

COPPERFIELD HILL CHATTER

JUNE 2018

A Note from the Executive Director

Dear Residents and Friends of Copperfield Hill,

Well, spring is here! So proven by the beautiful crab apple tree in full bloom in front of Copperfield Hill. It was a long and snow filled winter so I hope many of you are out and enjoying these spring days.

We celebrated Memorial Day which is a great kick off to summer. We marked this national holiday with a visit from the Crystal VFW Honor Guard. We are reminded of the service many men and women have offered for our collective freedom.

Yes, it has been hot and that reminds us that summer is around the corner. Whiz Bang Days will be here soon and with that we will welcome the Robbinsdale Diggers Garden Club for their 53rd Annual Flower Show.

Also, this month our travels take us to Polynesia. This should be a very interesting stop. I look forward to the "Pig Roast" we are planning in celebration. Stay tuned, there is much ahead as we welcome the summer months.

Happy Father's Day,

Todd Klein

Executive Director



JOIN OUR MAILING LIST!

If you would like to join our mail or e-mail list, please e-mail your request to sschmidt@copperfieldhill.com. If you have questions about becoming a resident of Copperfield Hill, feel free to contact us at (763) 277-1001 or visit us on the web at www.copperfieldhill.com



Manor Office Hours:

Mon - Fri 9:00am-5:30pm

Sat - 10:00am-4:00pm

Sun - Noon - 4:00pm

Location:

4200 40th Ave North

Robbinsdale, MN 55422

763-277-1001

Lodge Office Hours:

Mon- Fri 9:00am-5:30pm

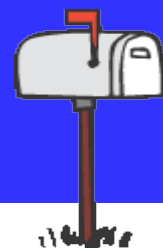
Sat-Sun: 10:00am- 4:00pm

Location:

4020 Lakeland Ave North

Robbinsdale, MN 55422

763-277-1001



Contacts:

Executive Director

Todd Klein

Environmental Services

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Marketing

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Nursing

Olivia Caspers, RN

Lindsey Scribner, RN

Grace Diego, RN

Cassie Jokinen, RN

LaDonna Bateman, LPN

Sandra Williams, LPN

Amy Broszko, LPN

Recreation & Wellness

Beth Sutton

Brenda Warner

Pastor

Jan Hartsook

Building Assistant Managers

Mary Ngeru

Marci Franz

Event Highlights for June

Manor

June 4th at 2:30 pm	Reminiscence with Pastor Jan
June 11th at 11:00 am	Outback Steakhouse Outing
June 13th at 2:00 pm	Birthday Party with Ross McLeod
June 15th at 10:00 am	Tour of the MN State Capital
June 18th at 2:30 pm	Games & Lemonade on the Front Lawn
June 20th at 2:30 pm	Happy Hour with Mary Hall
June 27th at 2:30 pm	Full Bloom Presentation on Mt. Rushmore

Lodge

June 4th at 12:15 pm	Target
June 6th at 2:30 pm	Cooking Class
June 11th at 12:15 pm	Walmart
June 13th at 2:30 pm	Healthy Snack Group
June 19th at 2:00 pm	Chair Exercises
June 20th at 2:30 pm	Arts and Crafts
June 21st at 2:00	Birthday Party
June 22nd at 12:30 pm	Bingo
June 26th at 12:30 pm	Pokeno



A note from Chef Brian

Join us on June 22nd at 2pm in the Manor Atrium for a cooking demonstration. Brian will be cooking Teriyaki Stir Fry Chicken & Fried Rice for sampling. We encourage you to come early to get a good seat.

A note from Pastor Jan

On May 27th, Brad Sidle delivered his last Sunday Service at Copperfield Hill. Brad had been our Sunday Pastor for eight years. Our thanks go out to Brad for all that he contributed during this time. Sunday Services will continue at Copperfield at 10 am. Pastor Jan and her husband, Phil Gotsch, along with Pastor Jan Bornhoft will be alternating Sundays.

A note from Nursing

Copperfield Hill will be switching from Merwin Pharmacy to Sterling Pharmacy effective July 2018. We will host a Sterling Open House on June 21st from 5-7pm in the Manor and the Lodge. Please watch for signs posted in each building.



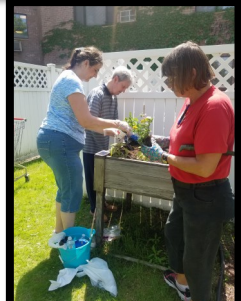
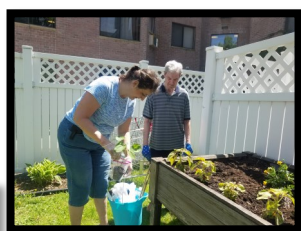
Memory Care Moments

Our recent visitors to Manor Memory Care spent time visiting, completing puzzles and getting Mr. Potato Head put together! It is always fun to have the kids come visit.



Caring Companions

The 4th Pinning Ceremony for our Caring Companions will take place on June 21st at 1:30 in the Manor Atrium. Please join us as we welcome and celebrate our new volunteers. Refreshments will be served. For more information about Caring Companions, please see Brenda Warner. Below, some of our Caring Companions joined Brenda and residents from the Manor Memory Care to plant flowers in the raised flower beds located in the Manor Memory Care Garden.



Welcome Neighbors!

Mary B.

Carlos & Maria F.

Merton C.

Helen B.

Jack & Judy K.

Delilah M.

Gholam P.

Emeline A.

Lila O.

Patricia S.

Resident Referral Gift

Welcome to many new residents. Thanks to all of you who have recently made referrals. Remember, there is a \$500 referral gift for those referring to the Manor and a gift card for those referring to the Lodge.



Happenings from the Recreation and Wellness Department

Well, summer is almost here, there were some steamy days in May. Believe me, I'm not complaining, it was a long winter. The Memorial Day picnic was a huge success. Thanks go out to all who helped. We had the Honor Guard from the Crystal VFW, honoring those Veterans who died while serving in the Armed Forces. The Banjo Boy Variety Band kept us all entertained. The food, provided by the kitchen, was delicious. A big thanks to Chef Brian and his staff.

The month of May was a fairly busy month for the Manor Residents. They participated in a Sharing Circle, Reminisce with Pastor Jan, the Birthday Party, Happy Hour with Monroe Wright, a Full Bloom Presentation on the Andrew Sisters and Assembling Birthday Bags with Pastor Jan. Fundraising for the Alzheimer's Association started with popcorn sales. Look for future fundraising opportunities this summer.

The Lodge Residents kept busy, as well. Thank you John and McKenna in leading many of the recreation programs. Residents enjoyed the Birthday Party with Jim Berner, Healthy Snack Group, Chair Exercises, Cooking Class, Bingo and Pokeno. One of the highlights for May was our trip to the Como Zoo.

The Polynesian Islands are our theme for the month of June. Copperfield Hill is planning a huge Polynesian event on June 14th at 4:30 in the front parking lot and lawn. A Pig Roast with all the fixings, entertainment by *Johnny Pineapple*, cool decorations, and just plain old fun will highlight the evening. We hope you will come and enjoy this event, island style! Maybe a Hawaiian themed shirt for the guys and maybe a flower in your hair for the ladies. ~Beth Sutton



POLYNESIA*



Polynesia is a sub region of Oceania, made up of more than 1,000 islands scattered over the central and southern Pacific Ocean. The indigenous people who inhabit the islands of Polynesia are termed Polynesians, and share many similar traits including language family, culture, and beliefs.[1] Historically, they had a strong tradition of sailing and using stars to navigate at night.

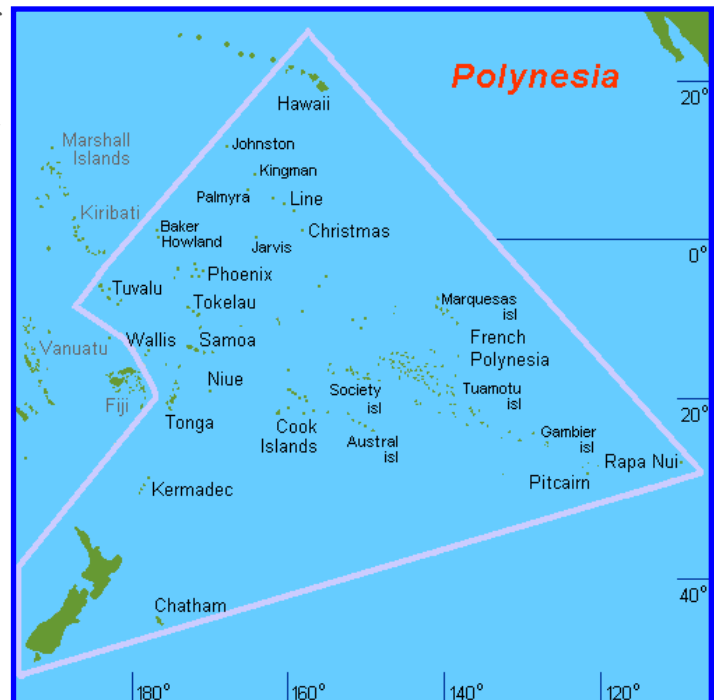
The term Polynesia was first used in 1756 by the French writer, Charles de Brosses. Originally it applied to all the islands of the Pacific. In 1831, Jules Dumont d'Urville proposed a restriction on its use during a lecture to the Geographical Society of Paris. Historically, the islands of the South Seas have been known as South Sea Islands, [2] and their inhabitants as South Sea Islanders, even though the Hawaiian Islands are located in the North Pacific. Another term, the Polynesian Triangle, explicitly includes the Hawaiian Islands, as they form its northern vertex.

The geology of Polynesia is literally a small amount of land spread over a very large portion of the Pacific Ocean. Many Polynesian Islands and archipelagos are volcanic islands built by volcanic hotspots. However, New Zealand, Norfolk Island and Ouvéa are unsubmerged portions of the largely sunken continent of Zealandia. Polynesia is generally defined as the islands within the Polynesian Triangle, although there are some islands that are inhabited by Polynesian people situated outside the Polynesian Triangle.

It is impossible to give justice to Polynesia on this brief page. It is a drop in the ocean! However, keep in mind that Polynesia is made up of many islands that are held, governed or influenced by foreign countries. Thus, there remains the indigenous culture of each specific area as well as the colonial influences brought in by foreigners. While many islands are highly self sufficient, many receive income from foreign aid and remittances from those who live in other countries.

There are also many cultural similarities among the Polynesians. All are island communities, however, Polynesia divides into two distinct cultural groups: East Polynesia and West Polynesia.

The West has higher populations and strong institutions of marriage and developed judicial, monetary and trading traditions. East cultures are adapted to smaller islands and smaller scale of living. Religion, farming, fishing, weather prediction, navigation skills, outrigger canoe and boat construction are highly developed skills and are vital to the entire population. Navigators traveled to small inhabited islands using nothing but the stars, their senses and the ocean currents to help guide them. Along with very advanced construction methods for canoe and boat building, these cultures overlapped and were able to be interdependent.



*www.britannica.com/place/Polynesia

*<https://en.wikipedia.org/wiki/Polynesia>

Www.polynesia.com

A Visit from The Robbinsdale Police Department

We had a great turn out for Officer Casey Lander of the Robbinsdale Police Department. He presented information on “Fraud and Scams”. Many of the scenarios that he discussed were frauds and scams that target seniors. He covered many topics from identity theft to the “grandson scam”. Some hand outs were provided. If you missed the presentation, some of the information is available in the Manor Front Office.



Beat the Heat!

Just a friendly reminder from nursing, as the weather heats up, please don't forget to take precautions to prevent dehydration and heat fatigue. Here are a few helpful hints:

- Wear a hat to shade your face
- Wear sunglasses to protect your eyes
- Drink plenty of water
- Wear sunscreen
- Wear light colored clothing and long sleeves to protect your skin from the sun



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