

# Kopernik Lodge

## Newsletter



### National Flag of Canada Day

At the stroke of noon on February 15, 1965, Canada's red and white maple leaf flag was raised for the very first time on Parliament Hill. Amid much controversy, the Maple Leaf flag replaced the Canadian Red Ensign, which had been, with various successive alterations, in conventional use as a Canadian national flag since 1868.

Resolutions recommending the new flag were passed by the House of Commons on December 15, 1964, and by the Senate two days later.

The flag, designed by George Stanley, was proclaimed by Elizabeth II, Queen of Canada, on January 28, 1965, and took effect "upon, from and after" February 15.

Our national flag is a symbol that unites all Canadians and reflects the common values we hold so dear — equality, diversity and inclusion.

National Flag of Canada Day was instituted in 1996.



### Beginning at the End

"New year, new me" is a common refrain on January 1. For many, the start of a new year presents the opportunity for a restart. You know what that means: dreaded new year's resolutions. Some promise to start healthy habits like eating right and exercising. Others open new bank accounts or resolve to save more money. The boldest decision-makers might embark on life-changing journeys: a move to a new city, a decision to have a baby, or opening a new business. But just because it's the start of a new year doesn't mean everybody wants a new beginning. In fact, some people want just the opposite.

Zack, Zoe, and Zeke might remind you that January 1 is Z Day, a day to ditch beginnings altogether and start at the end. So many things in life are organized according to the alphabet, leaving those with Z names waiting until the end for their opportunity to shine. Sure, today is a day to give Zane and Zelda a little extra attention, but it is also a day to reverse your order of thinking. Instead of prioritizing the usual resolutions, give some attention to the items at the bottom of the list, the stuff that so often gets ignored, like trying a new hobby, donating your wedding dress to Goodwill, or even cleaning the garage.

If you find resolutions to be a chore, have no fear: January 17 is Ditch New Year's Resolutions Day. After keeping up the charade for a couple of weeks, exercising when you don't want to, and eating healthful but unappetizing foods, this is a day to be honest with yourself if you've set unrealistic or unattainable goals. Skip the workout, grab a bowl of ice cream, and retool your resolutions to make them more manageable and enjoyable! Remember, January wasn't always a month for reinvention and rebirth. January and February were the last months to be added to the calendar, falling after December. For centuries, March was used as the time of annual renewal. It wasn't until 153 BC that the Romans decreed January 1 the new New Year, and some countries still didn't adopt the date until the 18th century.

## Happy Grandparents days

### Polish Grandma's and Grandpa's days

Grandma's and Grandpa's days are always celebrated in Poland on January 21 and 22 respectively.

History of the holiday:

Grandma's Day originates from Poznań. It was there that the tradition of appreciating and respecting the elderly began. 21 January 1965 Mieczysława Ćwiklińska, a famous Polish theater and cinema actress, was supposed to perform there. On that day, she had her 85th birthday, and in the show she played the role of a grandmother. The editors of the *Poznań Express* newspaper decided to prepare a cake for the artist and thus established a new holiday - Grandma's Day.

Grandfather's Day was created later, because in the 1970s, Polish Television announced a competition to determine the date of this holiday. At the beginning it was to be May 30, the birthday of Mieczysław Fogg, a famous Polish singer. However, this date did not come to pass and everyone started celebrating it on January 22, the day after Grandmother's Day. In Canada, the National Grandparent's Day was first observed in 1995 and is celebrated on the second Sunday in September. This means that our residents can enjoy it twice.



## From Saint to Santa



Illustrator Thomas Nast has been called the "Father of the American Cartoon" for the illustrations he featured in *Harper's Weekly* magazine in the 19th century. It was Nast who first used a donkey and elephant to symbolize

America's political parties. He fought corruption with scathing political cartoons. But Nast's most enduring contribution to popular culture might be his depictions of Santa Claus as a jolly, fat man from the North Pole dressed in red and white.

Long before he was Santa Claus, he was Saint Nicholas, the Bishop of Myra, a fourth-century holy man renowned for the miracle of resurrecting three young boys killed by a butcher. For this remarkable feat, Saint Nicholas became the patron saint of children. Over the centuries, veneration of Saint Nicholas would spread. The Dutch called him Sinterklaas, and when the Dutch set sail for the New World in the 17th century, they brought Sinterklaas with them.

Sinterklaas, or Santa Claus, and Christmas, were well-established in America by the 1800s. But in December of 1823, Clement Clark Moore published his poem '*'Twas the Night Before Christmas*, and first described Santa Claus not as an austere bishop, but "chubby and plump, a right jolly old elf." Charles Dickens then published *A Christmas Carol* in 1843, transforming Christmas from a religious holiday into a popular and commercial extravaganza. By January of 1863, with the United States plunged into Civil War, Thomas Nast had plenty of inspiration for his first cartoon depicting Santa Claus.

Nast's first depictions of Santa portray him not just as a jolly old elf but as an ally of the Union Army, and he used his own long beard as inspiration for Santa's flowing white one. Over the next 23 years, Nast would make 33 illustrations of Santa, none more influential than his 1881 image of "Merry Old Santa Claus," complete with a white beard, rosy cheeks, red suit, and pack full of toys. This image, more than any other, has made Santa Claus who he is today.



*Holiday Memories*

Our Caroling



Hej, koleda koleda!



UGLY

SWEATER

DAY AT KOPERNIK

It was fun!

Everybody was in high spirits.  
The residents smiled at the sight of the  
staff wearing colorful, ugly sweaters.

## We welcomed Father Tomasz



Recently a new priest, Father Tomasz has been celebrating Masses at our Kopernik Lodge. Father Tomasz has great sermons and residents like him very much.

Father Tomasz replaces Father Jan, who went to spend some time in Madagascar. He has a great fondness for that place, where years ago, he served on a mission.

Our Chapel is tiny, and cannot accommodate many people during Covid restrictions. Therefore, Masses are celebrated on the first floor to serve more people.



Saint Casimir's Parish  
Polish Roman Catholic Parish in  
Vancouver

(Image on the left)

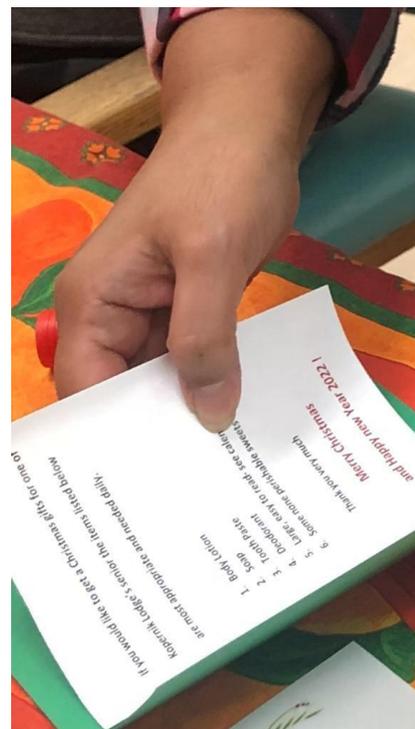
## We are so grateful

This past Christmas, Father Tomasz Krzesik OMI, the parishioners from the St. Casimir, Polish Catholic Church, as well as the Knights of Columbus collected gifts for our residents. The residents wrote letters asking for essential items and Father Tomasz announced gift collection in the Church three weeks before Christmas. The Knights of Columbus organization helped a lot in this collection, especially Mr. Władysław Olesiak, who was in touch with our Therapeutic Recreation Department. As soon as the parishioners brought gifts to the Church Mr. Olesiak transported all the gifts to the Kopernik Lodge. This year the parishioners were very generous and there was a lot of good and needed things for the residents.

Because Father Tomasz, the parishioners and the Knights of Columbus care so much all residents at Kopernik Lodge had a happy and meaningful Christmas. This act of thoughtfulness and kindness lifted residents' spirits and made them feel loved, appreciated and special. Thanks to Father Tomasz, the parishioners and the Knights of Columbus, no resident felt forgotten or was left without a present. This would not be feasible without their dedication and generosity. Their act of kindness put a wide smile on our residents' faces and truly made a difference in their lives.

On behalf of residents and staff at the Kopernik Lodge, we'd love to take this opportunity to once again say a huge THANK YOU to Father Tomasz, the parishioners and the Knights of Columbus. Their generous support means the word to all of us.

**We needed you and you were there.**





Sending Love, Hugs & Smiles your way on  
*Valentine's Day!*



*With Love*



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Starting in this Newsletter we would like to start introducing you to our residents. We would like to share with you what they like to tell us about themselves; what they like, where they grew up and what is important to them. It is their story, in their own words.

## Walter

Walter was born on a little island in Croatia. An interesting thing about Croatia is that the Croatian coastline together with its islands ranks among the most intricately indented coastlines in the world. Of 1244 islands, islets, cliffs and reefs that have remained following the dramatic rise in the level of the Adriatic Sea around 13000 years B.C., today only 50 are inhabited.

In his home country Walter was called "Vlatko," but he adopted his English name when he moved to Canada. Walter met his wife on the street; she actually approached him and invited him to a Christmas party. The rest is history. They are still together and have a daughter who lives in USA.

Walter was an engineer and loves inventions. He is constantly sketching new creations and shares his ideas with staff and other residents. Walter also likes geography and enjoys watching movies about his country. Maybe because he came from an island, where waters are warm, Walter always enjoyed swimming. Growing up he liked to play games in the water. To this day he likes to be active, walk and exercise. Another interesting thing about Walter is that not only he loves to read, but also to write poems. He likes animals; his favorites are dogs, cats and horses. His favorite colors are red and yellow. Walter likes Kopernik and says that the breakfasts here are delicious.



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## Carmen

Carmen was born and grew up in Montreal, Quebec. She studied Landscape Design at the University for four years. After that, she worked as a Landscape designer for one and half years in Quebec City and for two years in Ottawa. Eventually she moved to Calgary and worked for the National Parks of Canada. She loved it and says it was very interesting.

When Carmen was in Alberta, for a symposium of Landscape Architects, stepping out of a hotel she noticed a fellow sitting outside. His name was Harry and he was also a Landscape Architect. They started a conversation and a year later he came to get her from Calgary. He took Carmen to his city of West Vancouver. They also took Carmen's cat with them. The cat's name was Aristocrate. One year later Carmen got another cat whose name was Noushka. Carmen is a huge cat lover. Most of her life Carmen had cats and she loved to spoil them. Carmen and Harry lived together for 20 years, but never married.

Carmen has a great sense of humor. She used to play piano. She also used to walk a lot along the ocean shore.

Carmen's favour color is black and she says it makes her look slimmer. She also likes brown and beige. Her favourite foods are vegetables and fruit. Carmen gave up eating meat a few years ago. She is trying to avoid eating meat at Kopernik.

A few years back Carmen decided to go to a cooking school for a year. During that time she was working in a synagogue as a caretaker and started to cater private dinners for different members of synagogue. She enjoyed working there.

A sunny day in the garden (Special Care Unit)



### Leisure for Health

February - Therapeutic Recreation Month

The purpose of Recreation Therapy process is to improve or maintain physical, cognitive, social, emotional and spiritual functioning in order to facilitate full participation in life.



**WHO WE ARE**  
**THERAPEUTIC RECREATION**  
 department

**WHAT WE DO**  
**Helping seniors to stay active**  
 restore what they lost and maintain what they might lose in all areas of well-being.

**BENEFITS**  
 examples

**PHYSICAL**

- enhances mobility, agility, balance, joint flexibility, independence
- decreases falls

**EMOTIONAL**

- creates positive emotions
- increases self-esteem
- reduces stress
- decreases depression, helplessness, agitation
- provides a sense of purpose and meaning

**COGNITIVE**

- prevents cognitive decline
- increases memory, attention span, focus, and decision making abilities
- allows new learning

**SOCIAL**

- builds connections
- increases engagement
- prevents loneliness
- maintains social skills

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## Novelty Acts



January might be International Brain Teaser Month, but no matter the time of year and no matter our age, our brains love to be teased! Brains are built to enjoy the novelty of a wide variety of challenges. Attempts

to overcome those challenges keep our brains limber and help slow age-related cognitive decline. Whether it is a puzzle like a sudoku or a crossword, a mental challenge like a riddle or logic puzzle, or a device like a Rubik’s Cube, it is beneficial whenever we force our brains to overcome a task or learn something new.

Our brains find *novelty*, or the quality of learning something new, original, or unusual, powerfully attractive. Novelty is not just related to new games or overcoming unique tasks. Newness takes many forms—hearing a new song, buying a new outfit, traveling to a new place—and is almost always accompanied by a rush of dopamine to the brain. Through this chemical rush, novelty makes us happy. Yet, as soon as a song gets overplayed, an outfit becomes outdated, or a new place becomes familiar, we find ourselves restless, seeking novelty once again. Brain teasers often offer our brains tiny daily doses of novelty.

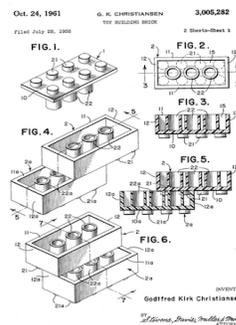
The crossword puzzles and sudoku found in the daily news certainly challenge our creative thinking, but even these can become routine and lose their novelty. This is why experts believe it is best to challenge your brain with different types of brain teasers. Learning a new board game is one type of challenge. Trying a new sport, practicing a new hobby, or even attempting to learn a musical instrument is another type of brain teaser. Furthermore, trying something new with a group of friends stretches your brain even more because now you must not only overcome a new challenge but also navigate social dynamics. The science is clear that there is no single type of brain teaser that will keep our brains young and sharp. Luckily, society offers an almost infinite variety of experiences that offer novel challenges to our hungry brains.

## The Best Medicine

January 24, is a Global Belly Laugh Day. Laughter truly is the best medicine. Research shows that laughter is a proven stress-reducer. It stimulates circulation and promotes muscle relaxation. It also acts as a short, full-body workout. The quick influx of oxygen stimulates your lungs, heart, and muscles, and increases endorphins released by the brain. Laughter even prompts the release of body chemicals that relieve pain and boost our immune systems.

Most of us know what makes us laugh. Put on a favorite funny movie or television show. Share a funny story from your past with friends. Dress up in a funny costume and entertain your buddies. And if you still don’t crack a smile, don’t worry. Even fake laughter provides health benefits! Our bodies do not know the difference between fake laughter and spontaneous laughter. Perhaps this is why laughing clubs, where groups get together and force belly laughs out loud, are so popular in India?

## Building Blocks



On January 28, 1958, Danish toymaker Godtfred Kirk Christiansen submitted a design to the patent office for a plastic building block known as a “Lego brick.” The toy bricks had been produced since 1949, but their flimsiness and poor sticking

power did not make them popular with children. Godtfred gathered his best engineers and sketched some designs to improve their construction, including three inner tubes that would improve the bricks’ sticking power. These three inner “clutch tubes” became the design feature that helped Lego bricks become one of the world’s most iconic and beloved toys. For over 60 years, Lego has produced toys that are affordable, durable, and fun not only for both boys and girls, but also for adults.



In our previous newsletters we introduced you to some famous Poles. We would like to continue our short stories about great Poles and present two more famous Polish individuals; they both were born in February.

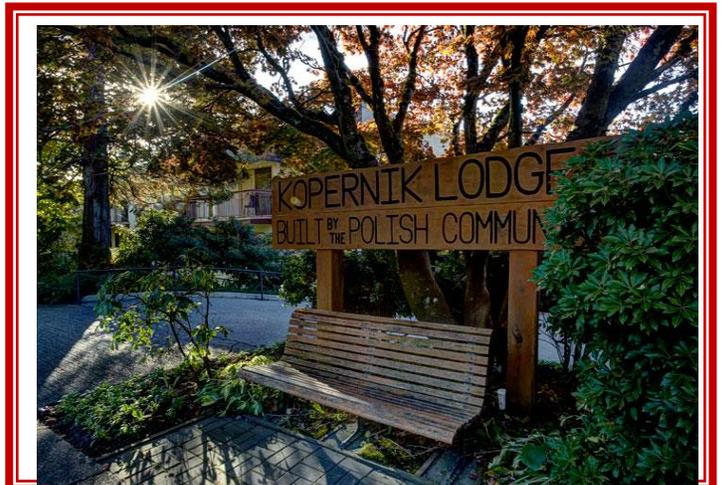
First, let's talk about Copernicus, whose name our home is bearing.

**Mikołaj Kopernik (Nicolaus Copernicus)** was a Polish Astronomer who was born on February 19, 1473, in Toruń, a city in north-central Poland on the Vistula River south of the major Baltic seaport of Gdańsk. Copernicus suggested that the planets have the Sun as the fixed point to which their motions are to be referred; that Earth is a planet which, besides orbiting the Sun annually, also turns once daily on its own axis; and that very slow long-term changes in the direction of this axis account for the precession of the equinoxes. This representation of the heavens is usually called the heliocentric, or "Sun-centred," system—derived from the Greek helios, meaning "Sun." Copernicus's theory had important consequences for later thinkers of the Scientific Revolution, including such major figures as Galileo, Kepler, Descartes, and Newton.



## Our Polish Heritage

Kopernik Lodge bears the name of the famous Polish Astronomer. Although Kopernik Lodge was built by the Polish Community, since its inception, Kopernik Lodge has welcomed over 900 residents from all corners of the world, of all races and faiths, and remains committed to treating everyone with the utmost respect and dignity.





The second famous Polish person that we would like to talk about in this newsletter is Mikołaj Rej.

**"A niechaj narodowie  
wždy postronni znają,  
iż Polacy nie gęsi, iż  
swój język mają."**

**"Let it by all and sundry  
foreign nations be known  
that Poles speak not  
Anserine but a tongue of  
their own."**

*The quote refers to Rej's point that Poles do not have to use Latin, but can write in their own language.*

### **Mikołaj Rej**

Mikołaj Rej or Mikołaj Rey of Nagłowice (4 February 1505 – between 8 September/5 October 1569) was a Polish poet and prose writer of the emerging Renaissance in Poland as it succeeded the Middle Ages, as well as a politician and musician. He was the first Polish author to write exclusively in the Polish Language (instead Latin), and is considered (with Biernat of Lublin and Jan Kochanowski to be one of the founders of Polish literary language and literature.

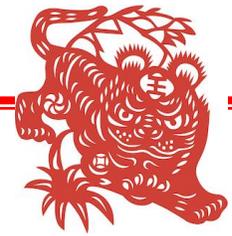
Rej was born into a noble family (bearers of the Oksza coat of arms) in Poland, at Żurawno, near Halicz.

In 1543 Rej debuted as a writer, under the pen name "Ambroży Korczbok Rożek," with his most famous book, A Brief Discussion among Three Persons: a Lord, a Commune Chief, and a Priest (Krotka rozprawa między trzemi osobami, panem, woytem a plebanem).

Rej's works touch on a large array of matters. He authored prose works that described the ideal of the Polish nobleman, and showed a genuine solicitude for his country.

Rej's works include:

- Krótka rozprawa między trzema osobami: Panem, Wójtem i Plebanem (A Brief Discussion among Three Persons: a Lord, a Commune Chief, and a Priest, 1543)
- Żywot Józefa (The Life of Joseph, 1545).
- Żywot Człowieka Poczciwego (The Life of the Honest Man)
- Kupiec (The Merchant, 1549)
- Zwierzyniec (The Bestiary, 1562)
- Zwierciadło (Speculum), incorporating the three-book prose Wizerunek własny żywota człowieka poczciwego (The Image of a Good Man's Life, 1567–68)
- Rzecz pospolita albo Sejm pospolity (The Commonwealth, or the General Sejm).



## The Year of the Tiger

February 1 rang in China the Year of the Tiger.

In one myth, the Jade Emperor dictated that the order of the Chinese zodiac would correspond to the order in which the animals arrived at his birthday party. Diligent Ox departed early and arrived first. Tiger, so quick and competitive, arrived second. When the Jade Emperor noticed that Rat had hitched a ride atop Ox and jumped down to reveal himself, clever Rat was reordered first to arrive, with Ox second. Tiger had to accept his place as third.

Just as Tiger was content with becoming third, in life Tigers never give up despite setbacks. They are considered courageous and adventurous, kind and benevolent, and, of course, competitive. Rich in emotion and imagination, art is a common calling for those born in the Year of the Tiger. They are also seen as the guardians of children. For this reason, babies and kids often wear tiger-themed clothes for protection against evil spirits. Women born in the Year of the Tiger are often considered to be great mothers.

The Chinese New Year marks a wonderful new beginning with high hopes for good fortune and prosperity. For this reason, one should never utter anything negative. To speak negative words such as poor, pain, break, or sick might jinx your entire year! Likewise, try not to break anything. Doing so might shatter your connection to prosperity. If a plate or bowl is dropped and broken, one should wrap it in red paper, the color of good fortune and happiness. It is traditional to sweep and clean before the new year, removing all bad luck from the house. However, once the new year arrives, sweeping is bad luck. Any type of cleaning or removing garbage might inadvertently remove good luck from the home.

One of the most important traditions is to gift red envelopes of money. This “money to anchor the year” is a means of wishing someone an entire year of good fortune. The elderly give such tokens to the young and vice versa. The middle-aged must honor both the old and young. How much do you give? How much is a year of prosperity worth?

**Tiger Years: 1902, 1914, 1926, 1938, 1950, 1962, 1974, 1986, 1998, 2010, 2022**

**Chinese Zodiac Tiger**

Tiger Years: 2022, 2010, 1998, 1986, 1974, 1962, 1950...  
(If you born in one of these years, you are a Tiger.)

Tiger's Lucky Things	Tiger's Unlucky Things
Lucky Numbers: 1, 2, 3	Unlucky Numbers: 6, 7, 8
Lucky Color: blue, orange	Unlucky Color: gold, silver
Lucky Direction: east	Unlucky Direction: west

People born in the Year of the Tiger are born leaders, who walk and talk assertively and inspire respect. They are courageous and energetic, love a challenge or competition and are prepared to take risks. They are hungry for excitement and crave attention. They can also be rebellious, short-tempered and outspoken. They prefer to give orders rather than take them, which often leads to conflict. Tiger people may appear calm but there is often a hidden aggressiveness. They can also be sensitive, humorous and capable of great generosity and love. There is never a dull moment with a Tiger.

## Around the World in 72 Days

In 1873, Jules Verne fascinated the world with his tale of a whirlwind trip around the world in 80 days. In 1888, intrepid investigative journalist Nellie Bly proposed to turn fiction into fact when she suggested to her editor at the *New York World* newspaper that she would attempt her own circumnavigation of the globe. On January 25, 1890, she arrived in New Jersey not only victorious but having completed her journey eight days faster than the heroes of Verne's story.

Bly was born Elizabeth Cochran. She adopted the pen name Nellie Bly when she became a columnist for the *Pittsburgh Dispatch*. But she soon became dissatisfied with her work as editors asked her to repeatedly write only fluff pieces for women readers. Bly headed to New York City looking for more serious work. She pretended to be mentally ill for 10 days to infiltrate a local mental hospital and detail the treatment of its patients. Her firsthand account was so fascinating that the *New York World* published her work as a six-part series. It made Bly famous and inspired a new sort of first-person news investigation known as *investigative journalism*.



By the time Bly suggested her around-the-world trip, she had her editors' full support. Bly's proposition was so intriguing that a rival newspaper, the *New York Cosmopolitan*, sponsored a competing voyage for a female journalist of their own, Elizabeth Bisland. Bly did not get word of Bisland's competing trip until she reached Hong Kong, and she promptly dismissed the challenge as a publicity stunt. Readers, however, were fascinated. Bly sent dispatches detailing her travels, which were printed in the paper. Readers participated in a paper-sponsored contest to guess the date of her arrival. Bly's arrival home 72 days, six hours, and 11 minutes later established a new world record and bested her rival Bisland by over four days.

## Tomb of the Boy King



British archaeologist Howard Carter spent two years exploring and excavating a tomb in Egypt's famed Valley of the Kings before making the find of a lifetime. On January 3, 1924, he discovered a solid gold coffin containing the mummified remains of the boy-

king, Tutankhamen.

King Tut was just nine years old when he began his rule. He died at 19. Following tradition, Tut was mummified and buried with myriad treasures. The tomb was sealed, and the desert sands swallowed its entrance, hiding the tomb for over 3,000 years.

When Carter first arrived in Egypt in 1891, many of the tombs of Egypt's greatest pharaohs had been discovered. But the tomb of one little-known pharaoh, the boy-king Tutankhamen, was unaccounted for. Carter spent 30 years searching Egypt's shifting sands. Carter intensified his search for King Tut's tomb after the end of World War I with financing from one of the world's wealthiest collectors of antiquities. In November 1922, Carter's water boy stumbled across some ancient steps hidden in the sands. Carter knew that he had stumbled on a find of great importance.

Carter opened the tomb and was amazed to find that its contents had not been looted. According to Carter's diary, "Details of the room within slowly emerged from the mist, strange animals, statues, gold—everywhere the glint of gold." It took nearly two years for Carter and his team to reach the Pharaoh's burial chamber. It was filled with golden shrines, jewel-studded chests, and Tutankhamen's sarcophagus. He raised the lid to reveal a coffin of pure gold. Carter's discovery ignited a worldwide fascination with Egyptology and turned him into a celebrity. Meanwhile, his wealthy financier had been bitten by a mosquito and soon died of an infection. Journalists attributed his death to the "Mummy's Curse."