

THE CHATTER

A Copperfield Hill Newsletter

JULY 2019

50th Anniversary of the Apollo 11 Moon Landing and Walk*

On July 20, 1969, the first steps, by humans on the moon, were taken by Neil Armstrong and Buzz Aldrin. Apollo 11 was the first manned mission to land on the Moon.

The Apollo 11 mission took place eight years after President John F. Kennedy announced his intentions to have the goal of a crewed lunar landing and return to Earth met by the end of the 1960's.

There were many more objectives than just landing on the moon. Goals for this successful mission included: scientific exploration, television signal transmission, solar/wind/seismic experiments and obtaining surface materials for future study on Earth. Apollo 11 launched from Cape Kennedy on July 16, 1969 carrying Commander Neil Armstrong, Command Module Pilot Michael Collins and Lunar Module Pilot Buzz Aldrin.

An estimated 650 million people watched Armstrong's televised image and heard his voice describe the event as he took "...one small step for man, one giant leap for mankind" on that historic July day. Armstrong and Aldrin spent 21 hours and 36 minutes on the moon's surface. Re-entry took place on July 24th and Apollo 11 splashed down in the Pacific Ocean.

*Find out more at NASA.gov



July 11-14, 2019

- July 11 Citizens Bank Ice Cream Social 4-6 pm
- July 12 West Broadway Sidewalk Sale 11am-4pm
- July 13 7th Annual Car Show 10am-4pm US Bank
- July 13 Robbinsdale City Band Concert 6:30-8:30pm Hollingsworth Park
- July 14 Whiz Bang Parade 3-5pm

"Houston, Tranquility Base here. The Eagle has landed." Neil Armstrong

"The guys who walk on Mars are going to be historic." Buzz Aldrin



ASK THE EXPERT //



**Jeff Niemann, Director of
Maintenance Services**

Our Maintenance Services Team at Copperfield Hill wears many hats. From fixing drains to maintaining our fire alarm systems, our building maintenance staff continually provides services for our residents and staff. Maintaining a large campus like Copperfield Hill takes a team of individuals who are well versed in many areas of building maintenance. On any given day the team: moves furniture, repairs plumbing, cleans our common areas and tends to the numerous systems that support our safety and comfort.

This month, our Director of Maintenance Services, Jeff Neimann, will be conducting sessions for Emergency Preparedness. Topics will include: fire safety, severe weather, building evacuation, flood and loss of power.

These are all highly important topics that staff and residents need to be aware of. It is in your best interest that you attend the information session.

“One flag, one land, one heart, one hand, one nation forevermore!” Oliver Wendell Holmes

Pastoral Care at Copperfield

We are very fortunate to have a wonderful Pastor here at Copperfield Hill. For the past four years, Pastor Jan has created a number of pastoral care activities, as well as outreach and ministry groups.

As a reminder, or for those who are not familiar, here are some of the opportunities for residents to connect with her: Reminiscing Group, Bible Study, Grief Support Group, Worship Services, Hymn Sing, Sunday Morning Worship Service, Personal Visits, Visits with Residents at Hospitals and TCU. She also sponsors the “Pastor/Resident” Brunch and gathers groups to assemble Birthday Bags for NEAR Food Shelf and Back Packs for local schools.

Also, there are visits monthly from Sacred Heart Church for Communion and Rosary. Olivet United also holds Bible Study here. Please consult the activities calendar for details.

Summer Recipe from Carla

Pulled Pork With BBQ Sauce

1 – Pork Shoulder Roast (Pork butt)

Preheat oven to 300

¼ C Brown Sugar

1 Tbl Chili Powder

1 Tbl Paprika

2 tsp Garlic Powder

2 tsp Kosher Salt

1 tsp Cayenne Pepper

4 onions cut into halves

BBQ Sauce: I use Sweet Baby Rays and add ½ cup brown sugar and ½ cup orange juice.

Stir together all dry ingredients. Rub mixture all over pork shoulder. If possible, rub on the night before and wrap with plastic to marinate.

Place pork in a large pot on a bed of onion halves. Roast until fork tender and falling apart, about 7 hours. Remove pork from pot and set on a cutting board. Slice some of the onions.

Place pot on stove over medium heat, add ½ cup of hot water. Scrape pan and simmer 5 minutes to reduce. Pour in BBQ sauce, stir to heat. Shred meat with forks, add onions and add BBQ sauce. ENJOY!

BUILDING SERVICES

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Due to the size of the Manor Building, the sessions on Emergency Preparedness will be presented to residents by the floor number of their apartment. The residents from that floor are encouraged to attend the session that is assigned to them.

All sessions will be held in the Manor Dining Room on July 15th. Please note the time listed below for your specific floor:

10:30 am session	4th and 5th floor residents
11:00 am session	3rd floor residents
12:30 pm session	1st and 2nd floor residents

Emergency Preparedness will also be presented at The Lodge. This session will take place on July 16th at 11:15 am in the Lodge Dining Room.

Thank you in advance for your participation. If you have any questions, please feel free to contact the front office.

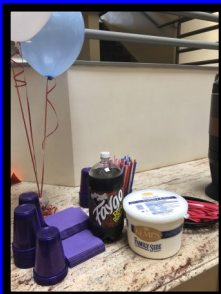
CALENDARS

View the monthly activity calendar to participate in a variety of activities throughout Copperfield.

Arts and Crafts—Funny Father's Day Ties!



Copperfield PHOTOS



Celebrations in June: birthday party for a wonderful friend and co-worker, Betty (she works in the business office, but helps all of us!) Summer celebrations: a beautiful day out on White Bear Lake, the 5th pinning ceremony for our Caring Companions, Root Beer Floats on the Summer Solstice to raise money for the Alzheimer's Association. Thanks to all who made these events happen! More in July!

Bastille Day—A Moment in History*

In brief, Bastille Day is a holiday celebrating the storming of the Bastille in Paris - a military fortress and prison, on July 14, 1789. This violent uprising helped usher in the French Revolution. The Bastille symbolized the tyranny of the French monarchy, especially King Louis XVI and queen, Marie Antoinette. The French were rebelling against the King and the deteriorating social and economic conditions that plagued the nation. This paved the way for a more egalitarian approach to leading France. *History.com

July is Juvenile Arthritis Month*

While we often associate arthritis with older adults, Juvenile Idiopathic Arthritis (JIA) is a major health consideration. An estimated 3,000,000 children in the U.S. have some form of arthritis. While the exact cause of JIA is not known, researchers believe that it is an autoimmune disease. With an autoimmune disease, the body does not differentiate between harmful cells and healthy cells. Problems arise when the body attacks the healthy cells. The body reacts by secreting substances that actually attack the body. As with adult arthritis, chronic pain can often cause discomfort and limited mobility. JIA can be diagnosed by a doctor after a detailed health history and physical exam. Blood tests to find out if certain proteins and antibodies are present are also used. As in adults, the reduction of inflammation in the joints and tissues delivers relief from pain and helps individuals cope with symptoms. Exercising, and a healthful diet are also important lifestyle remedies that help keep symptoms under control. JIA is a long term condition, but often goes into remission. As in older adults, flare ups can occur. *Healthline.com

A VISIT TO THE ARBORETUM

April showers brought May flowers. What better place to find flowers than the Minnesota Landscape Arboretum. Recently, a group from Copperfield Hill took the afternoon to investigate the grounds.



EVENTS

July 4	Independence Day
July 7	Natl Strawberry Sundae Day
July 14	Bastille Day
July 17	National Hot Dog Day
July 20	National Moon Day
July 28	National Parents' Day
July 30	International Friendship Day

Copperfield Hill

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copperfieldhill.com

Whiz Bang Days Annual Flower Show

Diggers 54th Flower Show

"I Love A Mystery"



Friday, July 12th, 2pm-7pm

Saturday, July 13th, 9am-3pm

Located in Manor for ALL