

THE CHATTER

A Copperfield Hill Newsletter

How We Got Through It

In March of 2020, we could never have imagined what lay ahead for our world and our community. As we look back on the past sixteen months, we can see an evolution. Navigating the uncertain waters of the pandemic will no doubt be remembered as the biggest challenge we know. Our reactions, teamwork, attitudes, sense of humor and determination are all pieces of the puzzle that when put together, pulled us through. We all looked out for our neighbors, co-workers and all the individuals who support Copperfield Hill. We learned a lot and as we creep back to normalcy, when asked what helped us get through, residents and staff gave us their thoughts:

- ♥ Activities with Beth and Erin
- ♥ Staying in touch with people through work, seeing family, time with my husband, Zoom/phone calls and prayer time with God
- ♥ Essential Caregivers, my car, activities
- ♥ Allowing me to move in to Copperfield Hill during the pandemic
- ♥ Daily Delights and the activities cart that visited the apartments, weekly COVID updates were informative and encouraging, the staff
- ♥ Calmness and support from the residents, they endured a lot and it was done with kindness
- ♥ Faith in God
- ♥ Family support of my belief to wear a mask and follow mandates

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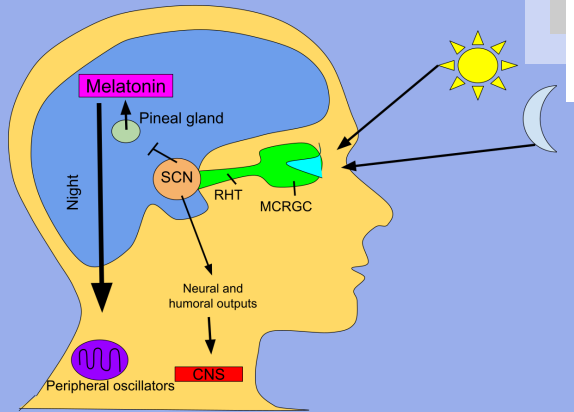
JULY 2021



July Trivia Quiz

- What 1970's sitcom broke the barriers and sparked conversation about: Vietnam, race relations, and women's lib?
- Running from 1985-1992, these four women made aging a daily laugh out loud adventure.
- If you liked the Godfather, you probably were hooked on this mob drama.
- Name three family dramas that were loved by millions.
- What weekly comedy involved a funny red head and two comedians that made going to the dentist a comical affair?
- Set in Cabot Cove, Maine, no murder was unsolved.
- This is the longest running quiz show, where every answer must be phrased as a question!
- This "must see" mini series was based on the book by Herman Wouk.
- Who knew that bar life in Boston could be so funny?

What is Circadian Rhythm?



Circadian rhythms are 24-hour cycles that are part of the body's internal clock. They help the body carry out essential functions and processes. One of the most important and well-known circadian rhythm is the sleep / wake cycle.

ASK THE EXPERT //

We have all been there. We dread going to bed because we don't sleep well and never get enough sleep to feel rested. How can we break this cycle?

Sleep is one of the most important components of a healthy lifestyle. Adults should try to get 7-8 hours of sleep each night. Proper sleep is what recharges your system, your brain in particular. It helps our immune systems, metabolism, heart health, creativity, vitality and even our weight.

Losing even an hour of sleep per night can cause problems. It doesn't just mean a tired morning. "A good night's sleep begins each morning," says local wellness coach, Janet Johnson. "When we sleep, our bodies do the important work of cleaning and repairing our brain and body," adds Johnson. Ultimately our daily habits contribute to a good night's sleep. The following are sleep well tips Johnson shares:

"Learning is not attained by chance, it must be sought for with ardor and diligence." Abigail Adams

A Note from Pastor Jan



Joy can be found in the smallest of things. Where do you find joy in your day? Sometimes a kind word from another person can add

joy to the moment - just like your kindness can also brighten another person's day. Music, reading a book, going for a walk (outside or around the building), closing your eyes and remembering special moments in your life, making a phone call, sending a card or letter, spending quiet time with God are just examples of taking time to find joy in your day. Stress, as we know, is very hard on our mind and body, whereas a positive attitude and the recognition of joy can lift our spirits.

~Pastor Jan

Meet Our Building Managers

Chrissy Olson is the Manager for the Lodge. She has been at Copperfield Hill for 3 years. Her favorite part of her job is helping residents and their families. While doing that, her goal is to make them smile and laugh along the way, whatever the task might be! Her free time is always spent with her children and grandchildren.



Mary Ngeru, Manager for the Manor, has been with Copperfield Hill for 17 years! She enjoys talking to residents and their families and knowing that she can make a difference in their lives by assisting in many ways. She aims to listen with empathy and respond in a timely manner. She spends her free time with friends and family. She enjoys long walks, bingo, camping, travel and karaoke!



How to Sleep Better*

- Go to bed and get up at the same time every night/morning. Consistent wake times and bedtimes will enable your body to get into a regular rhythm for sleep.
- Go outside for at least 10 minutes in the morning. Look toward, but not at, the morning sun. The yellow blue contrast rays of the morning sun will reset your circadian rhythm. This helps produce melatonin for sleep 14-16 hours later.
- Do some physical activity in the morning or midday to stimulate your brain and body.
- Stop caffeine after 2pm. Caffeine has a half-life of 7 hours. If you have coffee at 3pm, half of the stimulating caffeine will still be in your body at 10pm.
- Wind down before bed. Create a calming pre-bedtime routine. Quiet activities, such as reading and meditation are good ways to start a restful transition to sleep. Avoid TV, computers and your smart phone before bed.
- Avoid alcohol and large meals in the evening. Alcohol may seem like a good idea but even a small amount makes it harder to **stay** asleep. Eating a big meal at night can also interrupt sleep. If our bodies have to focus on digesting a late dinner or snack, we won't get all the cleaning and repairing that our brain/body needs.



* nia.nih.gov, helpguide.org, janetjohnsonwellness.com, sheepfoundation.org

Copperfield PHOTOS



Testimonials - How we got through it

- ♥ Prayers, thank you notes/emails from residents and families
- ♥ Painting my house, yard work and watching Netflix with family
- ♥ Family, friends, my dog and lots of good books
- ♥ My strong faith in Christ and love for helping people

Our lives were all changed, but the main comment in regards to what got us through, was the presence of human connection. That is something we have and cherish at Copperfield Hill!



Fourth of July Fun Facts*

The Declaration of Independence was not signed on July 4, 1776. It was formally adopted by the Continental Congress on that day.

Annually, Americans eat 150 million hot dogs on Independence Day. That is the distance from D.C. to L.A. more than 5 times!

Three presidents died on July 4th: Thomas Jefferson, John Adams and James Monroe. Calvin Coolidge was born on July 4th, 1872.

Massachusetts was the first state to make the 4th of July an official state holiday in 1781.

In 1778, George Washington gave his soldiers a double ration of rum to celebrate July 4th.

Every July 4th, descendants of the signers of the Declaration of Independence tap the Liberty Bell 13 times honoring the original 13 colonies.

The famous Macy's fireworks show in New York City uses more than 75,000 fireworks shells.

Source: parade.com

EVENTS

- July 4 Independence Day
- July 9 Natl Sugar Cookie Day
- July 14 Bastille Day
- July 23 Natl Hot Dog Day
- July 24 Natl Drive Thru Day
- July 30 Natl Support Public Education Day

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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.

Answers to July Trivia Quiz

1. All in The Family
2. The Golden Girls
3. The Sopranos
4. Father Knows Best, Leave it to Beaver, The Andy Griffith Show
5. The Carol Burnett Show
6. Murder She Wrote
7. Jeopardy
8. The Winds of War
9. Cheers



WHIZ BANG DAYS
July 8-11, 2021 Robbinsdale, Minnesota

The Robbinsdale Whiz Bang Days is back! While, there are modifications to the usual schedule, here are a few of the favorite activities. July 8-11, 2021

- July 8 Citizens Bank Ice Cream Social 4-6 pm
- July 9 Bistro on Broadway hosted by Lions Club 10am-2pm
- July 10 8th Annual Car Show, US Bank 10am-3pm
- July 10 Robbinsdale City Band, Hollingsworth Park 6:30 pm
- July 11 Whiz Bang Days Fireworks, Lakeview Ter. Park 10 pm