

THE CHATTER

A Copperfield Hill Newsletter

MARCH 2020

DAYLIGHT SAVINGS TIME BEGINS

Longer days are here! It is time to “Spring Ahead”. Daylight Savings Time begins on Sunday, March 8th. Don’t forget to set your clocks ahead one hour before you go to bed on Saturday, March 7th. On average, in March, we see between 11 and 12 hours of daylight. To help adjust with the change here are some helpful tips.

1. Don't change your schedule. Stick to regular waking, eating, sleeping and exercise times.
2. Have a nighttime routine. Prepare your body for sleep by engaging in a few relaxing activities before hitting the hay.
3. Avoid long naps. Keep naps short (between 20-30 minutes) to avoid disrupting your sleep schedule.
4. Get some natural sunlight. Sunlight helps regulate your body's internal clock.

Daylight Saving Time does steal light from the morning, but the sun continues to rise earlier and thus the length of the day increases at its most rapid pace during the next three months.

Source: www.washingtonpost.com



March Fun Facts

Named for the Roman god of war, Mars, March is the third month of the year. It has 31 days and due to the Vernal Equinox, which occurs between the 19th and 21st, is known as the first month of spring in the Northern Hemisphere.



As the saying goes, “Everyone is Irish on St. Patrick’s Day” on March 17th. Many Irish immigrated to the United States in the mid to late 19th century as that country was faced with a terrible food shortage. A catastrophic disease to the indigenous potato crop, or blight, left many without food. Coupled by the strict British import and export policies regarding food, the cost of importing was too high and many found refuge in Canada and the United States. Not only did this group bring with them their traditional culture, such as music and dance, but trade expertise in various areas. These skills helped shape the building and agriculture industries in North America. Learn more at: www.history.com



Olivia Caspers,
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Director of
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Your eye health is an important part of your overall well-being. As we age, our eyesight can change. It is always a good idea to have an annual eye exam.

I have included a helpful “eye health” overview from AARP*. If you have any questions, feel free to ask our staff. Vision services are available at Copperfield.

Minnesota Vision Outreach will be here on Wednesday, April 1st. See nursing for details.

ASK THE EXPERT

*Below is a list of some common eye issues. If you are ever in doubt, seek advice from your eye doctor.

Double Vision: Cover one eye, is the double vision still there? If yes, it might just be dryness. Using artificial tears to lubricate the eye may help.

Floaters and Flashes: With age, a gel like substance in your eye can liquefy and pull away from the retina causing dark moving spots or floaters. Many times this is not dangerous. However, if you see new floaters and flashes of light in your vision, this may be a sign of a retinal tear. You should contact your eye doctor.

Eyes Feel Dry: It might just be too much screen time. Take a break from the screens and use preservative free artificial tears.

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“I say luck is when an opportunity comes along and you’re prepared for it.” Denzel Washington

National Nutrition Month

Many common health problems can be helped by a better diet. All diseases can be prevented by paying attention to the foods we eat and drink.

Common health problems:

- Heart Disease
- Diabetes
- Obesity
- Digestive Issues



March is “National Nutrition Month” and is sponsored by the Academy of Nutrition and Dietetics. Nutrition Month focuses on helping people to make correct food choices as well as developing good eating and exercising habits.

*Learn more at: eatrightpro.org

A Note from Chef Tracy

At any age, it is important to pay attention to what we eat. Our diet contributes to our overall well being.



“Good nutrition is always on the menu,” commented Chef Tracy. “It is always our consideration when we approach menu planning and balancing food choices for meals,” she added. In her kitchen, Tracy and her team make efforts to avoid adding salt and MSG. There is normally fruit and or a vegetable available. You can always start your day with oatmeal. “Finding the right balance or portion size is also important. Too much food is as bad as not enough,” she commented. “Moderation is usually a good rule of thumb.”

Preserving Your Eyesight *

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Blurry Vision: You will need an eye exam to rule out certain problems. It may be that you just need a new eye glass prescription.

Loss of Peripheral Vision: A gradual loss can point to many things and should be followed up by your eye doctor as soon as possible.

Trouble Reading: This is called Presbyopia and occurs when the lens loses its ability to change shape and accommodate for close up vision. This naturally develops after about age 40. "Readers" may help, see your eye doctor. You may be a candidate for contacts.

Dark Spots in the Center of Your Vision: Floaters are spots that move around, if you are seeing a spot in the center of your vision, that is not a floater, it may be Wet Age-related Macular Degeneration. Sometimes abnormal blood vessels grow under the retina and can leak fluid. Wet AMD can be treated if you catch it early. See your eye doctor.

Reduced Night Vision: It could be uncorrected nearsightedness. You might need a new prescription.

**Learn more at aarp.org/eyecenter*

CALENDARS

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

MEET MIA



Our NEW
Lodge Mascot.

Copperfield PHOTOS



Celebrating birthdays is always a joy at Copperfield Hill. It is very special when it is your 100th! It was cold outside but warm and cozy inside while having Happy Hour in the Manor and the Lodge. February days were brightened with parties, lunch outings, games and friends.

Friend & Family Referral Gift

Do you know someone who is interested in moving? Maybe they are ready for maintenance free living? Tired of shoveling snow? Copperfield Hill offers a referral gift for anyone who refers a friend or family member who moves into the Manor or the Lodge.

Please see Sherry Price in the Marketing Department if you have any questions. It is always a pleasure to welcome family and friends to Copperfield Hill.



March 3rd is Super Tuesday*

There is no national primary for the presidential nomination. Super Tuesday is as close as it gets. A third of all delegates for the Democratic National Convention are up for grabs on this day. Super Tuesday is a popular primary day because it is an early indicator of who might get the nomination.

Republicans also can vote in their presidential primaries in most Super Tuesday states. However, focus goes to the Democrats as there is usually no serious challenger in 2020 for the incumbent.

Super Tuesday follows after the first four primary states (Iowa, New Hampshire, Nevada and South Carolina). Much of the political "ball" is already in motion. No one can win the nomination on Super Tuesday alone, but the outcomes often go a long way towards winning the majority of delegates needed. Less than 5% of delegates are allotted before Super Tuesday and after, 38% are allotted. The Democratic field is large, so Super Tuesday could be a reality check for many. Stay tuned.

Learn more at washingtonpost.com.

Join Us for Easter Egg Stuffing!

Wednesday, March 11th

9:00am-11:00am

Manor Community Room

We will be stuffing plastic Easter Eggs with candy for the annual Robbinsdale Chamber of Commerce Eggstravaganza. All are welcome to join in on this collaboration with our local Chamber.



March Calendar

March 2—Peace Corps Day

March 3—Caregiver' Appreciation Day

March 8—Daylight Saving Time Starts

March 11—Johnny Appleseed Day

March 14—Pi Day

March 17—St. Patrick's Day

March 21—World Poetry Day

March 30—Take a Walk in the Park Day

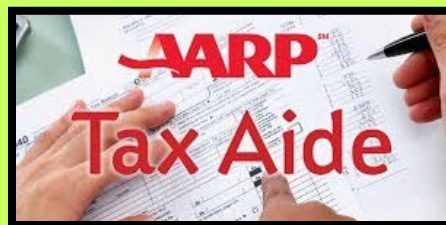
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TAX PREP from AARP*

Volunteers from AARP will be here on Friday, March 27th to assist residents with tax preparation. Times are as follows:

Lodge—9:00am-10:00am

Manor—10:00am-1:00pm

*You MUST sign up in the activity book.