

THE CHATTER

A Copperfield Hill Newsletter

December 2021

Holiday Greetings to all of you!

This time of year is one of reflection and I do so with immense gratitude. I think back on the last year: what we had gone through, what we were living through. It was a busy and complicated time, filled with new challenges.

First and foremost, I am grateful for our tremendous staff, our residents and their families. Thank you to our staff, that stuck with us and helped us get through to this point. We could not have done it without the teamwork we rely on each day. Thank you to our residents and their family members who trust us every day with their care. Second to that, I am grateful for the vaccine. Not to be politicized, it has made a huge difference in the lives of our staff, our residents and their families. It has saved lives. The numerous vaccine clinics allowed for us to get back to a more normal way of life here at Copperfield Hill.

On the heels of the vaccine clinics, and the challenges they presented, came the new Assisted Living Licensure that was effective August 1st. That may not have seemed like much, but behind the scenes there was tremendous work. I am very grateful to my sister, Ashley Farr Fjelstad, who led that charge along with our Executive Directors and corporate staff. In every way, I am blessed with a wonderful work family.

As I draw to a close, I want to emphasize the importance of gratitude and the role it plays in our lives. I end here with something I recently read and would like to share with all of you.

*"People of gratitude see beauty because they look for it, hear truth because they listen for it, and express praise because they feel it. People of gratitude have an attitude of thanksgiving because they first have an awareness of grace. People of gratitude know, trust, and expect God to work. No matter how hard life feels, they ask, 'How will I see His kindness here?' May we fill our hearts with truth so that we can fill our lips with praise and become people of gratitude." *#Clearehystated*

I pray you find peace, joy and thankfulness this holiday season.

Lucinda Gardner, President - Copperfield Hill



December Trivia Quiz

1. What is December's birthstone?
2. Father Christmas resides where during the year?
3. What year was "Miracle on 34th Street" released?
4. The Boston Tea Party happened on December 16th in what year?
5. What is the most recorded Christmas song?
6. Bing Crosby's recording of "White Christmas" was released in what year?
7. In the song "Jingle Bells" how many horses pull the sleigh?
8. What country gave the world the tradition of the poinsettia as a Christmas flower?
9. How many reindeer does Santa have?
10. What famous comedian died on Christmas Day in 1977?

"I heard the bells on Christmas Day. Their old, familiar carols play, and wild and sweet the words repeat of peace on earth, good-will to men!" ~Henry Wadsworth Longfellow



Music Therapy



What is Music Therapy? It is the use of music to address the physical, emotional, cognitive and social needs of groups or individuals.

ASK THE EXPERT //



Music can promote wellness, manage stress, alleviate pain, enhance memory, promote physical rehabilitation and improve communication. Music Therapists utilize music and effectively help with the improvement of mental and physical health of individuals by using music therapy.

The idea of music as a healing influence is as old as ancient philosophy. The modern birth of music therapy began after WWI and WWII when professional and amateur musicians visited Veterans hospitals around the country. Thousands of patients suffering with physical and emotional trauma from war responded to music. This led doctors and nurses to request hiring of musicians by the hospitals. It was soon evident that prior training before entering the hospitals would be of benefit. The first music therapy curriculum was founded at Michigan State University in 1944.

"Music can change the world." *Beethoven*

A NOTE FROM PASTOR JAN

Christmas Services at Copperfield Hill



Sunday, December 26, 9:30 am
Manor Community Room

Monday, December 27, 2:00 pm
Lodge Dining Room

Monday, December 27, 3:00 pm
Lodge Memory Care

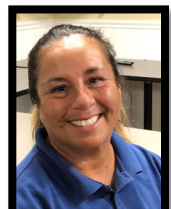
Monday, December 27, 3:30 pm
Manor Memory Care

MEET THE STAFF

Welcome Pilar Rowlette, Director of Dining Services. As with many things, a turn of events pointed Pilar to make a change. It was a switch from medical transcription to cooking in 2009, after attending culinary school. "Feeding people lifts my spirits and gives me purpose. It changed my life. I enjoy the personal connection," she shared.

She believes in the basics. "There's no need to complicate cooking. Fresh food, scratch baking, familiar recipes are on the menu," she added. She looks forward to when families can come share meals with residents.

A native of Minneapolis, Pilar has a large family and two dogs to keep her busy!



Music Therapy*

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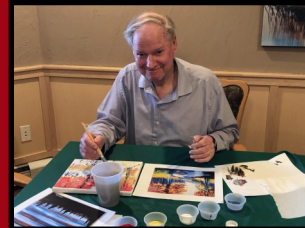
Below is some information about Music Therapy. We are grateful to have a Music Therapist on staff here at Copperfield Hill.

- Music therapy is not just for people who are or were musicians. Anyone can have a connection with music and can benefit from music therapy.
- Music therapy can be used for people of all ages, from premature infants to older adults and everyone in between.
- Music therapy is an evidence-based practice and rooted in research, just like physical, occupational and speech therapy.
- There are many different approaches and methods of music therapy. However, all music therapy is grounded in three main principles: client preference, clinical expertise, and best available research.
- **Music can be used by many individuals in ways that make us feel better, but that does not mean it is music therapy. In order to be considered music therapy, it must be performed by a *board certified* music therapist in a formal setting in which the music therapist and patient/client use music to work toward accomplishing specific goals. (This is the main misconception)**
- While recorded music can be used for music therapy, live music is best for accomplishing most goals addressed in music therapy.



** Copperfield Hill's Music Therapist, Bailey Blatchley, MT-BC contributed to this article. Learn more at musictherapy.org*

Copperfield PHOTOS



My Copperfield Christmas



Moving to Copperfield in 2020, in the middle of the pandemic, took a leap of faith. Faith, is what Willa Mae counts on. "I loved Christmas at Copperfield Hill. The trees were beautiful and we had services right here with Pastor Jan," she remembered. "I had a window visit with my family." Her grandson and his children dropped off Christmas cookies and she swapped gifts with them.

A devoted diary keeper, Willa Mae remembers Christmas 2020 like this: "White Christmas, scheduled a family Zoom. I got to see the children opening their gifts and sharing breakfast. Even if I could not hear them, it was fun. I thank God for that."

Willa Mae looks forward to an "in person" Christmas this year.

EVENTS

December 1 World Aids Awareness

December 7 Pearl Harbor Day

December 10 Nobel Prize Day

December 12 Poinsettia Day

December 17 Maple Syrup Day

December 21 Winter Solstice

December 25 Christmas Day

Holiday Traditions

Ham or turkey? Gingerbread or sugar? A Christmas Carol or The Grinch? Every tradition starts somewhere. Whether you have many Christmas routines or just a few honored traditions, it is always fun to try something new. When we reflect on the holiday season, it really isn't the gift we received it is the events and traditions that we celebrate year after year that have the most lasting impact. Below are a few tried and true ideas.



- Create a Christmas countdown. Beginning with December 1st create your own advent calendar. Each day share an activity or goodie of some sort. This can be a new Christmas ornament, a poem or a cookie baking day. Each day can be special.
- Bake holiday cookies. Everyone loves a home made treat.
- Read a Christmas or holiday story or book.
- Watch a Christmas or holiday movie.
- Send Christmas or holiday cards to friends and family.
- Build a gingerbread house.
- Pass down a family recipe.
- Start a holiday themed collection: holiday china, villages, or special ornaments. Remember the Dayton's Santa Bear?
- Pick out a Christmas tree. The day after Thanksgiving or the day before Christmas, it doesn't matter. This is always an event loved by anyone.
- Give back. Don't forget that there are those you can reach out to during the holiday season. The true meaning of the holidays will inspire those who give and those who receive.

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Answers to December Quiz

1. Turquoise
2. Lapland
3. 1947
4. 1773
5. Silent Night
6. 1942
7. One
8. Mexico
9. Nine
10. Charlie Chaplin

