

# THE CHATTER

## A Copperfield Hill Newsletter

January 2020

We hope that you, your friends and family enjoyed the “*Festival of Trees*” event that took place on December 10th. Throughout our community there were over 15 decorated Christmas trees for viewing. Each tree had a different “theme”. We had every thing from “Frosty the Snowman” to a tree that was made entirely of poinsettia plants. On the 10th we had many join us, not only from our community, but the surrounding area of Robbinsdale, for music, cookies, cocoa and tree viewing. Our visitors voted on their favorite tree that had been decorated by residents in the Manor. The winners are listed on page 2. We hope you were able to view the creations. If not, you still have time. The trees will be up for the first few days of January. We wish you a healthy and happy New Year!



It's a new year and a new decade! 2020 has been declared by the United Nations as the International Year of Plant Health. The UN will continue to recognize and promote healthy ecosystems as key to sustainable development.

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“There are far, far better things ahead than any we leave behind.”

C.S. Lewis



# January and the Winter Blues

The Men's Group recently met for breakfast and visited the US Bank Stadium downtown.



It's that time of year again. Much shorter days, less natural sunlight and our coldest months (January and February) just around the corner. With this in mind, many people may be finding themselves feeling more isolated and even a bit blue. It's not just the length of day, there is a direct relationship to the holidays and the amount of activity that tends to fall off after the festivities are over. What is it about this time of year that can have us feeling a bit off our game? What can we do about it?

Seasonal Affective Disorder or SAD is what we commonly refer to as the winter blues. It is a clinical diagnosis according to the National Institute of Health. It occurs more commonly in the northern part of the country than in the south. Shorter days and less sunlight can cause the internal clock or circadian rhythm for someone to change. For many, the change can cause shifts in their melatonin levels, causing mood disruption. *continued on page 3*

"Yesterday is not ours to recover, but tomorrow is ours to win or lose." Lyndon B. Johnson

## And the Winner is.....



Clockwise: My Blue Heaven, Santa Claus, The North Pole and Snowflake



## ... "My Blue Heaven"

And the Winner is...! Thanks to all of those who participated in the Tree trimming contest during our Festival of Trees event. We had a fun morning of team tree decorating. On December 10th individuals then voted on their favorite themed tree.

The winning tree was "My Blue Heaven" which was put together by residents on the first and second floors of the Manor. Followed by "Santa Claus" by fifth floor residents, "North Pole" by third floor residents and "Snowflake" by residents on the fourth floor. A great time was had by all during the decorating. So, if you have not seen them, the trees will be up for the first few days in January. They are located in the Billiards Room on the 3rd floor.

# Beating the Winter Blues

*continued from page 2*

To offset the lack of natural light, light therapy can help. The use of light therapy lamps is common to replace the missing daylight hours with artificial light.

Talking about how you feel with family, friends and health professionals can also help offset the winter blues. Feeling “down” is not uncommon and talking about those feelings can help. Trained professionals can help their patients recognize the negative behaviors and also help identify activities and behaviors that can help turn to a more positive outlook. Finding things that fill you with joy and a feeling of accomplishment can help tremendously. Below are ideas to help with SAD.

- Do something you enjoy. Whether reading, listening to music, playing cards or going to a movie. All are great ways to spend time, if it is an activity you enjoy.
- Weather permitting, make sure when the sun is out, get out in it!
- Spend time with people you enjoy. Family and friends help support one another.
- Eat a balanced and nutritious diet. Stay away from sugar and carbohydrates.
- Don't expect change overnight. Your mood will change gradually with self-care and attention to what makes you feel better.

Learn more at: [NIH.gov](http://NIH.gov), [clevelandclinic.org](http://clevelandclinic.org) and [mayoclinic.org](http://mayoclinic.org)

## CALENDARS

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

“Ask the Nurse” will be held on



Friday, January 31st at 10am in the Manor Dining Room. Come get your blood pressure checked and bring health related questions.

## Copperfield PHOTOS



## Christmas 2019



## Martin Luther King, Jr.

Each January the United States celebrates the life and legacy of Martin Luther King, Jr. He dedicated his life to secure progress for civil rights. He was a leader and advocate for civil rights, and one of the most influential of his time. The Civil Rights Act of 1968 was passed a short time after his assassination. The federal holiday that is celebrated in his honor is observed on the third Monday of January.

You can learn more at: [history.com](http://history.com), [biography.com](http://biography.com) and [cnn.com](http://cnn.com).

## Christmas in the Lodge 2019



It was a fun evening at the Lodge as everyone celebrated Christmas.



The United Nations (UN) designates specific years to mark particular events and topics to bring a greater awareness to a subject or organization. In 2020, the UN has designated the International Year of Plant Health.



The American Phytopathological Society (APS) states the overall objective is to raise awareness of the importance of, and the impacts of plant health in regards to global issues, such as hunger, poverty, threats to environment and economic development. Healthy plants are vital to the overall health of an environment and biodiversity. It is also key to sustaining a global food supply.

More information at: [UN.org](http://UN.org) and [apsnet.org](http://apsnet.org)

## EVENTS

- Jan 1 New Year's Day
- Jan 9 Nat'l Law Enforcement Appreciation Day
- Jan 15 National Hat Day
- Jan 19 National Popcorn Day
- Jan 20 Martin Luther King, Jr. Day
- Jan 29 Puzzle Day

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## Our Nursing Team

Wishing all a healthy and  
Happy New Year!

