet rzeczki, nawet zdroje,  
Wszystko to jest właśnie moje!

Wół pomyślał: „Znakomicie,  
Też rozpocznę takie życie”.

Wrócił do domu i wesoło  
Zaczął brzęczeć pod stodołą

Po wolem, tęgim basem.  
A tu Maciek szedł tymczasem.

Jak nie wrzaśnie: – Cóż to znaczy?  
Czemu to się wół próżniaczy?!

– Jak to? Czyż ja nic nie robię?  
Przecież właśnie brzęczę sobie!

– Ja ci tu pobrzęcę, wole,  
Dostyc tego! Jazda w pole!

I dał taką mu robotę,  
Że się wół oblewał potem.

Po robocie pobiegł w gąszczu.  
– Już ja to na chrząszczu pomszczę!

Lecz nie zastał chrząszcza w trzcinie,  
Bo chrząszcz właśnie brzęczał w Pszczynie.



## Przyjście Wiosny

Naplotkowała sosna

Że już się zbliża wiosna.

Kret skrzywił się ponuro:

-Przyjedzie pewno furą...

Jeż się najeżył srodze:

-Raczej na hulajnodze.

Wąż syknął :-Ja nie wierzę,

Przyjedzie na rowerze.

Kos gwizdnął: -Wiem coś o tym,

Przyleci samolotem.

-Skąd znowu –rzekła sroka-

Ja z niej nie spuszczam oka

I w zeszłym roku w maju

Widziałam ją w tramwaju.

-nieprawda! Wiosna zwykle

Przyjeżdża motocyklem.

A ja wam dowiodę,

Że właśnie samochodem.

-Nieprawda bo w karecie!

W karecie? Cóż pan plecie?

Oświadczyć mogę krótko,

Że płynie właśnie łódką!

A wiosna przyszła pieszo.

Już kwiatki za nią spieszą,

Już trawy przed nią rosą

I szumią –Witaj wiosno.



## The Coming of Spring

Pine gossiped

That spring is approaching.

Mole grimaced ruefully:

-It'll surely arrived by a carriage ...

Hedgehog bristled sorely:

Most likely on a scooter.

Snake hissed:-I do not believe,

It'll arrive on a bicycle.

Blackbird whistled: I know something  
about this,

It will arrive by plane.

I don't think so, said magpie

I'm not taking eye out of her

And last year in May

I saw her in the tram.

Not true! Spring usually

Arrives by motorcycle.

And I will prove to you,

That it will arrive by car.

That's not true! In the carriage!

The carriage? What are you babbling?

I declare briefly

That it will arrive by a boat!

And spring came on foot.

And flowers hurry behind her,

And grass grows before it

I hums-Welcome Springtime!

Jan Brzechwa

## Nail and Hand Care Program with a gentle massage

Why is human touch massage important? From childhood development to emotional and overall wellness, human touch ignites the release of oxytocin, a bonding or love hormone. This stimulates the release of other feel-good hormones, such as dopamine and serotonin, while reducing stress hormones, such as cortisol and norepinephrine. Human touch gives a sense of belonging, enhanced sociability, stability, and trust. Additionally, massage has the physical benefits of increasing blood circulation and lowering heart rate.



*Give your hands and nails the care they truly deserve.*

## A Doll's Debut

Ruth Handler watched her daughter ignore baby dolls in favor of playing with paper dolls of adult women. Handler realized that some young girls did not want to play mother to babies, but rather they wanted to use their imaginations to envision their futures as adults through play. Handler's solution was to introduce a new doll to the market. On March 9, 1959, Barbie made her debut at the American Toy Fair in New York City, and her popularity has endured for nearly 65 years.



Handler based her design, a slim 11-inch-tall woman with wavy blonde hair and a full feminine figure, on a German doll named Lilli. Lilli was first introduced not as a doll for German girls, but as a bold and quick-witted woman

in a newspaper comic strip geared toward men. Lilli's popularity grew so much that she became a toy for children.

Handler discovered Lilli on a visit to Germany. She brought the doll home, made a few changes, and named her Barbie after her own daughter Barbara. Handler, founder of the Mattel toy company, utilized a sponsorship deal she had signed with *The Mickey Mouse Club* to advertise the doll on television to children. By 1961, Barbie had grown so popular that Mattel gave her a boyfriend—Ken, named after Handler's son—and a best friend named Midge. In 1964, they gave Barbie a sister named Skipper. Kids across the world wanted the dolls and to dress them in fashionable clothes, hats, shoes, etc. Other popular accessories include Barbie's Dream House and Dream Kitchen.

As popular as Barbie has been, though, she has always generated plenty of controversy. During the 1950s, she was viewed as challenging women's traditional roles. Throughout the 1960s, Barbie was a nurse, astronaut, and executive. Then again, her unrealistic figure (a holdover from the Lilli age) has been criticized as perpetuating negative body images for young girls. Regardless, Barbie has weathered these storms, bringing in one billion dollars for Mattel each year.

## The Time Has Come

On March 12, people turned their clocks one hour forward for the start of daylight saving time (DST). In 1784, Ben Franklin published a satirical essay in Paris suggesting that clocks move forward an hour in spring and fall back again in the fall, but the notion was not taken seriously in America until World War I when the first clock adjustment was made to conserve energy.

Each year, opponents of DST argue that the time change has serious negative impacts on health. Sleep deprivation and "circadian misalignment," the mismatch between our biological rhythms and the natural light cycle, may increase levels of the stress hormone cortisol in our bodies, leading to a slew of health problems like strokes, heart attacks, obesity, diabetes, and seasonal depression. One year ago, the U.S. Senate passed the Sunshine Protection Act, making DST permanent. The House of Representatives has yet to vote on the matter.

## Root Cause



Rah, rah, sis, boom, bah!  
Hooray for Cheerleading Week from March 6–12! The first cheers did not come from organized squads of uniformed college women waving pom-poms. It was at Princeton University in 1884 that the crowd first cheered in unison: "Rah, rah, rah! Tiger, tiger, tiger! Sis, sis, sis! Boom, boom, boom! Aaaaaah! Princeton, Princeton, Princeton!" A Princeton graduate named Thomas Peebles then brought the idea to the University of Minnesota. Peebles became the school's football coach and, during scrimmages, would spontaneously burst into the Princeton cheer. Minnesota student Johnny Campbell then decided to develop a cheer for the Gophers: "Rah, rah, rah! Ski, OO, mah!" During a game on November 2, 1898, Campbell leaped from the stands to lead the crowd in his chant, consequently becoming the first cheerleader.

## India's Local Color

The Hindu festival of Holi has been celebrated on the Indian subcontinent since the fourth century. It is celebrated at the end of winter, on the date of the last full moon of the first month of spring. This year it was celebrated on March 8th.

The holiday has many names: the Festival of Spring, the Festival of Colors, and the Festival of Love. Like many spring festivals, Holi is a holiday of rebirth and renewal. Historically, Holi was an agricultural festival, a time to give thanks to the fertile land and the crops it brings. For Hindus, it is also a holiday of forgiveness and new starts. People forgive past wrongs, resolve conflicts, and renew relationships. This forgiveness is a way of cleansing oneself of emotional impurities.



One of the defining legends of Holi is that of the deities Radha and Krishna and their divine love. Krishna despaired that the fair-skinned Radha would find his dark skin unattractive. Krishna's mother Yashoda told

him to ask Radha to color his face any color she liked. Radha accepted the idea and the two became united in love. One of the most famous rituals of Holi is the throwing of colored water and powder. Many people end the day covered in the colors of the rainbow as a commemorative remembrance of the gods Radha and Krishna and their love for each other.

Still another legend celebrates the triumph of good over evil. King Hiranyakashipu was lord of several powerful demons who made him as powerful as a god. The king's sister Holika demanded that the king's son Prahlada worship him, but Prahlada refused, staying true to the god Vishnu. When Holika attempted to burn Prahlada on a pyre, Vishnu intervened and destroyed Holika and the evil king. This is why, on the eve of Holi, great bonfires are burned to commemorate the defeat of the demoness Holika and the triumph of good over evil. It is from the vanquishing of Holika that the festival of Holi gets its name.

## Flipping Out

Having trouble making a decision? Just flip a coin on June 1, Flip a Coin Day! The first coins were minted in ancient Lydia, an Anatolian kingdom located in present-day Turkey. They were not much more than blobs of silver or gold pressed with images of lions and lambs, but they forever transformed the way humans trade with and pay each other.

The first records of coins being tossed to make decisions date back to ancient Rome, where the practice was not called "heads or tails," but *navia aut caput*, or "ships and heads." One side of the coin depicted the emperor and the other the prow of a ship. One did not call out "ships" or "heads" mid-toss; instead, one person was assigned the head. If heads turned up, they won and were considered to have won the favor of the emperor. If ships turned up, they lost to their opponent. Decisions great and small have been settled by coin tosses. One notable coin toss concerned the naming of Oregon's largest city. As we now know, the winner named it Portland. The loser would have named it Boston.

## The Power of Parks



After being stuck in the house all winter, stretch your by strolling through your favorite local park. Parks are vital public resources. They have been proven time and again to increase property values, improve local economies, and decrease crime. Most importantly, they offer opportunities for people to get outside! They are public spaces for people to gather. Fields, trails, and courts offer opportunities for people to exercise and get healthy. Natural landscapes filled with trees and flowers not only provide valuable habitat for animal life and clear air but they offer tranquil retreats for visitors. Spending time surrounded by nature reduces stress, improves mood, and increases happiness.

# Please Meet



# Lucy and Dennis

## Resident Spotlight

## Happy 50th Anniversary!

Best wishes to you both on this  
momentous occasion.



### A Love Story

**Lucy and Dennis** met at the University of Alberta. They were studying Special Education. She was 32 and he was 30. Two years later they got married. They never had children, but they have each other. On May 17<sup>th</sup>, they celebrated their 50 years marriage anniversary.

The 50th wedding anniversary, aka the golden anniversary, is a truly special occasion. Not only does it mark half a century of love, but it also commemorates the many memories, joys, and hardships shared in the marriage.

In Kopernik Lodge, Dennis and Lucy like to do things together; they do not leave each for a minute. They live together in their own room. Every morning, Dennis takes Lucy to the exercise group. They never miss the program; they even have their own spots in the exercise circle.

Lucy and Dennis like to go to the garden, attend social gatherings and go to Mass. Lucy says that the secret to a long marriage is: "don't try to change your partner, travel a lot and preferably move to a warmer climate country."



## The Last Laugh

Is laughing always the best medicine?



Research shows that laughter does impart several health benefits. When we laugh, we inhale more air and oxygen, stimulating the heart, lungs, muscles, and brain. A good laugh also stimulates the body's stress response and then deactivates it, causing heart rates

to rise and fall, leaving us with satisfied, relaxed feelings. Laughter not only improves mood, but it encourages the positive thoughts that release neuropeptides, chemicals that fight stress and boost our immune systems. Laughter also stimulates chemicals that act as natural painkillers for our bodies.

With laughter providing so many health benefits, communities are starting to form various laughter clubs in an effort to laugh more regularly.

While you are probably familiar with yoga, the ancient Indian practice of stretching, breathing, and meditation, are you familiar with laughter yoga? Laughter yoga draws upon many of yoga's foundational principles, such as its deep diaphragmatic breathing. Laughing produces full inhales and exhales. While the laughter is simulated at first, the giggles soon become contagious and real. And we shouldn't overlook the human connections forged by sharing laughter. After a laughing yoga session, participants report feeling their spirits lifted and a greater sense of community.

But fake laughter? Research shows that even fake laughs and forced smiling are enough to boost our moods. While our brains know that we're faking it, our bodies do not. Once the brain sends the signal to the body to laugh, all of the associated physiological actions follow: the relaxation, the mood boost, and the increased energy. Perhaps this is the lesson of the old Chinese proverb: "A hearty laugh makes you ten years younger." Even if you're faking it.

## Poetic License

*Haiku* is a form of traditional Japanese poetry that consists of three unrhyming lines of five, seven, and five syllables. The short poems are often void of any figurative language, instead imparting feeling and thoughtfulness with plain concrete language and imagery.

Haiku began in 13th-century Japan, not as their own poems, but as *hokku*, which are the opening lines of *renga*, expansive oral poems spoken by multiple poets. It wasn't until the 16th century that hokku became a form all its own, and not until 100 years later the poet Matsuo Basho elevated it as an art form. It was Masaoka Shiki, poet of the late 19th century, who first called the poems *haiku*. Perhaps the most famous haiku was written by Basho:

old pond  
frog leaps in  
water's sound

## The Great Escape



On March 24, 1944, the British bomber pilot Leslie "Johnny" Bull poked his head out of the ground and took his first breath of freedom after suffering as a prisoner of war in the Nazi-controlled Stalag Luft III camp.

The so-called "Great Escape" had begun, one of the most daring mass breakouts ever attempted during wartime. The camp housed over 10,000 Allied service members. The location of the camp was chosen in part due to its sandy soil, which made any attempts to tunnel out extremely difficult. This did not deter Royal Air Force Squadron Leader Roger Bushell from devising a grand tunneling scheme. He also procured civilian clothes for escapees and forged travel documents and equipment for the 600 digging inmates. On the moonless night of March 24, 76 men tunneled to freedom. Seventy-three were captured, but the dramatic "Great Escape" became the stuff of legend and a Hollywood blockbuster.