

THE CHATTER

A Copperfield Hill Newsletter

September 2019

Labor Day 2019 celebrates 125 years

Labor Day, a creation of the labor movement, is dedicated to the social and economic achievements of the American worker. It is a tribute to what workers have done to add to the prosperity and well-being of our country.

The first recognition by the government started in 1885 and 1886. From these seeds, a movement developed for legislation to recognize the holiday. By 1894 many states had created Labor Day legislation and on June 28, 1894, Congress passed an act making the first Monday of September of each year a legal holiday in all states, territories and the District of Columbia.

There is still some doubt as to who actually first proposed the holiday for workers. Some say it is Peter J. McGuire, who was General Secretary of the Brotherhood of Carpenters and Joiners and also the co-founder of The American Federation of Labor. However, others believe that machinist, Matthew Maguire first proposed the holiday. Maguire was Secretary of the Association of Machinists in Paterson, NJ, when he proposed the holiday in 1882. At that time he was Secretary of the Central Labor Union of NY. What we do know, is that the Central Labor Union adopted Labor Day as a proposal and organized a committee to plan a labor march and picnic. The first Labor Day was celebrated on Tuesday, September 5, 1882.

From there, many more states adopted the holiday and it was signed into law by President Grover Cleveland on June 28, 1894. A nationwide holiday today, many celebrate with picnics, parades and speeches.



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Labor Day Facts

The first celebrated US Labor Day was Tuesday, September 5, 1882 in New York City

Oregon was the first state to celebrate Labor Day as a legal state holiday in 1887

Americans worked a 12 hour day seven days a week during the 19th century

“No white after Labor Day” refers to the return of the upper class from summer vacation

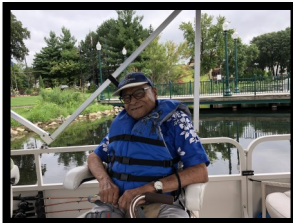
Labor Day is the unofficial end of hot dog season according to the National Hot Dog and Sausage Council

The Adamson Act of 1916 established an eight hour work day

There is still a Labor Day Parade in New York City, it takes place throughout the 20 blocks north of the 1882 labor march

“A hundred times every day, I remind myself that my inner and outer life depend on the labors of other men, living and dead, and that I must exert myself in order to give in the same measure as I have received and am still receiving.”

Albert Einstein



White Bear Lake



Happy Hour



National Healthy Aging Month

September is National Healthy Aging Month.

At any age, we want to be healthy. There are many aspects to growing older. We all do it, so why not grow older well? Whether it be physical, mental, social or financial well-being, there are incremental ways to aid along the path of aging.

Don't wait for a New Year's resolution, use September as the motivation to look at where you are and where you would like to be. It is never too late to change small behaviors and habits. Taking control of your health is a great way to start. Keep the positive aspects in mind and try and let go of the negative aging myths.

Adopting healthy habits and behaviors, staying involved in your community, being proactive and using preventive services to manage health conditions and understanding your medication can all contribute to better health.

"September days are here, with Summer's best of weather and Autumn's best of cheer." Helen Hunt Jackson

Friend & Family Referral Gift

Join the gang! Do you know someone who is interested in moving? Are they ready to give up shoveling snow and maintenance for stress free living?

Copperfield Hill offers a referral gift for anyone who refers a friend or family member who moves into the Manor or the Lodge.

Fall is a busy time to move, before winter sets in. Please see Sherry Price in the Marketing Department if you have any questions. It is always a pleasure and honor to welcome family and friends to Copperfield!



Robbinsdale "Meet & Greet"

The Robbinsdale "Meet and Greet" is an annual event held on West Broadway in downtown Robbinsdale. The Robbinsdale Chamber of Commerce organizes this event so



that businesses can promote what they do but also thank the residents of Robbinsdale for their business. This event is open and free to the public. It enhances the small "hometown" atmosphere of Robbinsdale. Stop by our booth and say hello!

Robbinsdale Meet and Greet

Monday, September 9th, 5:30-7:30 pm

West Broadway, between 41st & 42nd

National Healthy Aging Month

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Here are a few tips to consider this September.

- Be positive in your actions and your conversations, every day. Catch yourself when being negative, change the conversation.
- Surround yourself with positive people and activities.
- Keep moving! Do chair yoga. Stand up as tall as you are able. Walk for enjoyment.
- Don't become isolated. Get out and join a card game, discussion group, an excursion out or an evening movie.
- Curb those bad habits. Whether it's smoking, eating too much or not moving enough, make incremental changes for a positive result.
- Make sure you get routine check-ups with your health professional. Changes in medication, eye glasses or physical therapy can add to your overall wellbeing.
- Engage your mind by having a conversation with a friend, reading, listening to music or a lecture. These are all ways to keep your mind active.

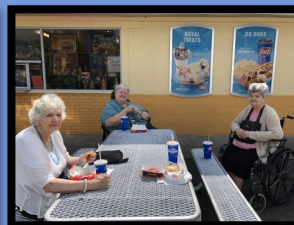
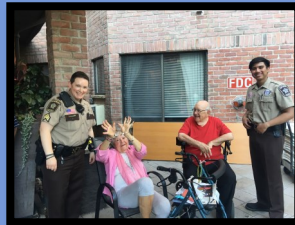
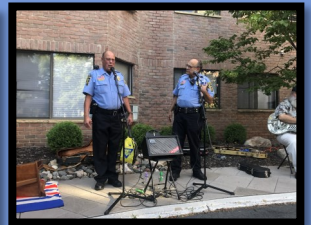
CALENDARS

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

"Ask the Nurse" will be held on Friday, September 27th at 10am in the Manor Dining Room. Come get your blood pressure checked and bring health related questions for our Copperfield nursing team.



Copperfield PHOTOS



Healthy aging is in full swing at Copperfield Hill! Summer includes a trip to the Como Zoo. National Night Out brought friends together for music, ice cream and visits from the local Police and Sheriff! A group ventured out for a summer lunch at the local Dairy Queen. Jim Berner engaged the crowd with a sing along at the Lodge. There is always something happening at Copperfield!

Copperfield Hill Salon

The Copperfield Hill Salon is located on the first floor of the Manor. Services include: shampoo, cut, style, color and perm. Hours of operation are Monday and Friday 8am to 5pm. Appointments are encouraged but walk ins are welcome. Call 763-238-9484 for details and to make an appointment.



National Assisted Living Week

September 8-14, 2019 marks National Assisted Living Week across the United States. Established in 1995, this week provides a unique opportunity for residents, their loved ones, staff, volunteers and the surrounding communities to recognize the role of assisted living in caring for America's seniors and individuals living with disabilities. The annual observance encourages assisted living communities around the country to offer a variety of events and activities to celebrate the individuals they serve, and educate members of the public about this distinctive aspect of individualized care.

This year, the theme is "A Spark of Creativity". This theme hopes to inspire individuals to tap into their creative side. Art and music are just a couple of ways to express creativity. It is all about increasing the quality of life for everyone: residents, care givers, family and friends.



Copperfield Hill's Angel Tree

The Angel Tree Ceremony will be held on October 3rd at 6pm on the Manor Front Lawn. This is an opportunity for us to honor all those at Copperfield Hill who have passed away during the year. Pastor Jan will be officiating and all are welcome to attend. Refreshments will follow the ceremony. The "Angel Tree" is planted in the Manor front lawn garden. Please feel free to join family and friends in remembrance.



EVENTS

Sept 2	Labor Day
Sept 8	Grandparent's Day
Sept 15	Make a Hat Day
Sept 17	Constitution Day
Sept 21	International Peace Day
Sept 28	National Public Lands Day
Sept 29	Rosh Hashanah begins

Copperfield Hill

4200 40th Avenue North

Robbinsdale, MN 55422

Phone // 763.277.1001

copperfieldhill.com

COPPERFIELD HILL HARVEST FEST

Join us for the Harvest Fest
Saturday, Sept. 28, 11-2pm

There will be a petting zoo,
games, food, music and fun

Manor Front Lawn

