

THE CHATTER

A Copperfield Hill Newsletter

A Note from the Executive Director

Dear Residents, Family Members, Friends and Staff of Copperfield Hill,
First of all, Happy New Year to all of you! It is hard to believe that 2020 is in the rear view mirror and ahead we have a clean slate—2021!

Day to day life has been a challenge for all of us and I want to take a moment to recognize and express my gratitude to all of those people who helped us work through the challenges and obstacles that defined most of last year. It certainly was, and will continue to be, a team effort! Many have contributed to the daily rhythm of life at Copperfield Hill. Everyone has taken up the reins where necessary. This collaboration, with our Residents, Families and Staff, has made the last several months more successful for all of us.

As we have rounded the corner and are headed into the New Year, I want to wish you a very happy, safe and healthy 2021. Celebrating looked different for all of us this past holiday season. But I know we found ways to enjoy and share Christmas and New Year's that were meaningful. Looking back, 2020 was a challenging year. Trials yes, but also many things for which we are thankful.

At Copperfield Hill, we are grateful for the privilege to be a part of your collective family. We all look forward to making 2021 the best year it can be.

Happy New Year,

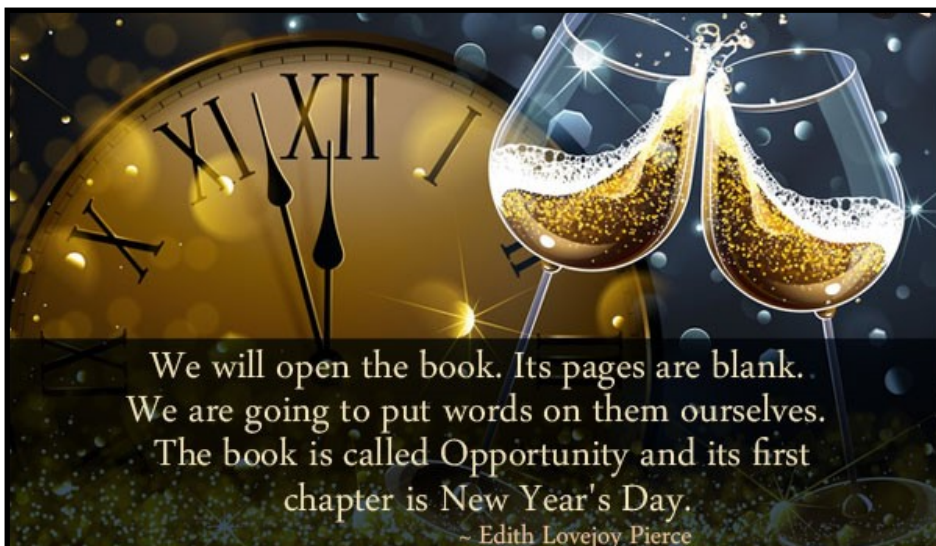
Todd, Klein, Executive Director

JANUARY 2021



January Trivia Quiz

1. The month of January is named after what Roman god?
2. What is January's birthstone?
3. On January 10, 1863, the first operational underground railway was opened. Where was it located?
4. What state officially became the 49th state of the United States on Jan. 3, 1959?
5. Jan. 1, 1892, this famous place opened in NY harbor.
6. Established in January 1788, where was the first British Penal Colony located?
7. What is the birth flower for January?
8. What historical U.S. event happened for the first time in January of 1789?
9. In 1914 Henry Ford introduced what process?
10. Jan. 1865 the 13th Amendment abolished what?



ASK THE EXPERT //



“Getting vaccinated plays a very important role in keeping our community healthy.” ~Olivia Caspers, RN, BSN

Dear Residents, Families and Friends,

Anticipation, more anticipation and the excitement grows! I am guessing you all know what I am talking about—it might sound as if I am describing my two young boys waiting for Christmas morning. But no, I am talking about THE VACCINE!

We have all been anxiously awaiting the arrival of the vaccine which will bring us one step closer to getting ‘back to normal’. As many of you have learned through different media sources the vaccine is currently being distributed and vaccinations have begun. I have friends who work at hospitals who have already received the vaccine. Their protection is key in protecting their patients, coworkers and families. Getting the vaccine plays an essential role in keeping our community healthy. So get ready.

Copperfield Hill will soon be ready to welcome staff and residents to obtain a vaccination. *Cont. on page 2*

“I like the dreams of the future better than the history of the past.” Thomas Jefferson

Director's Corner

Copperfield Hill has been awarded the “Readers’ Choice Award” by the Sun Post. This year, our Robbinsdale readers voted us **best** in the following categories:



- Memory Care
- Assisted Living
- Retirement Community
- Senior Apartments

It is because of our vibrant residents, committed staff and long standing service in the community, that we have earned this honor once again. Referrals from family and friends are also responsible for this success. Thank you and congratulations.

Education from Interim

Interim Healthcare will be presenting two programs online in January.

January 13th - “Aging Brain” - This will discuss what is normal aging and what is not, how to slow the effects of the aging brain and reduce risk of disease.

January 27th - “Caring for those with Memory Loss” - More specific information about caring for those who have cognitive decline. Helpful ways to communicate and care for our loved ones.



Excitement for the vaccine!*

We are in daily contact with the MN Department of Health. We don't have the exact date yet, but we are very close. We will keep everyone current with information of the impending vaccination date.

Below is some information about the vaccine that is currently on the MN Dept. of Health (MDH) website.

- COVID-19 vaccine has been approved for use under an Emergency Use Authorization (EUA) by the Food and Drug Administration.
- Two COVID-19 vaccines have been approved by the FDA. The COVID-19 vaccination campaign has begun in MN for our first priority groups.
- The CDC Advisory Committee on Immunization Practices makes recommendations on who should get the vaccine. MDH will make sure we fairly and strategically distribute the vaccine. There is no "list" to get on to get the vaccine.
- Getting vaccinated against COVID-19 is one of the most important steps to protect yourself and your community. By stopping the spread we can keep businesses, schools and other venues open. Thus it gets us closer to the end of the pandemic.

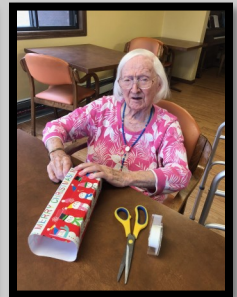
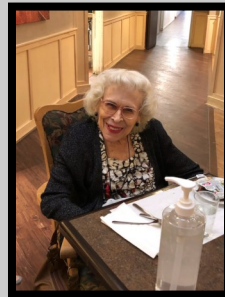
Please feel free to contact me with any questions.

~Olivia Caspers, RN, BSN, Director of Healthcare

*Find out more at: health.state.mn.us and cdc.gov



Copperfield PHOTOS



In December we did things a little differently, but we celebrated Christmas and enjoyed the season. Each floor had its own "Christmas Party".

Pastor Jan celebrated Christmas with Worship Services in each community at Copperfield Hill.

Activities included: crafts, bingo, exercise and more. Look for more fun in January.



Remembering Martin Luther King, Jr.*

The life and legacy of Martin Luther King, Jr. is celebrated each January. Dr. King dedicated his life to secure progress for civil rights. He was a leader and advocate for civil rights and equality for all individuals. A Baptist minister and activist, he was one of the most influential leaders of his time.



He was known for his peaceful leadership and traveled wherever there was injustice, protest and a call for action for equality. Dr. King was the youngest recipient of the Nobel Peace Prize, which he received in 1964 at the age of 35. Dr. King was assassinated on April 4, 1968 in Memphis, TN where he was to lead a protest march in sympathy with striking garbage workers. The Civil Rights Act of 1968 was passed a short time after his assassination.

Learn much more at: history.com, nobelprize.org and americaslibrary.gov

United Nations/2021 Resolutions*



UNITED NATIONS

Each year, the United Nations (UN) designates specific years to mark particular events and topics to bring a greater awareness to a subject or organization. 2020 was the International Year of Plant Health. This year, 2021 has been designated as the International Year of Peace and Trust, Creative Economy for Sustainable Development and the International Year of Fruits and Vegetables.

Recognizing that the three pillars of the UN are: sustainable development, peace and security, and human rights, the three designations for 2021 seem obvious to the general mission of the UN.

Settling disputes through peaceful means is always the best route. The UN is reaffirming its commitment to do this as it declares 2021 the International Year of Peace and Trust. Having sustainable economies is key to a vibrant and healthy economic balance anywhere. So, the International year of Creative Economy for Sustainable Development and the International Year of Fruits and Vegetables also go hand in hand.

“United Nations” was first coined by President Franklin D. Roosevelt and was first used in the Declaration by United Nations, January 1, 1942. This, during the Second World War when representatives of 26 nations joined together to commit their countries and governments to fight together against the evil overthrow being waged by the Axis Powers.

Learn more at: UN.org.

EVENTS

Jan 1	New Year's Day
Jan 9	Natl Law Enforcement Appreciation Day
Jan 11	Clean Your Desk Day
Jan 18	Martin Luther King, Jr. Day
Jan 28	Have Fun at Work Day

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Answers to December Trivia

1. Janus
2. Red Garnet
3. London
4. Alaska
5. Ellis Island
6. Australia
7. Carnation
8. First Presidential Election
9. Assembly Line
10. Slavery

