

THE CHATTER

A Copperfield Hill Newsletter

Thank You! Residents express gratitude.

Hi, Todd and Mary.

I want you to know how happy and grateful that I am to be a resident of Copperfield Hill, especially after my recent hospitalization and defibrillator implant at North Memorial.

While I am definitely awaiting my release from quarantine, in order to be able to get back outside and take my daily walks around the campus, I realize the importance of being quarantined. Tomorrow will already be a week since my return. Time is going quickly.

Most important is the kindness of the staff, especially Tanya, in coming twice a day to get my temp and oxygen level, as well as take out my trash and get my mail. These tasks are added to them on top of the tasks which fell to them with covid. I have the greatest respect and appreciation for all that the staff, here does, especially in these times, and now my present quarantine position. I wish that I wasn't adding to their work.

Thank you to both of you and to all of the staff at Copperfield. I am so glad that my wife and I came here to live on May 15, 2018.

You, and all of the staff are in my daily prayers. God Bless!!

~John

"Autumn leaves don't fall, they fly. They take their time and wander on this their only chance to soar."

~ Delia Owens, *Where the Crawdads Sing*

SEPTEMBER

SEPTEMBER 2020



September Trivia Quiz

1. Which goddess did the Ancient Greeks honor in September?
2. September is named for the number 7. True or False
3. What is September's gem?
4. What is September's flower?
5. By what name is the full moon nearest to the autumnal equinox known?
6. What Jewish holiday is known as Rosh Hashanah?
7. The length of time between the March equinox and the September equinox, is the same as the time from the September equinox to the next March equinox. True or False?
8. Which President declared Labor Day to be a legal holiday in the USA?
9. Who wrote "September Song"?
10. What famous and very prolific British mystery writer was born in September?

Notes from Nursing.

Business as usual?

During these uncertain times, daily routines have been drastically changed. However, one thing that has not changed, is our commitment and service for our residents here at Copperfield Hill. We are happy to report that some things are back on schedule. Here are a few things to note:

ASK THE EXPERT //

Podiatry

Podiatry appointments have resumed for residents in both The Manor and The Lodge. Residents in The Lodge must sign up with the nursing department. Residents in The Manor may sign up in the front office with the Concierge. Please contact our nursing staff if you have questions.



Flu Shots

Flu shots will be offered to residents in both The Manor and The Lodge. Sign up will be available with the Concierge. We are encouraging all residents and staff to get a flu shot this fall. Please have your insurance information available.



"It's a long, long while from May to December, the days grow short as you reach September." Irving Berlin

Dining Room

Dining

Dining is taking place in the dining rooms in each building. Residents must wear a mask when entering and exiting the dining room. Masks may be removed once seated at the table.



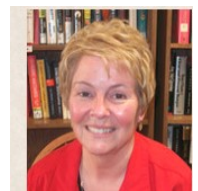
The Manor seating times:
Lunch—11am and 12:15pm
Dinner—4:00pm and 5:15pm

The Lodge seating times:
Breakfast—8:15am to -9:30am
Lunch—11:15am-to 12:30pm
Dinner—4:15pm-to 5:30pm

A Note from Pastor Jan

Dear Residents, Family and Friends:

Fall is here and a new season can always welcome new topics and Bible verses that help with our spiritual journey. ~Peace, Pastor Jan



Psalm 1:3, "He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers."

Ecclesiastes 3:11, "He has made everything beautiful in its time. Also, he has put eternity into human hearts, yet so that he cannot find out what God has done from the beginning to the end."

Nursing Notes

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Essential Caregivers

Based on the guidance of the MN Department of Health, Copperfield Hill is welcoming "Essential Caregivers" on campus. An Essential Caregiver is a third party caregiver that at this time during the pandemic, will provide in-person care and assistance to a resident of Copperfield Hill. All determinations are made on a case by case basis. Determinations are based on an assessment by the RN and a consultation with the Executive Director.

Beginning at the end of July, Copperfield Hill has welcomed a number of Essential Caregivers. There are very strict guidelines and policies in place for this program. Please consult your building manager if you have questions.



Our "Mini-Sorta" State Fair celebration is in full swing. Themed days, entertainment and food deliveries are all on the calendar. Please refer to the daily and weekly activity sheets.

Copperfield PHOTOS



Campus entertainment and activities: music, walking, art and bingo. A surprise visit from an ice cream truck hosted by Copperfield Hill.



National Food Bank Day

September 4th is National Food Bank Day. This day encourages individuals to commit to helping with the cause that believes no one should go to bed hungry. Food banks across the country help millions of men, women and children on a daily basis. Their contribution to a healthy community is unmatched. NEAR Food Shelf is located in Crystal and serves our local community. Many residents past and present have been volunteers at NEAR.



EVENTS

Sept 7 Labor Day

Sept 11 National Day of Service and Remembrance

Sept 15 National On-Line Learning Day

Sept 18 POW/MIA Recognition Day

Sept 26 National Public Lands Day

Sept 29 National VFW Day

Mini-sorta State Fair



What is a Harvest Moon?

The Harvest Moon rises soon after sunset for a few days around September 23rd. For several nights in a row, the time that it rises changes very little. This means that farmers in the Northern Hemisphere can harvest their crops by the light of the moon after daylight has gone. Thus the name, Harvest Moon.



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Answers to September Trivia:

1. Demeter, was the goddess of the harvest in Greek Mythology.
2. True. Although it is the 9th month of the year in the modern calendar, in Roman times it was the 7th month.
3. Sapphire.
4. Morning Glory.
5. Harvest Moon.
6. Rosh Hashanah.
7. False. The elliptical path of the earth around the sun from March 21st and September 23rd has 7 more days (6 in leap year).
8. Grover Cleveland declared it a legal holiday in 1894.
9. Irving Berlin wrote the song in 1938.
10. Agatha Christie.