

THE CHATTER

A Copperfield Hill Newsletter

APRIL 2021

Happy
Easter

A Tribute to Brenda Warner



There aren't many times in your life when you are fortunate enough to have the opportunity to know someone like Brenda Warner. Caring, devoted, gentle, kind, funny, energetic, organized and thoughtful are just a few adjectives to describe her.

Brenda has been a caregiver at Copperfield Hill since 1993 and this year marks Brenda's 28th year with Copperfield Hill. It also marks the time when we will all say farewell, as Brenda will be retiring at the end of the month. Not only is Brenda a dedicated team member,

she is a friend, helper, teacher and positive influence for everyone she encounters. A force of nature, Brenda has dedicated herself tirelessly to the care of others. Beginning her career as a personal aid, Brenda found her true passion in working with those with dementia. If you ask Brenda what propelled her passion, she will say, "Because of my mom."

Helping her mother who suffered with Parkinson's Disease, Brenda learned more about caregiving and dementia. "I started taking classes and there were great resources on line and with the Alzheimer's Association." Because of her training, Brenda met more families facing challenges with dementia. "I can help people live a full life and have fun in spite of their dementia."



Brenda has led the way with Copperfield Hill's Caring Companions; a group of residents who volunteer their time and attention to residents living with dementia. Her commitment to the Caregiver Support Group and the Walk to End Alzheimer's are additional examples of her dedication.

Brenda has touched hundreds of lives in the most positive way—with love and compassion. We will miss her infectious energy and smile, her quick wit and the love she shares with all of us. Best wishes on the next step of your journey!



April Trivia Quiz

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1. What does the word April mean?
2. What is the gem associated with April?
3. April 1st is April Fools' Day. Someone tricked is an April Fool. What do the French call such a person?
4. What flower is considered the flower of April?
5. Easter is always in April. True or False?
6. What is celebrated on April 22nd?
7. England's patron saint is remembered on April 23rd. Who is he?
8. April 6, 1917 was a sad day for the U.S. Why?
9. Noah Webster published what in April 1828?
10. Who wrote "Oh to be in England now that April is here."

Dementia and Delirium Know the Difference



“Dementia resembles delirium in the same way an ultramarathon resembles a dash across the street. Same basic components, vastly different scale.”
~Floyd Skloot

ASK THE EXPERT //

Cognitive impairment is more common as we age. Dementia and delirium are two common causes. Delirium and dementia have similarities and can be confusing to experience and to distinguish. Both can cause memory loss, poor judgment, a decreased ability to communicate and impaired functioning. However, there are many differences between the two.

Onset: Dementia typically begins slowly and is gradually noticed over time. If the person who's being evaluated is unknown to you, having a report of his usual functioning is key. Delirium is usually a *sudden or acute* change in condition. One day, someone is doing fine, the next, they may be very confused and unable to perform tasks, like dressing.

Cause: Dementia is typically a disease such as Alzheimer's, vascular dementia, Lewy Body dementia, fronto-temporal dementia or a related disorder. Delirium is usually triggered by a specific illness, including: urinary tract infection, pneumonia, dehydration, illicit drug use,

“Let everything you do be done in love.” 1 Corinthians 16:19

Easter Services

Manor - Manor Dining Room

Good Friday, April 2nd, 1:00 pm
Easter Sunday, April 4th, 9:30 am

Lodge - Lodge Dining Room

Good Friday, April 2nd, 2:00 pm
Easter Monday April 5th, 2:00 pm

Manor Memory Care

Good Friday, April 2nd at 10:00 am
Easter Monday, April 5th at 10:00 am

Lodge Memory Care

Good Friday, April 2nd at 10:30 am
Easter Monday, April 5th at 10:30 am



Meet LaDonna Bateman

For the past 10 years, LaDonna has been happy to call Copperfield Hill home away from home. She has always worked with the older population and finds it most rewarding. Her personal mission is to help people in need and bring compassionate care to all. Her free time is spent being with family, working out with her virtual gym friends and reading. A boating and gardening enthusiast, she's excited for warmer weather.

LaDonna shared:
“The best way to find yourself is to lose yourself in the service of others.”
Gandhi.

Thank you, LaDonna.



The Difference Between Delirium and Dementia*

or withdrawal from drugs or alcohol. Medication interactions can also cause delirium.

Duration: Dementia is a progressive, chronic disease that is incurable. Delirium is normally short term and can last for a couple of days to a couple of months. Delirium is almost always temporary if the cause is identified and treated.

Communication Abilities: People with dementia often experience difficulty remembering and finding the right words. Their ability to express themselves erodes over time as the disease progresses. Delirium may cause inappropriate and/or incoherent communication that is uncharacteristic for the individual.

Attention Span and Memory: With dementia a person's memory is significantly affected throughout the disease. The level of alertness is typically not affected until the late stages of the disease. With delirium, memory functioning is usually less affected, but the general ability to focus and maintain attention is very poor.

Activity Level: Dementia tends to not affect a person's activity level until the later stages. People with delirium are often overly active (hyper and restless) or under-active (lethargic and less responsive) compared to usual activity.

Treatment: There are a few medications approved by the FDA to treat Alzheimer's disease, the most common type of dementia. They don't cure dementia but sometimes can slow the progression of the symptoms, including: memory loss, poor judgment and behavioral changes. Delirium requires immediate treatment by a physician. Because delirium is usually caused by a physical illness or infection, medications are often effective.

*More at: mayoclinic.org, merckmanuals.com, verywellhealth.com, alz.org

Copperfield PHOTOS



Meet Dawn, Physical Therapist

Meet Dawn from Interim Healthcare. Interim provides physical, occupational and speech therapy that compliment our nursing services at Copperfield Hill.

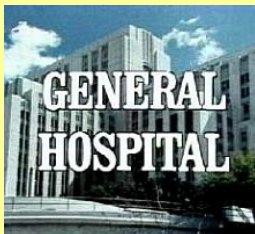
Dawn has been a Physical Therapy Assistant for 28 years and has worked with clients at Copperfield Hill for the last 4 years. "My main focus is to empower individuals to live as independently and safely as possible in their home surroundings." She visits Copperfield Hill Monday through Friday, and often brings her therapy dog, Chester.

If you have questions, feel free to stop Dawn in the hall. Or, contact Oliva Caspers, Director of Healthcare.



Introducing - General Hospital

On April 1, 1963, the ABC viewing community was introduced to the fictional town of Port Charles, New York, home of *General Hospital*. Created by the husband and wife writing team of Doris and Frank Hursley, *General Hospital* has been a magnet for audiences for 58 years.



Many remember Nurse Jessie Brewer and Doctor Steve Hardy. But countless story lines revolve around the Quartermaine and Spencer families. It has the highest ratings for daytime dramas, much of that was due to the "super couple" Luke and Laura. In 1981 their fairytale wedding drew in 30 million viewers. It remains the highest rated hour in American soap opera history.

General Hospital became the oldest American soap opera on September 17, 2010, following the final broadcast of CBS' *As the World Turns*. Since creation of the Daytime Emmy Awards in 1974, the cast and crew have received numerous nominations and awards, including 13 Daytime Emmy's for Outstanding Drama Series.

April is International Guitar Month

This month hopes to inspire all those who like to pick and strum chords and melodies on their guitars, to do so! Our very own Eugene and Richard enjoy playing their guitars for their own pleasure and for others. Eugene commented, "I have enjoyed playing more since I have lived here at Copperfield Hill. I have played most of my life and like the old country songs the best."



EVENTS

April 4	Easter
April 10	National Siblings Day
April 13	National Scrabble Day
April 19	National Garlic Day
April 22	Earth Day
April 26	National Audubon Day
April 30	National Arbor Day

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Answers to March Trivia Quiz

1. Open
2. Diamond
3. Poisson D'Avril or April Fish
4. Daisy
5. False. Easter can be as early as March 22 or as late as April 25th. It is the first Sunday after the first full moon after March 21st.
6. Earth Day
7. St. George
8. U.S. entered WW1
9. American Dictionary of English Language
10. Robert Browning