

THE CHATTER

A Copperfield Hill Newsletter

Won't You Be My Neighbor?

On March 20th, we set aside a day to remember and honor Fred Rogers. Fred Rogers was the host of a popular childhood show, Mr. Roger's Neighborhood. The first episode aired on PBS on February 19, 1968, and ran until 2001. Mr. Rogers was iconic for his message on the importance of being a kind neighbor.

"All of us, at some time or other, need help. Whether we're giving or receiving help, each one of us has something valuable to bring to this world. That's one of the things that connects us as neighbors – in our own way, each one of us is a giver and a receiver." Spoken by Fred Rogers.

Each one of us has a role to play in our communities. Our places of worship, business, our towns and places we live such as Copperfield Hill, are all opportunities to be givers and receivers of kindness. Each of us are created with unique gifts. We are all important. Every person has a role to play in keeping our communities safe, loving and a special place to call "home".

At Copperfield Hill we are all part of a family. Neighbors are family. Join me in seeking ways to do something nice for others. Take a moment to appreciate the little things or think about how something you take for granted was made. These are ways we can be a great neighbor.

Sources: [nationaltoday.com](https://www.nationaltoday.com) and inspirekindness.com/blog/mr-rogers-kindness

"It's a beautiful day in this neighborhood, A beautiful day for a neighbor. Would you be mine? Could you be mine?"

~Fred Rogers



March 2023

Trivia Quiz:

1. What is the nickname for March Madness?
2. Which team has the most Final Four appearances in March Madness history?
3. How many rounds are in March Madness?
4. Who was the first team to win a March Madness championship?
5. Who has the most NCAA tournament championships?
6. How many NCAA titles did Mike Krzyzewski win at Duke?
7. Which two schools have the most Final Four matchups against each other?
8. Which two coaches are tied for the most NCAA tournament appearances as head coach?
9. Which school is the only 16-seed to defeat a 1-seed?

ASK THE EXPERT //

This month's safety focus is on the adage "it is better to have it and not need it than need it and not have it."

While this saying can be applied in many different scenarios, like packing for vacation or buying the 24 toilet paper pack, I am using it in the context of using the things you have to help keep you safe.

If you have a mobility device, like a walker or cane, use it! You have it for a reason, and that reason is to prevent falls and to keep you safe. Get in the habit of using it regularly so it becomes second nature. It is much better to use your devices and prevent a fall than to have to recover from one.

If you have an emergency pendant - wear it! It doesn't do much good if you need assistance in your bedroom and

Tips for Fall Prevention:

- Stay physically active
- Fall-proof your home - declutter your space
- Get your eyes and hearing tested
- Check the side effects of any medications
- Choose the right footwear
- Stand up slowly

"May your blessings outnumber the shamrocks that grow" ~Irish Blessing

EGGSTRAVAGANZA

Join us for a volunteer opportunity on

Thursday, March 9th at Noon
Manor Community Room

Residents will fill Easter Eggs for the City Of
Robbinsdale's Chamber of Commerce.

Completed Eggs will be used for the
EGGSTRAVAGANZA - Easter Egg Hunt
Event for children in the community.



"SCRABBLE" by E.M.

Words! Put them together and win!

Spell words like "EXCLAIM", "TOTAL",
"AND", "TWIN"

Triple letter with a "Y", that will show
them,

Block off the triple word, that's their prob-
lem.

"Oh no!" He just put down
"SUPERSTITIOUS"!

I think he's cheating, it's suspicious.

You know what, score isn't important to
me.

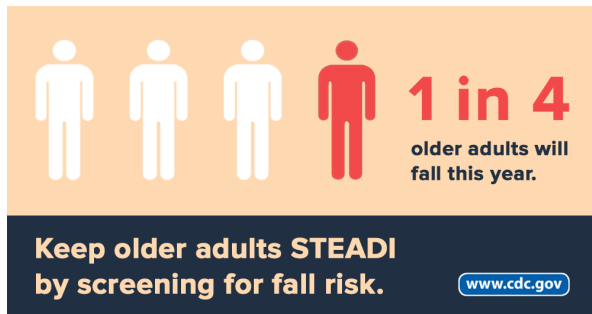
Playing the game just makes me happy.

Devices and Fall Prevention

Cont. from page 2

you left your pendant in the bathroom. It should be kept on or close to you at all times, especially when using the shower, where it is easy for slips to occur.

Finally, you have so many resources at your fingertips as a resident of our community - use them! Reach out to staff to discuss any concerns or questions you have, take advantage of our meal and activity options, and spend time enjoying the amenities and support our community has to offer - if you need it, we'll do our best to have it!



~Ashley Farr

Legal Counsel



**Daylight Savings
Time Begins**

**Sunday, March 12
at 2 AM**

"Spring" your clocks
ahead one hour before
you go to bed on
Saturday, March 11th

Copperfield PHOTOS



In February we celebrated our LOVE for activities, friends and social get-togethers. Residents enjoyed our Valentine's party and monthly birthday celebrations. There were new clubs formed and in-prompt sing-longs started.



St. Patrick's Day Traditions

Shamrocks - were once a sacred plant in ancient Ireland that symbolizes the rebirth of Spring. Later in the 17th century, the shamrock be-came a symbol of Irish nationalism.

Leprechauns - The belief on leprechauns most likely stems from the Celtic belief in fairies. In Celtic folklore, Leprechauns were typically cranky, meddling tricksters.

Pinching - It is common practice to pinch people who are not wearing green on St. Patrick's Day. Legend says that those who wear green are invisible to the mischievous fingers of a Leprechaun.

Source: History.com

National Crayon Day - March 31

The History of the Crayola Crayon

Cousins, Edwin Binney and Harold Smith had been business partners since 1885. In 1900, they began producing slate school pencils and dustless school chalk in Easton, PA. They continued to listen to teachers, who were requesting better wax sticks for their classrooms.



Crayons had existed before 1903, however the items produced by Binney & Smith were a safer and cheaper alternative to the art utensils in use at that time. The first boxes released had eight colors: black, brown, blue, red, violet, orange, yellow and green. The boxes sold for a nickel.

We can thank Edwin's wife who was a school teacher for the name we know today, Crayola. Craie, the French name for chalk and Ola, the Latin root for oily.

There are currently 120 standard colors being manufactured. Over the course of time, 50 colors have been retired. The last retirement took place on March 31, 2017 when Crayola announced the retirement of Dandelion.

Sources: <https://www.crayola.com/about-us/company/history.aspx>

SPRING BEGINS

The first day of Spring, also known as the Spring Equinox, has traditionally been celebrated in March. In 2023, we will welcome Spring on Monday, March 20th at 4:24 P.M. CST. This is when the Sun crosses the equator into the Northern Hemisphere.



EVENTS

March 1	National Minnesota Day
March 2	Dr. Seuss Day
March 14	National Pi Day
March 17	St. Patrick's Day
March 20	Spring Begins
March 26	Epilepsy Awareness Day
March 31	National Crayon Day

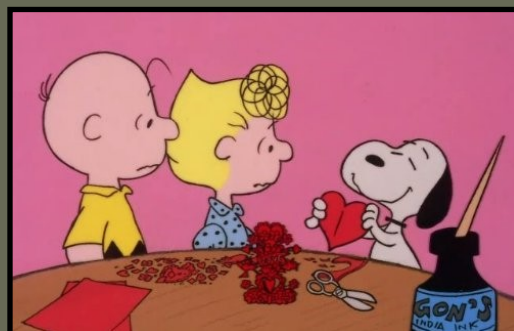
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Answers to March Quiz:

1. The Big Dance
2. North Carolina
3. Four
4. The University of Oregon
5. UCLA
6. 5; 1991, 1992, 2001, 2010, & 2015
7. Kansas & North Carolina (4)
8. Mike Krzyzewski & Jim Boheim
9. University of Maryland-Baltimore County defeated Virginia in 2018