

# THE CHATTER

## A Copperfield Hill Newsletter

### A Note from the Executive Director

Dear Residents, Family Members, Friends and Staff of Copperfield Hill,  
First of all, Happy New Year to all of you! 2021 is behind us, and we welcome the new things ahead in 2022.

As we have rounded the corner and are headed into the New Year, I want to wish you a very happy, safe and healthy 2022. I know we still modified our celebrations in 2021, but I hope we all found ways to enjoy and share Christmas and New Year's with family and friends. Looking back, 2021 was full of hope and work to get our lives back on track. The vaccine made that possible for many of us. We continued to have trials and tribulations, but also many things for which we are thankful.

We welcomed many new residents to every part of our community. Once again we celebrate this year with the Readers' Choice Award. This award illustrates our continued commitment to provide an enriching environment for seniors to call home. I look forward to welcoming many more new neighbors as 2022 gets underway.

At Copperfield Hill, we are grateful for the privilege to be a part of your collective family. We look forward to making 2022 a bigger and brighter year for everyone.

Happy New Year,

Todd Klein

Executive Director



## January 2022

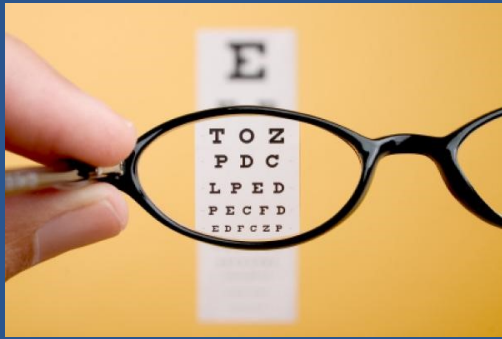


### January Trivia Quiz

1. On January 1, 1892, what island opened as an immigration gateway?
2. On January 1, 1935, this game was played for the first time.
3. The Euro currency was introduced on January 1st, in what year?
4. What event takes place annually in January in Pasadena, CA?
5. Name three historical events associated with January.
6. January 22, 1901 is an important day in British history. What happened?
7. Born in January 1735, he was best known for his ride warning the Americans of the British plans to raid Lexington and Concord.
8. In 1959 Castro came to power in Cuba in a revolution that overthrew which dictator?



## Healthy Eyes



January is National Glaucoma Awareness Month. What is Glaucoma and how is it treated?

## ASK THE EXPERT //

Glaucoma, more common in older adults, is tricky. It is not just one treatable condition. Glaucoma is a group of eye conditions that damage the optic nerve. A healthy optic nerve is vital for good vision. Damage to the eye is usually caused by higher than normal pressure in your eye. Glaucoma can come on very gradually, so it is important to stay current with regular eye exams. If diagnosed early, Glaucoma can be treated appropriately and loss of vision can be slowed or prevented. You don't want it to go untreated, this can lead to vision loss.

Some symptoms include: patch blind spots in your side and central vision, tunnel vision, severe headache, eye pain, nausea, blurred vision, halos around lights and eye redness. If you experience these symptoms, visit an eye doctor (ophthalmologist).

What causes these symptoms and ultimately Glaucoma? The answer, damage to the optic nerve. Increased pressure in the eye causes nerve damage. One cause can be a

"Write it on your heart that every day is the best day of the year." Ralph Waldo Emerson

## DIRECTOR'S CORNER

Copperfield Hill has been awarded the "Readers' Choice Award" by the Sun Post. This year, our Robbinsdale and Crystal readers voted us best in the following categories:

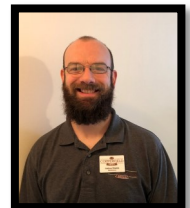
- Independent Living
- Assisted Living
- Memory Care
- Retirement Community
- Place to Work



Our vibrant residents, committed staff and long standing service in the community have again earned us this honor. Referrals from family and friends are also responsible for this success. Thank you and congratulations.

## MEET THE STAFF

Meet Josh Shields, the newest member on the maintenance team. Josh grew up in Minnetonka and has always liked fixing things and working with his hands. He enjoys staying busy that way. Josh is married to Jamile, who is from Brazil. They met while doing mission work in Lebanon. They are expecting their first baby very soon. He likes to spend his free time with his wife and extended family in the Twin Cities. He also enjoys reading and watching movies. This is his first time working in the senior housing environment, he enjoys getting things ready for new residents. Josh, welcome to Copperfield Hill.



# Glaucoma Awareness\*

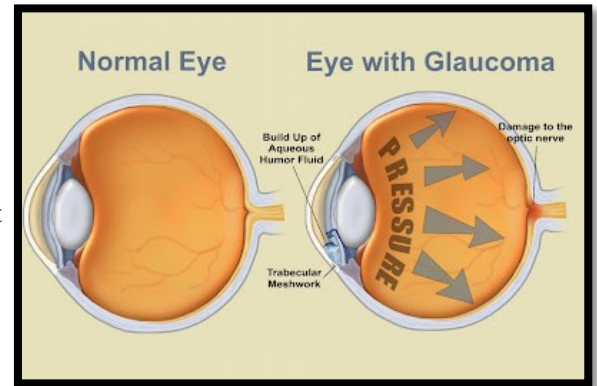
*Cont. from page 2*

build-up of fluid that flows throughout the inside of your eye. Normally, fluid from the eye drains via a network called the trabecular meshwork at an angle where the iris and cornea meet. Over production of fluid can cause improper drainage and the increase of pressure in the eye. Glaucoma tends to be genetic. Knowing your family history is helpful. Self care can help detect glaucoma in the early stages, which is important in preventing vision loss. Sometimes an eye infection, inflammation or injury (physical or chemical) to the eye can cause symptoms.

- Know your family's eye health history
- Wear eye protection when needed.
- Get regular dilated eye examinations from your health provider. If necessary, take prescribed eye drops regularly.

Our eyes do amazing things every day. It is worth taking good care of them.

*\*Mayoclinic.org, webmd.com*



## Copperfield PHOTOS





## Resident Highlight

Meet Shirley, she has lived at Copperfield Hill for about three years. A very social person, many of you might not see her much because she is always so busy making needlework projects. With embroidery and cross stitch, Shirley has created intricate and beautiful pieces for her friends and family. She is seen here with a tablecloth she created for her granddaughter.

Social by nature, Shirley admits she becomes very involved in her work and often misses social events. This past Christmas she embroidered close to 40 tea towels for her friends and family. Thank you Shirley, for sharing your beautiful work with us. ~Beth Sutton



## EVENTS

January 1	New Year's Day
January 5	National Bird Day
January 14	Organize Home Day
January 17	Martin Luther King Day
January 18	Gourmet Coffee Day
January 19	Popcorn Day
January 29	National Puzzle Day

## The Rose Parade

The Rose Parade is an annual parade that takes place on New Year's Day. It takes place in Pasadena, CA and marks the start of the historic Rose Bowl Game.

The parade includes hundreds of flower-covered floats, celebrities, marching bands and all the usual participants one would find in a parade. The parade is followed by the Rose Bowl, one of the major bowl games in college football. The only years the parade has not taken place were those during World War II and 2021 during the COVID-19 pandemic. The parade is scheduled to resume on January 1, 2022. Here are some fun facts about the parade:



- The first Rose Parade was in 1890.
- Close to 18 million flowers covered floats in the 2010 parade.
- Floats are decorated by hundreds of volunteers in "float barns" where temperatures are kept chilly so that the flowers stay fresh. They also disassemble them for compost.

### Hearing Aid Clinic

Miracle Ear will be in the Manor Community Room

January 26th from 9-11am.

Please sign up in the Activity book.



## Copperfield Hill

4200 40th Avenue North

Robbinsdale, MN 55422

Phone // 763.277.1001

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

### Answers to January Quiz

1. Ellis Island
2. Orange Bowl
3. 1999
4. The Rose Parade
5. 13th Amendment abolishing slavery (1865), Alaska entered the Union (1959), 1st Super Bowl was played (1967)
6. Queen Victoria died
7. Paul Revere
8. Batista

