

THE CHATTER

A Copperfield Hill Newsletter

FIRST DAY OF FALL – WHEN IS THE FALL EQUINOX?

Summer of 2022 is coming to end as we embark September. The sunny afternoons on the patio, Summer Concert Series out on the front lawn and the garden club have been a few favorites this summer at Copperfield Hill. The first day of fall will be here before we know it. The fall season comes with excitement. The changing leaves, pumpkin bread, apple orchards, football and a cozy blanket to name a few of the joys in autumn.

What is the equinox? The equinox is a brief time in the year when the day and night are of nearly equal length. They occur at seasonal transition points. For those living in the northern hemisphere, the equinox in September is called autumnal equinox.

Get out your calendars: The first day of fall in 2022 is Thursday, September 22nd. Enjoy and embrace the beauty of the upcoming change of season. The fall brings a beautiful walk around Crystal Lake. The crisp air is welcomed with the opening of the windows. Listening to the birds and squirrels as they prepare for the winter. What is your favorite part of the fall season?

Source: <https://www.countryliving.com/life/travel/a28661720/first-day-of-fall-equinox/>

“And then the sun took a step back, the leaves lulled themselves to sleep, and Autumn was awakened.”

~Raquel Franco



August 2022

Trivia Quiz:

1. At which university can a student become a fully qualified pirate?
2. Who was the first football coach to win the Rose, Orange, Cotton and Sugar Bowls?
3. Which school is the second oldest college in the country?
4. Which university in the U.S. is the most expensive?
5. Which Ivy League school has the smallest enrollment?
6. At Harvard University, the statue of John Harvard is good luck for a student if they do this?
7. Approximately how many colleges are there in the U.S.?
8. The first SAT was administered in what year?
9. Which state has the most colleges and universities?

September Is Better Breakfast Month



ASK THE EXPERT //

Rise and Shine! Many Americans are in a time crunch in the morning or we have developed poor eating habits with our morning routine. With the change of season, September is a great month to spend time learning the importance of starting our day with breakfast.

Research has been conducted to show a substantial difference in the overall health and well-being of an individual who eats a balanced breakfast.

WHY BETTER BREAKFAST MONTH IS IMPORTANT

- Eating a healthy breakfast helps control your weight
- It helps you fit in all of your daily nutrients
- Breakfast is delicious

“Autumn carries more gold in its pocket than all the other seasons.” ~Jim Bishop

MEET & GREET

Robbinsdale Meet & Greet

Monday, September 12th

5:30 - 7:30 PM

Downtown Robbinsdale

Celebrate our community of Robbinsdale

- Win Prizes! Enjoy Food Samples!
- Strolling Entertainments
- A NIGHT FULL OF FUN!



Sponsored by:

The Robbinsdale Chamber
of Commerce

MEET THE STAFF

Ian Caprarola, Culinary Director

Ian brings with him a wealth of knowledge and 18 years of experience in the restaurant and hospitality industry. He holds a Bachelors of Culinary Arts and Hospitality from Kendall College in Chicago. Ian was an Executive Chef in Chicago before moving to Minnesota, where he took a job in a senior living community, and he knew he had found his perfect industry! Ian is married with three children and a lovable dog. When he isn't working, he likes to spend time with his family, fishing, gardening and golfing (and sometimes cooking).



Tips for a Better Breakfast

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IDEAS OF HEALTHY BREAKFAST FOODS

- **Scrambled Eggs:** Include turkey bacon, fruit and whole grain toast to round out the meal.
- **Whole-Grain Waffles:** serve with fresh fruit.
- **English Muffin Sandwich:** Toast a whole-grain muffin. Add low-fat cheese and sliced deli ham.
- **Breakfast Tacos:** Scramble eggs with beans in tortilla. Add salsa and low fat cheese.
- **Whole-Grain Cereal:** Add fresh fruit to your unsweetened cereal.
- **Yogurt Parfait:** Layer yogurt with fresh or frozen fruit and granola.
- **Smoothie:** Blend low-fat milk, frozen strawberries and a banana. Enjoy with a bran muffin.
- **Oatmeal:** Eliminate the added sugar and add fresh fruit, dried cranberries and almonds.

Source: <https://www.eatright.org/food/planning-and-prep/snack-and-meal-ideas/6-tips-for-better-breakfasts>



joyful moments

NATIONAL ASSISTED LIVING WEEK • SEPTEMBER 11-17, 2022

National Assisted Living Week

September 11-17, 2022

Copperfield Hill will be hosting a variety of different events to celebrate NALW.

Watch the Weekly Activities calendar!

Copperfield PHOTOS

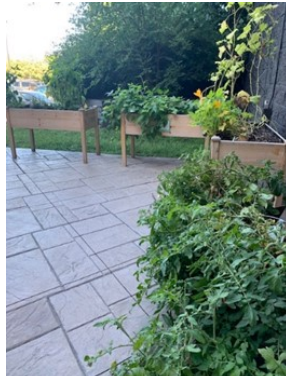


We welcomed August by celebrating National Night Out as a community with ice cream, live entertainment and a visit from local first responders. We took trips to both the Sculpture Garden and the Bell Museum. Pastor Jan hosted a volunteer opportunity to pack backpacks for local Robbinsdale school children. August provided us with beautiful weather for many days of patio lounging.

Resident Testimonial

Garden Club

A new addition to Copperfield Hill this summer is the Garden Club. What a success it has been! Residents have commented on the ability to continue a hobby they have enjoyed for years prior to moving to Copperfield Hill. "One of the concerns with moving was the thought of giving up my garden. Now I am able to garden with raised garden beds and my friends," says a Copperfield Hill resident.



Next summer the garden club will be expanding with additional raised garden beds. Reach out to Sharon or George if you would like to participate.

Justice Sandra Day O'Connor



During President Ronald Reagan's 1980 presidential campaign, he pledged to appoint a woman to the Supreme Court of the United States. He was given the opportunity to deliver on his promise in 1981 when Justice Potter Stewart retired.

On September 21, 1981, Judge Sandra Day O'Connor's appointment to the Supreme Court of the United States was confirmed by a vote of 99-0 in the Senate. Four days later on September 25th, she took her seat on the Bench.

O'Connor quickly became a household name both domestically and internationally for becoming the first woman on the United States Supreme Court. Her legal decisions were commonly the swing vote in many cases. She was mostly known to be a conservative justice. However she developed a reputation of being an independent thinker and voter.

In 2009, she was awarded The Presidential Medal of Freedom for her lifetime accomplishments.

Source: <https://www.supremecourt.gov/visiting/exhibitions>

Copperfield Hill Library

Manor 4th Floor

Recently in the Copperfield Hill Library, a magnifier station was set-up for all to use. As a reminder, our library is stocked with donated books and books from the Hennepin County Library Association. They are changed quarterly. In addition, residents can request for specific books to be delivered to Copperfield Hill.



EVENTS

September 5	Labor Day
September 8	Star Trek Day
September 11	Patriot Day
September 13	Uncle Sam Day
September 22	Fall Equinox
September 26	Natl Family Day
September 29	Natl Coffee Day

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Answers to September Quiz

1. Massachusetts Institute of Technology (MIT)
2. Joe Paterno, Penn State
3. The College of William and Mary, VA
4. Harvey Mudd College, CA
5. Dartmouth College, NH
6. Rub the left foot
7. Roughly 6,000
8. 1926
9. California