

THE CHATTER

A Copperfield Hill Newsletter

November 2019

Power of Attorney and Health Care Directive

Power of Attorney and Health Care Directive—What are they and why do we need them? Have you ever wondered how a family can sign documents and make financial and medical decisions for someone that is unable to make decisions for themselves? Who decides when someone is no longer able (or desires) to manage finances, drive or make decisions about where they want to live? How is a parent able to find out the medical well being of a child that is over 18? All of these questions pertain to Power of Attorney and Health Care Directive.

Copperfield will host Mary Frances Price of Long/Reher/Hanson/Price to explain and address questions about these two legal instruments.

Thursday, November 21, 2019

1:30PM—2:30 PM

Copperfield Hill Manor Community Room

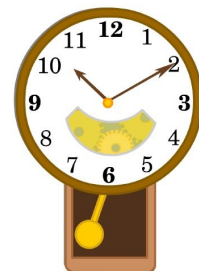
Attorney, Mary Frances Price has fifteen years of experience practicing law. She focuses her practice on serving individuals and families establishing estate plans, revising existing plans and dealing with legal, medical and financial impacts of aging.

RSVP with the concierge in the Manor or the Lodge.



**A Reminder:
Daylight Savings
Time Ends on
November 3rd.**

Sunday, November 3rd, 2019 is the end of Daylight Savings Time in Minnesota. We “fall back” and return to Standard time. Most individuals set their clocks back one hour before they retire on Saturday night. It will be lighter when you get up as you will “gain” an hour. However, that means it will get darker an hour earlier.



November is National Alzheimer's Disease Awareness Month

Pastor Resident Brunch



President Ronald Reagan designated the month of November as Alzheimer's Awareness Month in 1983. At that time, less than two million people suffered with the disease. Today, that number is now closer to five million.

Alzheimer's disease is one type of dementia, which is characterized by a decline in memory, language, problem solving and other thinking skills that affect a person's ability to perform everyday tasks and activities. It is the most common type of dementia.

Is there a cure? Currently there are no drugs or treatments to cure Alzheimer's disease.

"A fallen leaf is nothing more than a summer's wave goodbye." *Unknown*

Leisure Age—A Reminder

Looking for a fun way to spend the afternoon? Copperfield Hill and Robbinsdale/Parkway United Church of Christ host a joint program called Leisure Age. The program is a local community event and takes place at RPUCC.

Date: Second Thursday of the month

Time: 11:00 am—1:30 pm

Place: Robbinsdale/Parkway UCC

Activities include: Lunch, Cards/Games and Entertainment.

Cost: \$5

Sign up with the Concierge in the Manor or Lodge. The Copperfield van provides transportation. All are welcome!

Facebook

While you may or may not use social media, Facebook has been a consistent way to view what is going on at Copperfield Hill. Please take a moment to "Like Us". Here's how to find Copperfield Hill on Facebook:



1. Login or Create a Facebook account.
2. Locate Search bar at the top of your screen.
3. Search Copperfield Hill Customized Senior Living.
4. Click the "Like" button.
5. Click the "Following" tab, a drop down menu will appear. Select "See First".

Alzheimer's Disease Awareness, cont.

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However, there are some treatments that can slow down the progression. Research is constantly being done for new options with the goal of a cure.

Alzheimer's disease symptoms can vary, but often include: memory loss, trouble solving problems, confusion about space and time, misplacing things, inability to retrace one's movements and mood/personality changes.

There are ways to help people coping with the early stages of the disease. Help them keep a common daily routine, keep things simple and don't have too many activities going on at once. Overstimulation can cause confusion and anxiety. Be reassuring and don't try to change behaviors by reasoning.

*For more information visit: alz.org, mayoclinic.org and alzinfo.org.

CALENDARS

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

"Ask the Nurse" will be held on



Friday, November 22nd at 10am in the Manor Dining Room. Come get your blood pressure checked and bring health related questions.

Copperfield PHOTOS



Entertainment, craft time and a lunch outing with Lodge residents. Caring Companions visit our memory care community to work on Halloween ghosts. Pumpkin carving, a visit from Buddy the therapy dog and completing "New Born" kits with Pastor Jan for local charities.

A portrait of a woman with short, grey hair pulled back. She is wearing glasses and has a large red flower in her hair on the right side. She is smiling and wearing a dark blue top. The photo is framed by a thick black border.

A portrait of a smiling woman with blonde hair styled in a bun, wearing a brown jacket. She is outdoors, with a blurred background of trees and a body of water.

Guy Fawkes—Some History



2020 RESIDENT COUNCIL

EVENTS

- | | |
|--------|----------------------------|
| Nov 3 | Daylight Savings Time Ends |
| Nov 5 | Guy Fawkes Day |
| Nov 11 | Veterans Day |
| Nov 13 | World Kindness Day |
| Nov 15 | National Philanthropy Day |
| Nov 21 | Great American Smoke Out® |
| Nov 28 | Thanksgiving Day |

Copperfield Hill

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COPPERFIELD HILL



 Donations are being taken for the NEAR Food Shelf food and toy drive. Collection bins are in the Manor front office. Donations will be collected through December 7th.

