

THE CHATTER

A Copperfield Hill Newsletter

MARCH 2021

ST. PATRICK'S DAY TRADITIONS

Today most people associate St. Patrick's Day to wearing green, parades and drinking beer. Some of these so called "traditions" are American made adaptations, while others are truly rooted in ancient Irish beliefs.

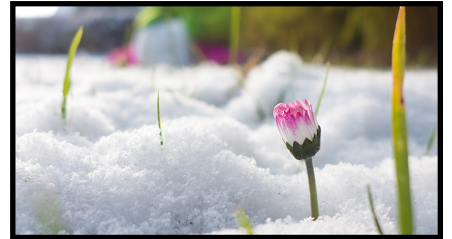
Shamrocks - were once a sacred plant in ancient Ireland that symbolizes the rebirth of Spring. Later in the 17th century, the shamrock became a symbol of Irish nationalism.

Corned Beef - Most think the meal of corned beef and cabbage being the "Traditional" dish for St. Patrick's Day. Cabbage is an Irish food, but corned beef only became associated with the Irish at the turn of the century. Irish immigrants in NYC switched their traditional Irish bacon to corned beef to save money.

Leprechauns - The belief on leprechauns most likely stems from the Celtic belief in fairies. In Celtic folklore, Leprechauns were typically cranky, meddling tricksters.

Pinching - It is common practice to pinch people who are not wearing green on St. Patrick's Day. Legend says that those who wear green are invisible to the mischievous fingers of a Leprechaun.

Source: History.com

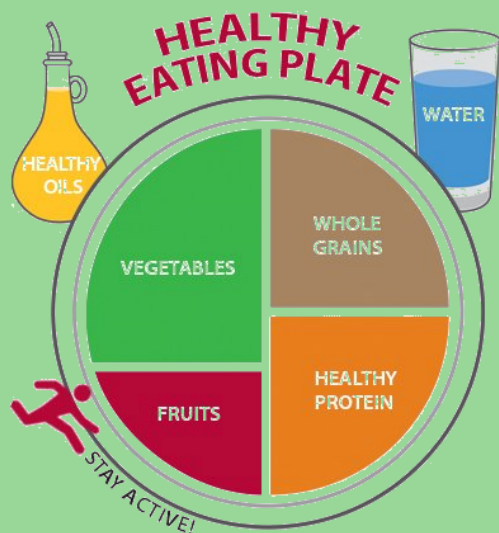


March Trivia Quiz

1. The Chelsea Flower Show in London lifted a 100 year ban on which garden decoration?
2. Name the two formal gardens at the White House.
3. Which famous poet wrote "The Glory of the Garden"?
4. Monet's Gardens are in which French town?
5. Where in South Africa is the Kirstenbosch National Botanical Garden?
6. "Waltz of the Flowers" is from which famous ballet?
7. Where is the world's largest hedge maze?
8. The "Poison Garden" inside the Alnwick Garden is located in what part of England?
9. In what U.S. city, also known as the City of Roses, is the International Rose Test Garden situated?
10. What garden is one of the Seven Wonders of the Ancient World?



March is National Nutrition Month®



ASK THE EXPERT //

National Nutrition Month was created by the Academy of Nutrition and Dietetics. The month focuses on helping people make informed and healthy food choices. They focus on developing better eating habits and healthy physical activities. Many common health problems can be prevented by taking charge of your diet and exercise. Paying attention to what you eat and drink and physical movement are two of the biggest ways you can take control of your health.

Common health problems that can positively benefit from a good eating regime are many. At any age it is important to pay attention to what you eat and the quantity. Our diet contributes to our overall well being.

Diabetes is a long lasting disease that affects how your body turns food into energy.

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“You’ll never plough a field by turning it over in your mind.” Irish Proverb

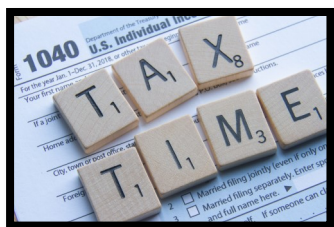
Tax Time

Tax season is upon us!

The IRS has begun accepting tax returns.

Keep in mind, normal deadlines of April 15th for filing

2020 returns and October 15th for requesting an extension are in place. Copperfield Hill is waiting for the schedule.



More information to follow.

Memo coming soon.

Please see your building’s Activity Director for questions.

Housekeeping Team



Meet

**Jessica (L)
& Abby (R)**

These two ladies are assigned to

clean common spaces and apartments within the Manor.

When **Abby** is not at work, she enjoys watching movies and eating snacks with her daughter. The go-to movies include anything with Barbie.

For **Jessica**, she enjoys spending time with her family. She has two children who enjoy swimming and going to waterparks.

Diabetes - Eating well Can Help Maintain Good Health*

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There are different types of Diabetes. Over 34 million people live with diabetes and over 85 million live with pre-diabetes. Most of the food we eat is broken down into sugar (glucose) and released into our bloodstream. When your blood sugar goes up, your pancreas is signaled to release insulin. Insulin acts like a key to let the blood sugar into your body's cells for use as energy. With diabetes, your body doesn't make insulin or can't use it properly. Over time, serious health problems can develop, such as heart disease, kidney disease and vision loss. Living with diabetes can be a challenge. But one can do a lot of good by eating well and staying active. A healthy diet that includes a balance of nutrient rich foods is extremely important. Balancing your blood sugar is the key to staying well. Knowledge is power, so here's a list of things to help create a healthy eating plan.

- **Meal Planning** - Make a plan so you are not caught without the proper foods to sustain your health
- **Grocery Shopping** - Helps keep you on track with your meal plans
- **Read Food Labels** - Know the nutritional value of the food you purchase
- **Eating Out** - Have a plan before you go to a restaurant, choose wisely

Learn much, much more at: mayoclinic.org, cdc.org, diabetes.org, eatingwell.org



Copperfield PHOTOS



Testimonials

"Thank you so much for having CODA play. I love the group and it was so nice to hear live music. I watched it (on CCX) three times!" ~**Dee F.**

"Thank you, thank you. The CODA concert was the best thing I have heard in the last year. I'm going to watch it again!" ~**Joan S.**

"So many residents were so grateful to have had our Ash Wednesday service. I was grateful to be able to do it." ~**Pastor Jan**



EVENTS

March 4	National Grammar Day
March 9	National Meatball Day
March 14	Daylight Savings Time
March 17	St. Patrick's Day
March 20	National Proposal Day
March 20	First Day of Spring
March 28	First Day of Passover

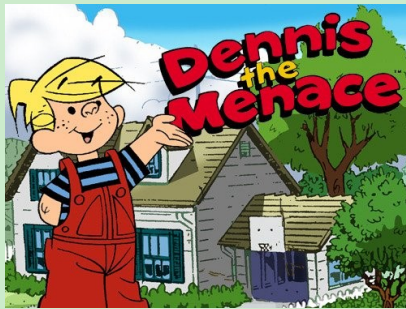
Introducing - Dennis the Menace

70 years ago, on March 12th, 1951 the world was introduced to Dennis the Menace.

We originally met Dennis as a comic strip character. He lived in a suburban neighborhood of Wichita, Kansas. Dennis's curiosity and enthusiastic nature tended to lead him into trouble, often at the expense of his cranky neighbor, Mr. Wilson. It is common to find Dennis with his trusty sling shot. Dennis's favorite movies are Westerns that featured "Cowboy Bob".

As time went on and popularity grew, we saw Dennis evolved onto our TV screens. He was featured in many television shows and feature films, both animated and live-action.

Source: *Wikipedia.com*



Copperfield Hill
4200 40th Avenue North
Robbinsdale, MN 55422
Phone // 763.277.1001
copperfieldhill.com



Answers to March Trivia Quiz

1. Garden Gnome
2. The Rose Garden and the Jacqueline Kennedy Garden
3. Rudyard Kipling
4. Giverny
5. Cape Town
6. The Nutcracker
7. The Yancheng Dafeng Cream Maze in the city of Yancheng, China. It measures 5.87 miles.
8. Northumberland, England
9. Portland, Oregon
10. Hanging Gardens of Babylon

Daylight Savings Time*

Longer days are here! It is time to "Spring Ahead". Daylight Savings Time begins on Sunday, March 14th. Don't forget to set your clocks ahead one hour before you go to bed on Saturday, March 13th. On average, in March, we see between 11 and 12 hours of daylight.

Source: www.washingtonpost.com

