

# THE CHATTER

## A Copperfield Hill Newsletter

JUNE 2021

### Summer is Here!

According to *thespruce.com*, there are a number of June monthly holidays and observances that tie in with the celebration of summer. First off, it is National Family Month. We all know the definition of family means many things. It means spending time with those that you love. What better way to do so than to be outside, because it is also Great Outdoors Month. Make sure you get out and enjoy the nice weather and sunshine. Take a walk around the block, take a book and find a comfy chair in the shade or gather with friends to enjoy the warm June afternoons. Being outdoors in Minnesota in the summertime is fantastic. It is also National Iced Tea Month, National Fresh Fruit and Vegetables Month and Perennial Gardening Month. There are many things to enjoy in the month of June. The message here is, get outside and enjoy nature and the wonderful weather that June can bring.

On that note, Summer 2021 will be in full swing in the Twin Cities. Some of the things we love will be back. According to *thego-tolist.com*, here are a few things to consider:

**June:** Hennepin County Fair, Stone Arch Bridge Festival, Minnetonka Summer Fest.

**July:** Basilica Block Party, Hopkins Raspberry Festival, Aquatennial, Lumberjack Days and the Scott County Fair.

**August:** Uptown Art Fair, Irish Fair, Edina Art Fair and MN State Fair.



### June Trivia Quiz

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1. What was patented by Samuel Morse on June 20, 1840?
2. Which famous "Rat Pack" actor/singer was born June 7, 1917?
3. Who's coronation took place on June 2, 1953?
4. June 4, 1919 the 19th Amendment to the US Constitution was approved. What did it ensure?
5. What opened on June 12, 1939 in Cooperstown, NY?
6. June 15th of what year was the Oregon Treaty established?

# HAPPY FATHER'S DAY

Stay up to date  
by following us  
on Facebook.



#### Here's how:

1. Login or Create a Facebook account.
2. Locate Search bar at the top of your screen.
3. Search - Copperfield Hill Customized Senior Living.
4. Click the "Like" button.

## Key Differences Between Independent and Assisted Living



*"We moved into Copperfield Hill a little over a year ago. We were immediately struck by the friendliness of residents and the kindness of staff. It is clear that the staff works hard every day to make Copperfield Hill a pleasant, nurturing and fun place to live."*  
—Copperfield Hill Resident

## ASK THE EXPERT //

Whether you are familiar with senior housing or you are just starting to explore your options, it can become overwhelming to dissect the variety of housing options for a 55+ community. Your first step in seeking a new home is to start by asking some questions on how your current day to day activities look.

- Do you desire to join friends for a meal?
- Do you enjoy attending exercise classes and cards?
- Do you want the freedom of having no home maintenance?
- Are you worried about falling in your home without the ability to reach help in a timely fashion?

By answering a few questions, you can start to sift through the best option to suit your wants and needs.

Independent Living is in an apartment-style community.

*"Life can only be understood backwards, but it must be lived forwards."* Soren Kierkegaard

### A Note from Beth Sutton

The past year really changed the way we approached many activities at Copperfield Hill. Some things that were on "hold" are back! Meals, card games and outings are a few things that are back to "normal". Sign up in the activities book when necessary.

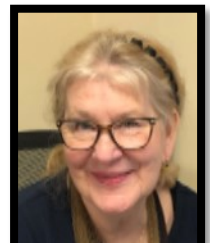
I encourage all of you, as the weather continues to improve, to get outside for some fresh air and sunshine. Our walking groups have resumed, so we can walk together.

Please let me, or Erin in the Lodge, know if you have any questions.



### Meet Catherine Anderson

Catherine has joined Copperfield Hill as Manor Concierge. Local now, to be closer to her children and grand children, she lived most of her life in Morris, MN. Catherine has a varied business background and has owned different small businesses, including a bakery! Prior to Copperfield Hill she was working in customer service for a large company. Her switch was motivated by, "I wanted to make a difference, and do something rewarding. My days are busy and not boring. There is nothing better than feeling like you're ready to get up and go to work!" She enjoys gardening, sewing, riding her bike and being with her family. Welcome, Catherine.





# Independent Living and Assisted Living\*

Residents can choose from a one or two bedroom apartment with a full size kitchen. A full time staff is dedicated to providing assistance towards maintaining independence. A maintenance team is built in to assist in home repairs to ease the worries of maintaining a home. The recreation team is charged with creating an array of socialization opportunities: exercise classes, card clubs, happy hours and scheduled outings. Our dining room is available seven days a week for a continental breakfast with additional meals for lunch and/or dinner with a full menu.

The term Assisted Living has created confusion for many families. Assisted Living is a benefit to allow residents to still live on their own, however, they are requiring some assistance to maintain their independence. Our team is built in and on-site 24 hours a day. The consistency and reassurance of a staff to aid in your safety is a key benefit of Assisted Living. All the benefits of socialization and transportation with Independent Living are consistent in Assisted Living.

Copperfield Hill creates a customized approach to our senior community. Our specialized team will be able to sift through your desires and concerns to create a solution to keep you independent, while addressing your needs for safety.



## Assisted Living Services

- Bathing
- Dressing
- Laundry
- Medication Mgmt.
- Emergency Pendant
- Three meals per day
- Medical staff 24 hours
- Diabetic Mgmt.
- Oxygen Mgmt.

## Copperfield PHOTOS



## Testimonial

"We moved into Copperfield a little over two years ago. So I think one of the main things about this building is the way its designed with an atrium in the middle and all the activities, you feel you are part of a community because everything opens off of the atrium. It's just a gorgeous building, a gorgeous setting. I like that it's a quite neighborhood. The (Copperfield Hill) van goes everywhere."



## World Environment Day

World Environment Day is celebrated annually on June 5<sup>th</sup>. It is the "principal vehicle" for encouraging awareness and action for the protection of the environment. It was first held in 1974, but remains the main platform for the UN's efforts to raise the awareness on environmental issues such as pollution, global warming, wildlife conservation, sustainability and many other subjects. It is public outreach which welcomes the participation of almost 150 countries annually. Different themes and different countries host the World Environment Day celebration each year. The first year, 1974, was hosted by the United States and the theme was "Only One Earth". This year, 2021, the host country is Pakistan and the theme is "Ecosystem Restoration".

Learn much more at [un.org](http://un.org)



## Let's Have Fun Again!

### Outdoor Celebration

**Saturday, June 12<sup>th</sup> • 11 AM - 2 PM**

**Sunday, June 13<sup>th</sup> • 12 PM - 3 PM**

Event will be held at Copperfield Hill  
in the back parking lot

## EVENTS

June 6	D Day WWII
June 8	World Ocean Day
June 14	Flag Day
June 20	Father's Day
June 20	Summer Solstice
June 21	International Yoga Day
June 28	Paul Bunyan Day

### Copperfield Hill

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[copperfieldhill.com](http://copperfieldhill.com)



### Answers to June Trivia Quiz

1. Morse Code
2. Dean Martin
3. Queen Elizabeth II, Great Britain's longest reigning monarch.
4. The 19th Amendment to the US Constitution was passed by Congress on June 4, 1919 and signed into law on August 26, 1920. It gives women the right to vote
5. The Baseball Hall of Fame opened in Cooperstown, NY, home of James Fenimore Cooper.
6. June 15, 1846 the Oregon Treaty established the 49th parallel as the border between the US and Canada, from the Rocky Mountains to the Strait of Juan de Fuca.