

# THE CHATTER

A Copperfield Hill Newsletter

April 2022



## LAUGHTER IS THE BEST MEDICINE\*

A Highway Patrol Officer pulled over a driver for going 10 mph on the highway.

As he walked up to the car he noticed there were three other folks in the car looking very frightened and rigid. He leaned down to the driver's window and noticed the driver was as calm as could be.

The officer asked, "Do you know why I pulled you over?"

"No, I do not," the driver replied sweetly.

The officer continued, "You were going 10 mph on the highway. That's a serious hazard for other drivers."

The officer couldn't help but glance at the three terrified passengers. The driver then pointed at the sign nearby. The driver asked, "Isn't the speed limit 10 mph?"

The officer looked at the sign and laughed. "That's the sign telling you which highway you're on, Interstate 10."

The driver burst out in a fit of giggles. "Oh, I'm sorry!"

The officer decided it was an honest mistake and was going to let them go on their way. But, curiosity got the better of the officer. "Can I ask why your passengers are so scared?"

The driver laughed again and answered, "Probably because I just got off Interstate 95!"

*\*adapted from Jokesoftheday.com*



## Trivia Quiz:

### True or False

1. The least rainy place on the earth is the desert.
2. Rain always makes it to the ground wet.
3. All raindrops are made of water.
4. There is a proven way to get less wet in the rain.
5. The shape and color of clouds can help you predict rain.
6. There is actually a chemical reaction that makes rain smell good.
7. Rain makes the grass look greener.

## An Award Winning Building



Thank You!

## ASK THE EXPERT //

We use our feet a lot. Most days, we don't even realize how much. When we start our day we plant them on the floor and set in motion our daily activities that begin with a step! Even a moderate walker, will circle the Earth at the equator about 4 1/2 times in a lifetime. We need our feet to be healthy and feel good. Below are some general foot care tips for healthy feet:

- Check your feet daily to make sure you don't have a surprise cut, sore or injured toenail.
- Wear proper fitting shoes. Shoes that are too tight can cause ingrown toenails. Shoes that are too loose can cause blisters and can be tripping hazards.
- Trim your toenails. Don't remove calluses yourself.
- Keep your feet clean and dry. Use lotion to condition the feet from dry skin.
- Get your feet checked at your healthcare visit.

## April is National Foot Health Awareness Month



"The way I see it, if you want the rainbow, you gotta put up with the rain." Dolly Parton

### EASTER SERVICES

#### Manor - Manor Dining Room

Good Friday, April 15th,  
1:00 pm

Easter Sunday, April 17th,  
9:30 am

#### Lodge - Lodge Dining Room

Good Friday, April 15th, 2:00 pm

Easter Monday April 18th, 2:00 pm

#### Manor Memory Care

Good Friday, April 15th , 10:00 am

Easter Monday, April 18th 10:00 am

#### Lodge Memory Care

Good Friday, April 15th, 10:30 am

Easter Monday, April 18th, 10:30 am



### MEET THE STAFF

Meet Tracy, the new HUC (Health Unit Coordinator) for Copperfield Hill. Tracy lived on a farm in Brooten, MN, and in 1987, moved to the Twin Cities with her father and daughter. Since then, she has embraced a career in the medical/healthcare field. Day to day, she enjoys the residents and the variety of her work. You could find her scanning medical records or helping with lunch. That variety is what keeps her going. In her free time she enjoys walking her dog and spending time with friends and family. She has a self-proclaimed laid back personality and enjoys spontaneity and whatever comes next! Welcome, Tracy!



# Keeping Your Feet Healthy

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- Keep the blood flowing. Wiggle your toes and elevate your feet when you are sitting if possible.
- Choose activities that are easy on the feet: Walking, riding a bike or swimming are a few.



If you are a diabetic, your foot care is extremely important. Daily care is one of the best ways to prevent foot complications. About fifty percent of people with diabetes have some kind of nerve damage in their feet. This can lead to loss of feeling or numbness. Nerve damage can lower your ability to feel pain, as well as heat or cold.

No pain sounds great, but you may not feel blisters, sores, cuts or foot ulcers that can lead to bigger problems. If untreated these can become infected and problematic. If you get an infection this can spread and cause your toe or foot to become compromised. Untreated infections can cause extensive damage that can lead to loss of a toe or part of a foot.

Copperfield Hill has a monthly podiatry clinic. Appointments are available in each building. Sign up is available with the nursing office or concierge. If you have questions, please contact our nursing staff.

More information at: [cdc.gov/diabetes/library/features/healthy-feet](https://www.cdc.gov/diabetes/library/features/healthy-feet) and [mayoclinic.org](https://www.mayoclinic.org)

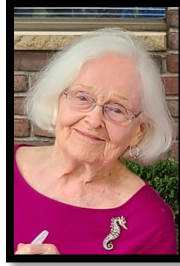
## Copperfield PHOTOS





## Resident Highlight

A native of Oklahoma and Texas, lover of music and Southwestern art, meet Barb Hodges. Barb has been a resident at Copperfield Hill for close to five years. Moving to Minnesota was sparked by her desire to be closer to family. After 16 years in Santa Fe, NM she rolled up her rugs and landed in Minnesota. She has enjoyed seeing her family grow. Barb is busy at Copperfield—joining outings, exercise class and activities. She has just begun a term on Resident Council. She wanted to “take her turn” at contributing her time there. As mentioned, she loves music and is a long time season ticket holder at Orchestra Hall. She is looking forward to hearing Osmo Vänskä in his final season. Thank you, Barb, for your active interest in your community and for sharing your story!



## April is National Poetry Month



National Poetry Month is celebrated in April. Launched in April of 1996 by the Academy of American Poets, the intention was to remind the public that poets have an integral role to play in our culture and that poetry matters.

Over the years the celebration has grown globally. It is the largest literary celebration in the world and is enjoyed by: teachers, librarians, poets, schools, students, readers, publishers, writers and anyone who enjoys poetry and believes it has an important place in our lives. A few of the most popular poems include:

***“Hope” is The Thing With Feathers*** by Emily Dickinson

***The Waste Land*** by T.S. Elliot

***Still I Rise*** by Maya Angelou

***Sonnet 18*** by William Shakespeare

***O Captain! My Captain!*** by Walt Whitman

***The Raven*** by Edgar Allen Poe

***Do Not Go Gentle Into That Good Night*** by Dylan Thomas

***i carry your heart with me*** by e. e. cummings

***The Road Not Taken*** by Robert Frost

Learn more about National Poetry Month and the most loved poems at: [poets.org/national-poetry-month](http://poets.org/national-poetry-month) and [discoverpoetry.com](http://discoverpoetry.com)



The in-house resident mailboxes (cubbies) are back up and running. The mailboxes are located on the first floor of each building. These mailboxes are for **in-house correspondence only**. If you have questions, see the concierge.

## EVENTS

April 1	April Fool's Day
April 5	National Librarian Day
April 7	World Health Day
April 13	National Scrabble Day
April 17	Easter
April 22	Earth Day
April 29	Arbor Day

## Copperfield Hill

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### Answers to April Quiz

1. False. Antarctica is the least rainy spot with only 6.5 inches of rain or snow per year.
2. False. In dry, hot places, rain sometimes evaporates before it hits the ground.
3. False. On Venus rain is made of sulfuric acid or methane.
4. True. Run! The faster you get out of the rain the drier you will be.
5. True. Generally, Cumulonimbus (tall and puffy) and Nimbostratus (flat low level and gray) mean rain is coming.
6. True. Geosmin, a molecule created by soil swelling bacteria is released in the air after rain hits the ground. Thus, the fresh rain scent.
7. True. Rain droplets contain dissolved nitrogen that comes from the air. The natural fertilizer makes the grass look greener after rainfall.