

# THE CHATTER

## A Copperfield Hill Newsletter

### VETERANS DAY 2022

Veterans Day was originally known as Armistice Day and was first celebrated on November 11, 1919, the first anniversary of the end of WWI. November 11<sup>th</sup> became the national holiday in 1938. Veterans Day pays tribute to ALL American Veterans, living or deceased. We have many Veterans living at Copperfield Hill.

Each year the U.S Department of Veterans Affairs has a theme to commemorate Veterans Day. The theme for Veterans Day 2022 is "Honor". By definition, honor is high respect and great esteem. Spoken best by the U.S. Department of Veterans Affairs, "Honor reflects the military value and tradition of answering the call of duty."\*

Copperfield Hill is proud to honor our Veterans. Below are two events to show our appreciation for their service and a discount provided in our salon specifically for Veterans.

#### **Veterans Breakfast**

9:00 am in the Manor Community Room

#### **Veterans Program**

2:30 pm in the Manor Dining Room

Source: <https://www.va.gov/opa/vetsday/>

"Welcome sweet November, the season of senses and my favorite month of all."

~ Gregory F. Lenz



## November 2022

### Trivia Quiz:

1. How long was the first Thanksgiving celebration?
2. Who was the first President to pardon a turkey?
3. When was the first Thanksgiving NFL game?
4. Which President made Thanksgiving a permanent national holiday?
5. What city has the oldest Thanksgiving Day Parade?
6. When were balloons first introduced to the Macy's Thanksgiving Day Parade?
7. What Native American tribe celebrated the first Thanksgiving with the Pilgrims?
8. How many turkeys are prepared for Thanksgiving in America each year?
9. When is Thanksgiving in Canada?
10. When was green bean casserole introduced to Thanksgiving dinners?



**“Over 24 million Americans are affected by COPD”**

## ASK THE EXPERT //

November provides awareness for the millions of people who have chronic obstructive pulmonary disease or known as COPD. This is an umbrella term for emphysema and chronic bronchitis. Over 24 million Americans are affected by COPD. This is a startling number of those who have difficulties with a disease that creates a shortness of breath. Almost half of the adults living with COPD are undiagnosed.

### WHAT CAUSES COPD?

COPD is a preventable disease. Smoking cigarettes is the main culprit. If you are currently a smoker, it is not too late to stop smoking. A reduction in the progression of the disease has resulted in those who have quit smoking cigarettes.

### HOW CAN I MAKE A SAFER HOME?

This is a question many caregivers have sought answers to assist those who are affected by COPD. Managing indoor triggers is one area to begin.

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

## WORSHIP SERVICES

### Thanksgiving Worship Services

will be held throughout the community. All are welcome.

#### Monday, November 21:

Manor Memory Care at 10:30 AM

Lodge Dining Room at 2:00 PM

Lodge Memory Care at 3:00 PM

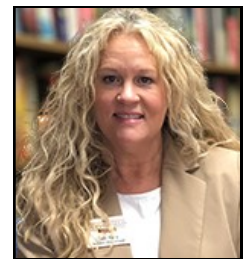
#### Tuesday, November 22:

Manor Dining Room at 2:30 PM

## MEET THE STAFF

### Deb, Business Office Manager

She grew up in Duluth, but has called the Twin Cities home for over 30 years. Before starting at Copperfield, Deb managed a local refrigerated truck company for 20 years. Deb says she feels



“blessed to be a part of the Copperfield community” and makes sure she takes time to visit with the residents. She is always upbeat with a smile on her face. Deb lives in Blaine and is very proud of her daughter who graduated Magna Cum Laude from the University of St. Thomas. In her free time, Deb enjoys listening to live music, reading, walking, board games and spending time with family.

# COPD AWARENESS MONTH

*Cont. from page 2*

Below are five suggestions:

1. Avoid using tobacco in your home.
2. Avoid using products with strong odors. Such as: bleach, cleaning products, air fresheners, and perfumes.
3. Keep windows closed during high allergen days.
4. Keep pets out of sleeping areas.
5. Avoid using items that produce smoke. Such as: fireplaces, wood-burning stoves, and candles.

The National Heart, Lung, and Blood Institute provides a wealth of tools and resources for those either with COPD or caregivers. Information can be found – <https://www.nhlbi.nih.gov/education/copd-learn-more-breathe-better/copd-caregivers-toolkit>

## Sources:

[https://www.hopkinsmedicine.org/news/stories/november\\_copd\\_awareness\\_month.html](https://www.hopkinsmedicine.org/news/stories/november_copd_awareness_month.html)

<https://www.nhlbi.nih.gov/education/copd-learn-more-breathe-better/copd-caregivers-toolkit>



## Festival of Trees 2022

### Stay Tuned

Planning is underway.

More information to come.

## Copperfield PHOTOS



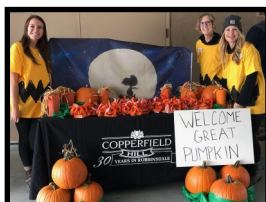


## Community Service

Copperfield Hill participated in the Robbinsdale Halloween Give and Get.

To prepare for the big day, we had residents of Copperfield Hill assist in filling pumpkin designed treat bags with a variety of Halloween favorites.

Then on the big day, Copperfield Hill hosted a Great Pumpkin table. Sherry and Jessica from the Marketing along with Sharon from Activities, distributed roughly 300 bags of candy to kids of all ages.



## EVENTS

- November 4 National Candy Day
- November 10 Marine Corps Birthday
- November 11 Veterans Day
- November 13 World Kindness Day
- November 19 National Adoption Day
- November 21 National Stuffing Day
- November 24 Thanksgiving

## Mickey Mouse's Birthday - November 18



On November 18<sup>th</sup> Disney will celebrate the 94<sup>th</sup> birthday of Michael Theodore Mouse, better known as Mickey Mouse.

Mickey Mouse made his big screen debut with his appearance in the short film "Steamboat Willie" on this date in 1928.

The first sighting of Mickey Mouse was actually scheduled for release in May 1928.

The story was inspired by Charles Lindbergh's solo flight across the Atlantic. The plot required Mickey and his friends to assemble their own airplane. The cartoon failed in its test screening phase.

Mickey Mouse has become one of the most universally recognized icons in pop culture. He was the first cartoon character to earn a star on the Hollywood Walk of Fame in 1978. Mickey's star power reminds us all of the magic of childhood, a time when no dream was too big and our imaginations ran wild.

Fun Fact about Mickey Mouse, his first words were "Hot Dog". They were recited in 1929 in his ninth movie.

Source: <https://www.waltdisney.org/blog/birth-mouse>

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## Answers to November Quiz

1. Three days
2. John F. Kennedy
3. 1920
4. Abraham Lincoln
5. Philadelphia
6. 1928
7. The Wampanoag
8. About 46 million
9. The second Monday in October
10. 1955

## Fall Back - Daylight Savings Ends

On Sunday, November 6<sup>th</sup> Daylight Savings will end. Remember to set your clocks back one hour before going to bed on Saturday, November 5<sup>th</sup>.

