

THE CHATTER

A Copperfield Hill Newsletter

MAY 2021

Teacher Appreciation Week

May 3 - 7, 2021

National Teacher Appreciation Week, recognizes the dedicated educators across our country. It's a time when we can thank those teachers who work hard to make a difference in their students lives. We have some amazing retired teachers here at Copperfield Hill who shared some of their experience and insight with us.

Kermit K. was a teacher in Brooklyn Center for 32 years. "I always looked forward to weekends, but Monday really started Sunday at noon." After college at Mankato State, he joined his brother who was a missionary in Lebanon. Kermit taught there for three years. He returned to MN, received his Masters Degree and returned to Lebanon for two more years. A father of five, his oldest daughter was born over seas. From 1961-1993 Kermit taught mostly middle school American History. "Because you live in this country, you usually enjoy American History," he noted. He taught all five of his children. He coached football and was also the ski coach. He eventually taught both American History and Physical Education. He explained, "I liked being a positive influence on the kids." He added, "I didn't encourage my children to go into teaching, but two of my sons are teachers." Kermit keeps a map of the United States on his wall and remains physically active playing as much golf as weather allows. Thank you for all your years dedicated to helping others!



May Trivia Quiz

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1. What inspired the name "aurora borealis"?
2. Who coined the term "aurora borealis"?
3. What causes the aurora borealis?
4. Auroras exist on other planets, too. Which one of these does NOT have them? Mercury, Venus, or Saturn?
5. What are the southern lights called?

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May is National Mental Health Awareness Month



ASK THE EXPERT //

May is National Mental Health Awareness Month. Our mental health is just as important as our physical health. This year, the National Alliance on Mental Illness (NAMI) is focusing on the message that no person experiencing mental health challenges should feel alone. There is a large percentage of individuals experiencing mental health concerns that will be coming to the forefront due to the many pressures and stresses of the pandemic. Mental health awareness is important and needs to be addressed and improved for all.

The American Psychiatric Association reports that close to half of people with mental illness do not receive treatment. Fearing stigma, prejudice and possible discrimination, many fear they will lose their jobs, friends and will just be treated differently. Stigma and prejudice usually come from lack of knowledge about mental illness, misinformation and inaccurate media representations. Many

“There is no way to be a perfect mother, but a million ways to be a good one.” Jill Churchill

Dining Room

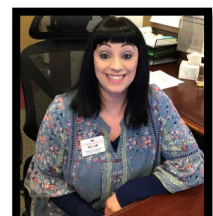
In April, we saw many changes in our dining rooms. We are now able to serve all three meals in the dining rooms. We encourage you to come down and join everyone at mealtime. Vaccinated residents are able to sit and dine together at the same table.

It has truly been amazing to see neighbors and friends reconnect over a delicious meal.



Meet Stephanie Sabasko

Stephanie joined the Copperfield Hill team earlier this year. Her career working in senior housing and especially with accounting, is a perfect fit for the business office. Many might recognize her, as she was the Manor Concierge on the weekends. Native to NE Minneapolis, Stephanie calls Brooklyn Center home. She spends time with her husband, two daughters, three cats and three dogs. She also enjoys gardening and being outdoors on Twin Lake. Stephanie commented, “I love the atmosphere at Copperfield Hill, working with the residents and getting to know everyone.” Stephanie’s office is on the fifth floor.



May is National Mental Health Awareness Month*

have a negative view even though they might know about the medical factors and general nature of some mental health disorders. Stigma comes in many forms and it can be public, self or institutional.

The most important message is that stigma and discrimination can contribute to the reduced likelihood of someone getting treatment. Low self-esteem, loss of hope, difficulties with social relationships are all gateways to difficulties at home and work and the likelihood of getting and maintaining treatment.

Open, honest discussion, showing compassion and educating oneself about mental illness goes a long way to crushing the stigma. This opens up opportunities for those suffering to be more receptive to treatment and a healthier life.

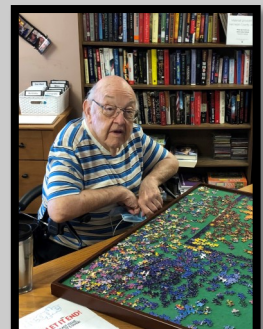
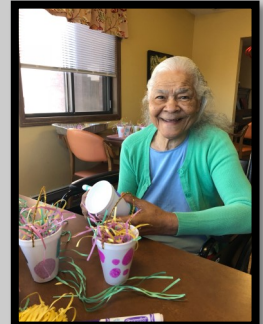
Many organizations offer education and training on identifying how to address the issues of mental illness and the stigma that can come with it. Seeking out help from a mental health professional is key to diagnosing mental health conditions. A psychiatrist, psychologist, clinical social worker or other mental health professional along with your primary care doctor can be involved with diagnostic assessments and referrals for treatment.

*Learn more at: psychiatry.org, nami.org, mayoclinic.org



Brenda,
Thank you from the
bottoms of our hearts for
your many years of service.
The Copperfield Hill
Family

Copperfield PHOTOS



Testimonial

My sweet 93 year old father has been a resident at Copperfield Hill for 13 months now. He is happy and content to call Copperfield Hill home. As his daughter I couldn't be more grateful that this is how he feels. I am ever grateful that he is receiving the excellent care and love he is so deserving of. Talk about frontline heroes; our Copperfield Hill family has courageously kept my dad and the residents safe, active, well fed and loved during this time with COVID. Dad has often said what good people help him and that he feels so respected. Need I say more!? Selfishly, I pray that if I'm lucky enough to get to be 93, Copperfield Hill will be there for me too! ~*Claire C.*



Welcome to the Union



On May 11, 1858 - Minnesota became the 32nd state in the Union. The land that is East of the Mississippi River, what we know today as the North Shore and the Iron Range were once part of the Wisconsin territory, land which the United States gained after the American Revolutionary War. The land west of the Mississippi was acquired through the Louisiana Purchase in 1803.

In 1849, Minnesota territory was created. At that time there were three major settlements: St. Paul, St. Anthony and Stillwater. Territorial officials divided the three major institutions among these settlements. St. Paul was made the capital, St. Anthony would be home to the University and Stillwater was the site of the Territorial prison.

The land of Minnesota was originally inhabited by Indian tribes. Most prevalent, were the Dakota and the Ojibwe. As the culture changed, Minnesota saw an increase in immigrants arriving from Scandinavia, Germany and the Czech Republic.

Sources: Wikipedia & Sporcle.com

Nurses Week May 6 - 12, 2021

Thank you to the amazing nursing team here at Copperfield Hill. We appreciate all you do for our community. When you see our nursing staff in the buildings, be sure to stop and say "Hello"!



EVENTS

May 1	May Day
May 5	Cinco de Mayo
May 9	Mother's Day
May 12	National Limerick Day
May 23	World Turtle Day
May 28	Int'l Hamburger Day
May 31	Memorial Day

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Answers to May Trivia Quiz

- Greek and Roman Mythology. Aurora is the Roman goddess of dawn, Boreas is the Greek god of the north wind
- Galileo Galilei, Italian Astronomer, physicist and engineer
- Charged solar particles – Auroras occur when charged particles in solar winds pass through the Earth's magnetosphere. Disturbance of the magnetosphere results in waves of colored light perceptible to the human eye.
- Mercury. Due to its small size and proximity to the sun, Mercury doesn't have an atmosphere. Without an atmosphere, there can be no auroras.
- Aurora Australis – The lights of the auro-
ra australis can be seen from Antarctica, Tasmania, the very southern parts of New Zealand and the Patagonian region of South America.