

Winter/Spring 2021

Kopernik Lodge

Newsletter

The World Celebrates

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February 2

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February 12

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March 21



Venice Unmasked

Venice is often called Italy's "**City of Love**," and for good reason. There may be nothing more romantic than a meandering gondola ride through the city's famous canals, especially if the gondolier serenades you with Italian love songs. It is no coincidence that history's most notorious lover, Casanova, called Venice home. Casanova was born in an era when Venice was a European Las Vegas, famous for its gambling houses, beautiful women, and its annual *Carnival*, the Venetian version of Mardi Gras that has been celebrated since the year 1162. This year's Carnival, running from January 30 through February 16, is made all the more special because it coincides with Valentine's Day.

Venice's Carnival is thought to have started in 1162 with the military victory of the Venetian Republic over Ulrico di Treven, a powerful ally of the Holy Roman Emperor Frederick I who attempted to strip Venice of its independence. After Ulrico di Treven's defeat, Venetians gathered in San Marco Square for dancing and rejoicing. This informal celebration continued for centuries until it was made an official holiday during the Renaissance. It was also during this era that Venetian mask-makers were elevated to a special standing in Venetian society, enjoying preferential laws and their own artistic guild.

By the 18th century, masks were a way of life for Venetians, and laws permitted mask-wearing for six months of the year. Some historians believe that masks were a response to Venice's strict class hierarchy. Ordinary people and aristocrats alike wore masks to hide their true identities. So disguised, people could anonymously engage in Venice's many popular but ill-reputed pastimes such as gambling. Is it any wonder that Venetian mask-makers held such power in society? In time, masks were outlawed. It was only in 1979 that Venetian artisans revived the tradition of mask-making. Since then, masks and costumes have become lavish and sumptuous works of art, and opulent masquerade balls are now the most sought-after invitations during Venice's fabulous and romantic Carnival.

Groundhog Day

Is a popular North American tradition observed in the United States and Canada on February 2.

According to legend, if a groundhog emerging from its burrow on this day sees its shadow due to clear and sunny weather, it will retreat to its den and winter will persist for six more weeks. However, if it is cloudy when the groundhog emerges on Feb. 2, the critter won't see his shadow and will leave his burrow; meaning winter will soon end and an early start to spring is coming.

While the tradition remains popular in modern times, studies have found no consistent correlation between a groundhog seeing its shadow and the subsequent arrival time of spring-like weather.

Groundhog Day's origins lie in the ancient European celebration of Candlemas, which is a point midway between the winter solstice and the spring equinox – the exact midpoint of astronomical winter.

Superstition has it that fair weather predicted a stormy and cold second half to winter, as noted in this Old English saying:

"If Candlemas be fair and bright,
Winter has another flight.
If Candlemas brings clouds and rain,
Winter will not come again."



A Monstrous Tradition

February 12 rings in the **Chinese New Year, the Year of the Ox**. A visitor to China will find homes decorated in red. Come midnight, loud fireworks will boom and crackle. These time-honored traditions spring from the myth of the monster Nian, half-dragon, half-kyrin, a hooved and one-horned beast. Nian lived at the bottom of the sea but would rise from the depths each New Year's Eve to ravage the villages. So, each New Year's, the villagers would flee to the mountains. One year, a beggar arrived to find the village deserted. Only an old woman remained, and in return for shelter, the beggar promised to scare Nian away. The beggar busied himself decorating the woman's house with red. When terrible Nian arrived at midnight, it roared in anger when it saw the red door. The beggar lit firecrackers to terrorize Nian. Dressed all in red, he laughed in Nian's terrible face, and the monster fled. The villagers returned to learn that Nian was scared of the color red and the loud firecrackers. To this day, every New Year's Eve, the Chinese still drape their homes with red and light firecrackers at midnight.

One of the most famous traditional greetings for Chinese New Year is the Cantonese **kung hei fat choi**, literally 'greetings, become rich'. In Mandarin that's **gongxi facai /gong-sshee faa-tseye**.



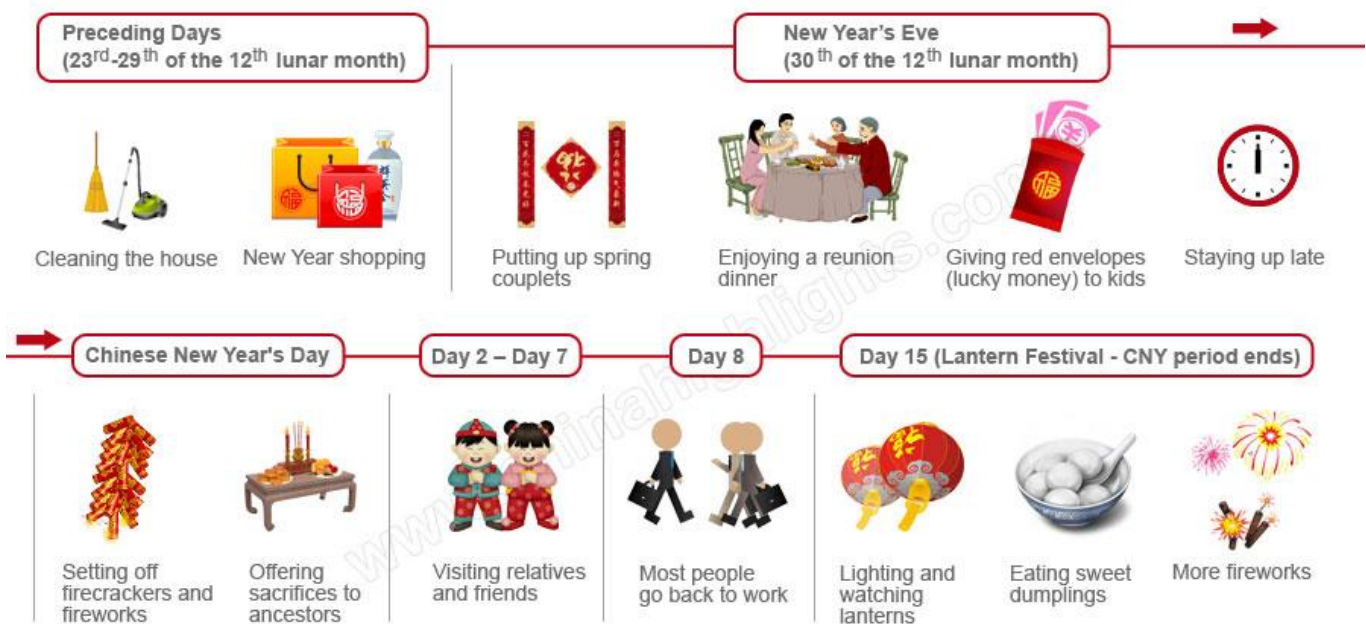
WHICH CHINESE ZODIAC ARE YOU?



RAT	OX	TIGER	RABBIT	DRAGON	SNAKE	HORSE	GOAT	MONKEY	ROOSTER	DOG	PIG
2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007
1984	1985	1986	1987	1988	1989	1990	1991	1992	1993	1994	1995
1972	1973	1974	1975	1976	1977	1978	1979	1980	1981	1982	1983
1960	1961	1962	1963	1964	1965	1966	1967	1968	1969	1970	1971
1948	1949	1950	1951	1952	1953	1954	1955	1956	1957	1958	1959
1936	1937	1938	1939	1940	1941	1942	1943	1944	1945	1946	1947
1924	1925	1926	1927	1928	1929	1930	1931	1932	1933	1934	1935
1912	1913	1914	1915	1916	1917	1918	1919	1920	1921	1922	1923
1900	1901	1902	1903	1904	1905	1906	1907	1908	1909	1910	1911

BUSINESS INSIDER

Chinese New Year Celebrations



www.chinahighlights.com

Valentine's Day in Poland – Walentynki (vah-len-TIN-kee).

This day is celebrated with intense joy and excitement. However, it is a relatively new tradition in Poland. Poles adopted Western-style celebrations of Valentine's Day, after the collapse of Communism and the opening of borders.

Valentine's Day, also called St. Valentine's Day, holiday is celebrated on February 14. It has origins in the Roman festival of Lupercalia, held in mid-February. The festival, which celebrated the coming of spring, included fertility rites and the pairing off of women with men by lottery.

Nowadays, Valentine's Day focuses on love, romance, appreciation and friendship. Chocolates, candies shaped in red hearts, and other gifts are given to loved ones on Valentine's Day.

Some Poles make a romantic getaway to Chełmno; dubbed "the lover's city" or miasto zakochanych (mee-AHSS-toh zah-koh-HAH-nik).

Chełmno is a small town about 30 miles northwest of Łódź along the Ner River, a tributary of the Warta River in today's west-central Poland.

It is here that the relics of Saint Valentine, the patron saint of lovers, have been preserved for several hundred years in the local parish church.

On that day, the main square becomes a virtual fairyland when a huge electronic heart is lit to glow in the night. The festivities end with a glorious fireworks display.

**Wszystkiego najlepszego z okazji
Walentynek** (fshts-KYEH-goh nigh-lep-SHEH-go
zih oh-KAH-zee vah-len-TIH-nek)

or **Happy Valentine's Day!**



The Luckiest Things to Do at Chinese New Year

- Giving money/gifts in lucky numbers and lucky red packaging with lucky greetings.
- Eating lucky food like fish on New Year's Eve, especially carp or catfish with some left over for New Year's Day.
- Lighting lots of red firecrackers and fireworks to scare away evil and bring good luck.

The Unlucky Things to Do at Chinese New Year

- Having an accident, especially if it means hospital visits, crying, and breakages: all bad omens.
- Giving gifts with unlucky meanings, colors, words, or numbers, or even saying something inauspicious.
- Sweeping up on New Year's Day: don't "sweep all your luck away".

Bridge of Love in Kraków

Opened on Sept. 30, 2010, the Father Bernatek Footbridge (Kładka Ojca Bernatka) spans the Vistula River linking the Kraków districts of Kazimierz with Podgórze.

Hundreds of locks are attached to the bridge, put there by lovers who then throw the keys into the Vistula River as a sign of their commitment to each other. The locks are typically engraved with the names or initials of the lovers who put them there.



For the Love of Literature

February 14 is widely celebrated as Valentine's Day, but it is also Library Lover's Day, a day for library patrons to shower their local libraries with love. If you're having a difficult time finding romance this year, perhaps these literary couples will tug on your heartstrings. Visit your local library and borrow a novel brimming with love.



The most famous literary couple in history must be Shakespeare's Romeo and Juliet. These young "star-crossed lovers" fall hopelessly in love against the wishes of their two feuding families, the Montagues and Capulets. If you are looking for a happy ending, *Romeo and*

Juliet will not satisfy you. The story is a lesson in tragedy and heartbreak as the two young lovers die as a result of miscommunication and impetuosity.

For those seeking a relationship with a happy ending, look no further than Elizabeth Bennet and Mr. Darcy from Jane Austen's *Pride and Prejudice*. From the moment they meet, Elizabeth and Darcy detest each other. But as the old cliché goes, opposites attract. Elizabeth and Darcy must get over their excessive pride to realize that they do indeed love each other.

Gabriel Garcia Marquez's *Love in the Time of Cholera* offers a more unique and complex depiction of love. Florentino Ariza and Fermina Daza fall in love while young, but when Fermina's father discovers the relationship, he moves the family away to another city. Fermina then meets Dr. Juvenal Urbino, a national hero who strives to eradicate cholera. After a tumultuous marriage to Urbino, Fermina reunites with Florentino, but her view of love has matured as much as she has.

The relationships between literary couples are as complex, or maybe even more complex than those we face in real life. Just ask Jay Gatsby and Daisy Buchanan of *The Great Gatsby*, Allie Hamilton and Noah Calhoun of *The Notebook*, and Hermione Granger and Ronald Weasley of the *Harry Potter* series. On February 14, open a book and your heart.

**To all our wonderful
and lovely ladies
Happy Women's Day**

International Women's Day (March 8) is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating women's equality. International Woman's Day has occurred for well over a century, with the first gathering in 1911 supported by over a million people.



**Świat bez kobiet byłby
jak ogród bez kwiatów.
Wszystkiego najlepszego
z okazji Dnia Kobiet!**

HAPPY ST. PATRICK'S DAY



St. Patrick's Day Sins

The very first St. Patrick's Day parade was held in Boston in 1737, and it seems as if we've been wearing green and eating corned beef and cabbage on March 17 ever since. But some of the most beloved St. Patrick's Day traditions are not traditional at all. For example, the Irish don't eat corned beef. It was Irish Americans who began eating beef in the 19th century. In Ireland, Irish bacon or lamb stew is the dish of choice on the holiday. Long before green was the color of the Emerald Isle, St. Patrick was associated with the color blue. As the political divide grew between Britain and Ireland, the Irish adopted the color green as a symbol of independence. Perhaps most shocking of all, St. Patrick's real name wasn't Patrick at all, but Maewyn Succat. Nor was he from Ireland but born in Britain under the rule of the Romans. Was St. Maewyn Italian?

Irish Jokes

What kind of spells do leprechauns use? Lucky Charms!

Why did the leprechaun climb over the rainbow?
To get to the other side!

Why do leprechauns love to garden? They have green thumbs!

What happens if a leprechaun falls into the ocean? He gets wet, of course.

Why shouldn't you borrow money from a leprechaun? Because they're always a little short.

Do people get jealous of the Irish? Yes, they're green with envy!

When does a leprechaun cross the road? When it turns green!



March into the World of Crafting

Crafting is a \$44 billion industry in America, with people of all ages and backgrounds taking part in pastimes like knitting, scrapbooking, quilting, making homemade jewelry, and even reupholstering furniture. As both Craft Month and Knitting and Crochet Month, March boasts a number of crafting holidays, such as International Scrapbooking Day on March 4, Children's Craft Day on March 14, and Worldwide Quilting Day on March 20. Whether you craft as an outlet for your creative impulses or to earn money on the side, March provides ample opportunities to create something unique.

Personalization might be crafting's most alluring attribute. Even if two crafters follow the same pattern or set of instructions, no two people will knit the very same scarf or build identical birdhouses. Each and every handcrafted item is a unique reflection of its maker, and these personal touches are often what make handcrafted gifts so special. Crafting has long been considered the domain of older generations, yet younger generations, particularly millennials, are being drawn to crafting and other creative hobbies specifically because they can personalize their creations. In a world of mass-produced goods, millennials enjoy making unique items that bear their initials or display symbols or icons that are personally meaningful. And just as younger generations have started taking up crafting, the crafting industry is changing to accommodate a new generation of crafters.

The longtime fabrics and craft retailer Joann recently opened a new Creator's Studio store where young crafters can gather to take classes, share ideas, and rent machines to finish projects. Younger crafters have also inspired technological breakthroughs in crafting. It is not uncommon for crafters to sketch designs on digital tablets, cut materials with lasers, or create pieces on 3D printers. Yet no matter how newfangled the creative process has become, one thing has stayed the same: there is still nothing more thoughtful or special than a homemade gift.

That Was Awkward



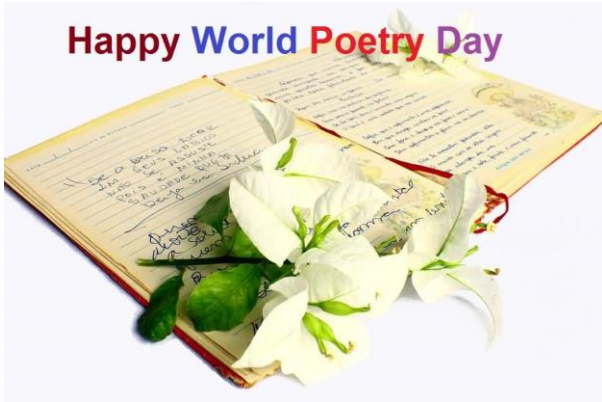
If you dread embarrassment, then you won't be looking forward to March 18, Awkward Moments Day. The day exists to remind us that no one is perfect and we all suffer embarrassments from time to time. Embarrassment is the result of self-focus. When we do something wrong—call someone by the wrong name or make a mistake in public—we tend to focus only on our transgression. We suffer from what researchers call “empathy neglect.” We are so embarrassed that we forget that others are kind and sympathetic to us. Of course, if someone else made a mistake, we would not shame them. So why should we feel awkward or embarrassed? Today, don't feel awkward, but instead, feel empathy.

Healing by Color



March is Color Therapy Month, which means that it is a month to recognize that colors have the capacity to heal. The notion that colors have the power to heal dates all the way back to ancient Egypt, where sun-activated solariums constructed with multicolored glass panes were used for therapeutic purposes. Colors evoke different responses in people. Some colors are stimulating, others soothing. Colors can influence decision-making, mood, appetite, emotions, and energy levels. The goal of color therapy is to use color and light in ways that ease stress and promote well-being. While some are skeptical, others point to how light therapy is used to combat seasonal affective disorder. Blue light is also used to treat neonatal jaundice in newborns. Green light may reduce pain.

Happy World Poetry Day



Poetry reaffirms our common humanity by revealing to us that individuals, everywhere in the world, share the same questions and feelings. Poetry is the mainstay of oral tradition and, over centuries, can communicate the innermost values of diverse cultures.

In celebrating World Poetry Day, March 21, UNESCO recognizes the unique ability of poetry to capture the creative spirit of the human mind.

A decision to proclaim 21 March as World Poetry Day was adopted during UNESCO's 30th session held in Paris in 1999.

One of the main objectives of the Day is to support linguistic diversity through poetic expression and to offer endangered languages the opportunity to be heard within their communities.

The observance of World Poetry Day is also meant to encourage a return to the oral tradition of poetry recitals, to promote the teaching of poetry, to restore a dialogue between poetry and the other arts such as theatre, dance, music and painting, and to support small publishers and create an attractive image of poetry in the media, so that the art of poetry will no longer be considered an outdated form of art, but one which enables society as a whole to regain and assert its identity.

Adam Bernard Mickiewicz

(December 1798 – 26 November 1855) was a Polish poet, dramatist, essayist, publicist, translator and political activist. He is regarded as national poet in Poland.

A principal figure in Polish Romanticism, he is one of Poland's "Three Bards" (Trzej Wieszczowie) and is widely regarded as Poland's greatest poet. He is also considered one of the greatest Slavic and European poets and has been dubbed a "Slavic bard". A leading Romantic dramatist, he has been compared in Poland and Europe to Byron and Goethe.

Mickiewicz is known chiefly for the drama *Dziady* (*Forefathers' Eve*) and the national epic poem *Pan Tadeusz*. His other influential works include *Konrad Wallenrod* and *Grażyna*. All these served as inspiration for uprisings against the three imperial powers that had partitioned the Polish–Lithuanian Commonwealth out of existence.

Mickiewicz was born in the Russian-partitioned territories of the former Grand Duchy of Lithuania, which had been part of the Polish–Lithuanian Commonwealth, and was active in the struggle to win independence for his home region. After, as a consequence, spending five years exiled to central Russia, in 1829 he succeeded in leaving the Russian Empire and, like many of his compatriots, lived out the rest of his life abroad. He settled first in Rome, then in Paris, where for a little over three years he lectured on Slavic literature at the Collège de France. He died, probably of cholera, at Constantinople in the Ottoman Empire, where he had gone to help organize Polish and Jewish forces to fight Russia in the Crimean War.

In 1890, his remains were repatriated from Montmorency, Val-d'Oise, in France, to Wawel Cathedral in Kraków, Poland.



February is a

Therapeutic Recreation Month

Therapeutic recreation is a person-centered healthcare profession that employs evidence-informed leisure and recreation interventions to improve and maximize health, physical function, social and emotional well-being and overall quality of life. Therapeutic recreation practitioners focus on people's interests and strengths and are dedicated to working collaboratively with individuals to assess and plan interventions that will help them reach their goals, increase their wellness, independence, and level of social connection. (BCTRA)

Recreational therapy has wide-ranging positive impacts on your physical and mental health. This is especially the case when the therapy is designed around your individual interests and needs.

Some of the activities that may be part of a recreational therapy program include:

- Art, crafts and coloring
- Music
- Sports games and exercises
- Board games
- Animal interactions
- Gardening
- Storytelling and reading
- Creative writing
- Drama
- Cooking and Baking
- Community outings

Working with a recreation therapist can improve your mood, reasoning abilities, memory, physical fitness, and self-confidence. Researchers believe the combination of physical movement, creativity, social interaction, and mental engagement helps to deliver this wide range of health benefits.

About a dog

Therapy dogs have long been recognized for their ability to provide comfort and promote healing. But did you know that a whole host of other species are beginning to fulfill this important role? These days, the companionship of cats, birds, rabbits, and even robotic animals is being utilized to benefit older adults in numerous therapeutic ways.

Pet therapy for elderly people can boost their well-being and improve their physical, mental, and emotional functioning. Interacting with a kind and affectionate animal can lower people's stress levels, help them become more active, and bring them out of their shells. This can be immensely helpful to seniors who are struggling with loneliness or dealing with health conditions such as heart disease, cancer, chronic pain, or dementia.

Animal-assisted therapy benefits for seniors can also include:

- Increased self-esteem
- Reduced feelings of anxiety and isolation
- Decreased blood pressure and heart rate
- Improved motor skills
- Increased social interaction
- Stimulated memory as seniors reminisce about pets they used to have
- Quicker recovery time from injuries
- Higher levels of physical activity

Many older adults enjoy the companionship of animals but can't have any of their own because they have allergies or reside in facilities that don't allow pets. Others simply don't want or can't handle the responsibility of caring for a living creature. In such cases, the ideal solution may be a robotic animal. After all, robots are easily controlled, don't need to be fed or cleaned up after, and don't shed or transmit any diseases. And research studies in the *Journal of the American Medical Directors Association* and the *Journal of Gerontological Nursing* have demonstrated that robotic pets have the ability to improve the quality of life for older adults.



Kopernik Lodge Rocks!



Care homes across the country have been in lockdown for months under government orders to protect their frail, elderly residents from the coronavirus. Our Recreation Therapy had to stop providing large programs, special events and holiday celebrations. The safety of our residents is our top priority.

However, **Love is not Cancelled** in our home. We, the residents and dedicated staff, in our Kopernik Lodge, continue to care and support each other. We believe in the power of relationship and kindness. We continue to provide a variety of Therapeutic Recreation activities. They are designed to keep our residents engaged and entertained, and also offer physical, social and mental benefits. There are many opportunities for participation. However, programs are limited to small groups to accommodate for the social distancing requirements. Programs, such as exercises, are shorter (20 min), to make sure that others have an opportunity to participate in another session. We “Meet and Greet” our seniors each morning, serving them with fresh coffee and tea; providing residents with an opportunity for socialization and at the same time checking on how they are doing.

We have also adopted a huggable puppy dog that we thoroughly sanitize. Our dog provides a great service and spreads joy. However, if you are looking for a trained service dog you may want to look somewhere else.

In the Kopernik Lodge, we continue to work, love, learn, laugh and appreciate each other's friendship. Being thoughtful helps us live, connect, and love more deeply with others.

"Don't walk behind me; I may not lead. Don't walk in front of me; I may not follow. Just walk beside me and be my friend." — Albert Camus



**Socialize and
make
friendships.**



**Work
and help.**







**Enjoy and
reminisce.**

