

# COPPERFIELD HILL CHATTER

JANUARY 2018

## A Note from the Executive Director

Dear Residents and Friends of Copperfield Hill,

*"Be at war with your vices, at peace with your neighbors, and let every new year find you a better man." ~Benjamin Franklin*

Happy New Year to all. 2017 was a very busy year and I am sure we will be just as busy in 2018. Thank you for making Copperfield Hill your home and place to work. I am grateful for each and every member of our community. You make Copperfield a special place. So as we ring in the new year, here are a few ideas to make 2018 even a more interesting and fulfilling time. Take a look at the list below, I am going to try and scratch off a few of these before the end of the year. Take your pick, I hope you will join the challenge!

- Break a bad habit
- Learn a new skill
- Do a good deed
- Visit a new place
- Read a book that you have put off for the last year
- Each month, write a letter to a relative or friend
- Try a new food
- Do something outside your comfort zone
- Volunteer

Wishing you and yours a very Happy New Year,

Todd Klein

Executive Director



## Manor Office Hours:

Mon - Fri 9:00am-6:00pm

Sat – 10:00am-4:00pm

Sun - Noon - 4:00pm

## Location:

4200 40th Ave North

Robbinsdale, MN 55422

763-277-1001

## Lodge Office Hours:

Mon– Fri 9:00am-5:30pm

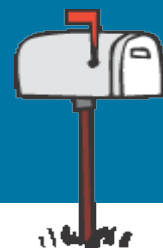
Sat—Sun: 10:00am– 4:00pm

## Location:

4020 Lakeland Ave North

Robbinsdale, MN 55422

763-277-1001



## JOIN OUR MAILING LIST!

If you would like to join our mail or e-mail list, please e-mail your request to [sschmidt@copperfieldhill.com](mailto:sschmidt@copperfieldhill.com). If you have questions about becoming a resident of Copperfield Hill, feel free to contact us at (763) 277-1001 or visit us on the web at [www.copperfieldhill.com](http://www.copperfieldhill.com)

## Contacts:

### Executive Director

Todd Klein

### Director, Building Services

Wes McCarty

### Marketing

Sherry Schmidt

Charlotte Hoes

Jessica Boden

### Director, Dietary Services

Brian Kesanen

### Nursing

Olivia Caspers, RN

Lindsey Scribner, RN

Grace Diego, RN

Abena Cornormia, RN

LaDonna Bateman, LPN

Sandra Williams, LPN

Amy Broszko, LPN

### Director, Recreation & Wellness

Beth Sutton

### Activity Directors

Brenda Warner

Jennifer Marcuson

### Pastor

Jan Hartsook

### Building Assistant Manager

Mary Ngeru

Marci Franz

## Event Highlights for January

### Manor

January 3rd at 2:00 pm	Australian Trivia
January 4th at 1:00 pm	Walking Group
January 8th at 2:00 pm	Arts & Crafts
January 10th at 2:00 pm	Birthday Party w/ Ross McLeod
January 17th at 2:30 pm	Happy Hour
January 31st at 2:00 pm	Visiting Youth Piano Concert

### Lodge\*

January 8th at 12:30 pm	Walmart
January 10th at 12:30 pm	Movie at Willow Creek
January 22nd at 2:00 pm	Birthday Party

\*Tuesdays and Thursdays at 2:00 pm Exercise Class

## **A Note from Pastor Jan**

We will assemble Newborn Kits on January 30th at 3:00 pm in the Manor Dining Room. All are welcome.

## **Memory Care Moments**

December was a magical month. We all enjoyed the many family and friends who stopped by to visit. We also enjoyed the Christmas celebrations held in the Lodge and the Manor. Lyndon Peterson along with his wife Anita entertained the Lodge residents and families. Below are some of the photos taken at the parties.



## Notes from Nursing

It's that time of year again, flu season. Here are a few reminders from **cvs.com**, of how to take care of yourself to avoid getting the flu.



### First and foremost, get your flu shot~

The flu shot is the best way to protect yourself and your family from the flu and its complications. Though there is still a small chance you can catch the flu even if you get vaccinated, getting the flu shot will greatly reduce your risk. It is especially important that seniors, infants and others with weakened immune systems get vaccinated

### Support your immunity by fueling your body for optimum strength~

Support your body's immune system with simple but effective habits. Eat a well-balanced diet and talk to your doctor or pharmacist about vitamins that may help support your wellness. Be sure to drink 6-8 glasses of water each day and consider cutting back your caffeine intake. Make time in your schedule for exercise and 7-8 hours of sleep every night.

### Wash your hands and don't touch your face~

Your hands can carry germs to your eyes, nose and mouth. Break the habit of touching your face, and wash your hands frequently. When you wash, wet hands thoroughly, work up a lather and scrub for at least 20 seconds. Rinse well and air dry or blot with a clean towel. Alcohol-based sanitizer is not as effective as handwashing but it's a great alternative.

### Cover your cough~

Coughing and sneezing into the air makes germs and viruses airborne, where they can easily spread to surfaces and other people. Help reduce the spread of germs by coughing or sneezing into a tissue or your elbow. If work, travel or other activities bring you into contact with many people, consider using a product during flu season that helps boost your immunity to airborne viruses.

### Disinfect surfaces~

Use a product that kills household germs and be sure to thoroughly wipe down handles, faucets and all surfaces that you touch often — don't forget your workspace and car! If you use public transportation, be sure to wash your hands as soon as you get to your destination.

### Think you might be sick~

Don't "wait and see" — get help right away. Early flu treatment (within 72 hours of exposure to the virus) has been proven to reduce the length and severity of illness. If you think you might have the flu, or have been exposed to someone with the flu, see a health care professional right away.



## A Note from Chef Brian

Just a reminder that we started serving dinner in the Copper Stein Tavern on Friday evenings. Dinner is served at 5:00 pm and is by **reservation only**. We offer a three course menu which includes a complimentary glass of wine or beer with your meal.

Cost for the evening is \$12.00. For those on the daily meal plan, there will be an additional charge. Please sign up in the main office.



## Welcome Neighbors!

Terry L.

Bill V.

Jackie B.

Janet C.

Claudette S.

### Resident Referral Gift

Welcome to many new residents. Thanks to all of you who have recently made referrals. Remember, there is a \$500 referral gift for those referring to the Manor and a gift card for those referring to the Lodge.





## **Happenings from the Recreation and Wellness Department**

Wow, where did December go? I guess time flies when you are having fun. Residents were very busy in the month of December. The Manor and Lodge Resident Christmas Parties were a huge success thanks to all the teamwork from the various departments that participated. December 16th Santa arrived at Copperfield Hill and Residents had their pictures taken with our Old St. Nick. We delivered gifts to the Residents on the Tuesday and Thursday before Christmas, thanks to a generous local elf who dropped off gifts for our community.

There will be some exciting new programs for 2018. We will be having 12 months of traveling around the world. Each month will have a different country to visit and we will have programs supporting that country. For example, January we will explore Australia. So, we will go to lunch at Outback Steakhouse which is inspired by Australian barbeque. Brian will also have an Australian meal planned. There will be Australian based trivia and we will be getting Australian movies for the Movie Nights and Movie Matinees. It should be a fun great way to experience some different cultures without leaving the comfort of our own home.



Maggie will be here for a week while Beth is gone on vacation. She will assist with Happy Hour and other various activities planned for the week of January 15<sup>th</sup>. I hope everyone had a wonderful Christmas and New Year's. Dress warmly as we welcome the year 2018. ~*Beth Sutton*



## Candid photos from the Manor Christmas Party

# AUSTRALIA\*

Australia is a country and continent surrounded by the Indian and Pacific oceans. Its major cities – Sydney, Brisbane, Melbourne, Perth, Adelaide – are coastal. Its capital, Canberra, is inland. The country is known for its Sydney Opera House, the Great Barrier Reef, a vast interior desert wilderness called the Outback, and unique animal species like kangaroos, duck-billed platypuses and koala bears.

There are 3 countries that divide the continent of Australia: Australia, New Zealand and Papua New Guinea. Despite being a massive continent, 90% of Australia's population live on the coast due to the majority of the interior being a vast desert. Australia's Aboriginal people are estimated to have lived there for roughly 50,000 years, yet they only make up 15% of the total population.

Early colonization of Australia by Great Britain brought many “petty crooks” to be tradesmen and builders for the new colony. Many were pardoned immediately upon landing. They built the outpost for Great Britain and stayed there for generations.

Historically part of the British Empire and now a member of the Commonwealth, Australia is a prosperous independent country. However remote Australia seems, it is a culturally diverse land. Tourism contributes a major amount to the annual GNP. Thus, many people have experienced Australia's beaches, reefs, outback stations and cosmopolitan cities. It has always been an important farming and industrial country. Beef, sheep, wool, wheat, copper, gold, zinc, uranium, silver and bauxite top the list of exports. Australia's proximity to huge potential markets in Asia provide continued growth potential for the economy. Australia may have been quite isolated at the beginning of the 20th century, but now is a major contributor of economic, political and social diversity in the world today.

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SYDNEY HARBOUR BRIDGE  
GREAT BARRIER REEF  
SYDNEY  
MOUNT KOSCIUSZKO  
PAVLOVA  
PERTH

PLATYPUS  
MELBOURNE  
FOOTBALL  
BONDI BEACH  
PACIFIC OCEAN  
KANGAROO

GOLD COAST  
SYDNEY OPERA HOUSE  
ADELAIDE  
CANBERRA  
BRISBANE  
LAMINGTON

INDIAN OCEAN  
OUTBACK  
TASMANIA  
VEGETITE  
EUCALYPTUS TREES  
KOALA



### Caregiver Support Group

Please join us, Monday, January 22nd at 6:00 pm in the Manor Community Room. This group is an open, yet confidential, gathering where caregivers can share their experiences caring for loved ones. It is intended to provide information and a welcoming environment for discussing the challenges of being a caregiver. The evening will also include time for open discussion and refreshments.



### Leisure Age—The New Experience

A fresh start to an old favorite. Copperfield Hill and Robbinsdale United Church of Christ invite you to attend a new version of Leisure Age. Here are the details:



Date: Thursday, January 18th , 2018

Time: 11:00am to 1:30 pm

Location: Robbinsdale United Church of Christ, 4200 Lake Rd. Robbinsdale, MN 55422

Activities include: Light Lunch, Cards / Games & Musical Entertainment from Mary Hall



Event cost: \$8.00

Questions and R.S.V.P. contact: Charlotte Hoes at 763-277-1001 or [choes@copperfieldhill.com](mailto:choes@copperfieldhill.com)



4200 40th Avenue North  
Robbinsdale, MN 55422