

COPPERFIELD HILL CHATTER

DECEMBER 2018



A Christmas Message from the Executive Director

Dear Residents and Friends of Copperfield Hill,

As we round the corner to the final stretch of 2018, I want to take this opportunity to wish each of you a very healthy and happy holiday season.

As I reflect, I am reminded of what a busy year it has been. Welcoming new residents and staff is always brought to mind. It is a blessing to have so many choose Copperfield as their home or place of work. It is a very vibrant place. Each day brings new opportunities for people to connect with one another. Whether it be a card game, lecture or a shared meal—community is the common theme. Thank you for being a part of our community.

We are well into the preparation for Christmas. You can see from the photo here, the tree is ready to go!

As we say good bye to 2018 and welcome in 2019, I want to wish you a very Merry Christmas and a New Year filled with happiness, good health and prosperity.

Merry Christmas,

Todd Klein, Executive Director



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

JOIN OUR MAILING LIST!

If you would like to join our mail or e-mail list, please e-mail your request to sprice@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



Contacts:

Executive Director

Todd Klein

Environmental Services

Jeff Niemann

Luke Arel

Derek Ness

Marketing

Sherry Price

Charlotte Hoes

Jessica Boden

Dietary Services

Brian Kesanen

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

Erin Maines

Pastor

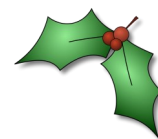
Jan Hartsook

Building Assistant Managers

Mary Ngeru

Chrissy Olson

Event Highlights for December



Manor

Tuesday, Dec. 4th 7:00 Honeywell Concert Band-Dining Room

Thursday, Dec. 6th 4:00 Resident Christmas Party-Dining Room, 3rd & 4th floors

Friday, Dec. 7th 11:00 Bunny's Bar & Grill lunch outing

Wednesday, Dec. 12th 2:00 Birthday Party w/Jim Berner-Dining Room

Thursday, Dec. 13th 11:00 Leisure Age Outing

Friday, Dec. 14th 8:30 Perkins Breakfast Outing

Wednesday, Dec. 19th 2:00 Happy Hour w/CODA-Dining Room

Thursday, Dec. 20th FREE Swedish Pancake Breakfast-Dining Room

Friday, Dec. 21st 10:30 American Swedish Institute Outing

Saturday, Dec. 22nd 10-11:30am Cookies & Pictures w/Santa Claus, DR

Monday, Dec. 31st 1:00 New Year's Eve Party-Dining Room

Lodge

Monday, Dec. 3rd at 12:15 Walmart outing

Wednesday, Dec. 5th Pizza Ranch Outing

Wednesday, Dec. 5th 3:00 Arts & Crafts-Lodge Lower Level

Thursday, Dec. 6th 2:00 Birthday Party w/ Accordion Pete-Lodge LL

Tuesday, Dec. 11th 5:15 Scenic Drive to see Christmas Lights

Thursday, Dec. 13th 4:00pm Resident Christmas Party, Lodge LL

Monday, Dec. 17th 12:15 New Panda House and Unique Thrift Store

Wednesday, Dec. 19th 10:30 Decorate Christmas Cookies-Lodge LL

Friday, Dec. 21st Gift Giving & Entertainment by Jim Berner-Lodge LL

Wednesday, Dec. 26th 3:00 Arts & Crafts-Lodge Lower Level

Monday, Dec. 31st 2:00 New Year's Eve party-Lodge Lower Level



Note from Pastor Jan

Please join us for Christmas services:

Manor—Thursday, December 20th, 3pm, Community Rm

Manor Memory Care—Tuesday, December 18th, 10:00am

Lodge—Thursday, December 20th, 2pm, Lodge Dining Room.

Lodge Memory Care, Monday, December 17th, 1:30pm



Note from Chef Brian

On Monday, December 24th, Christmas Eve, we will have regular meal services.



On Tuesday, Christmas Day, lunch will be served from 11:00 am to 12:30 pm. The cost of the noontime meal for those not on the meal plan will be one dinner ticket. **If you are bringing guests please make sure to make a reservation in the front office.**

That afternoon, the kitchen will close for the day. A light evening meal will be delivered to those residents on the meal plan. If you are not on the meal plan, you may sign up for a box meal for the evening. Please sign up in the front office.

New Year's Eve and New Year's Day will have the same meal schedule.

Notes from Nursing

While the holidays can be a time of celebration and great cheer, it can also be a source of stress. Staying healthy during the holidays can be a challenge, here are a few tips:



Make Healthy Choices—it is easy to over indulge, try not to. If planning a large Christmas dinner, have a light lunch.

Stay Hydrated—drinking plenty of water is key to staying healthy.

Exercise—keep up your normal routines. Invite a friend or family member to walk around our beautiful atrium.

Christmas Carolers at Copperfield

Friday, Dec. 7th 6:00pm Morning Star Church Carolers-Manor Dining Room

Monday, Dec. 10th 2:30 Northwest Singers-Manor Dining Room

Wednesday, Dec. 12th 6:00 Daisy Troop Carolers-Manor Dining Room



Welcome Neighbors!

Ann W.

Jilleen B.

Nancy H.

Gary W.

Robert R.

Ronald W.

Leonard I.

Shirley S.

Ardith T.

Facts about December

Dec. 1, 1955—The birth of the American civil rights movement occurred as Rosa Parks was arrested in Montgomery, Alabama, for refusing to give up her seat to a white man on a municipal bus.

Dec. 5, 1782—Martin Van Buren, 8th US President was born in Kinderhook, NY.

Dec 10, 1898—The Treaty of Paris was signed ending the Spanish/American War.

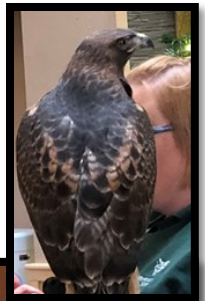
Dec. 14, 1911—Danish explorer Roald Amundsen became the first person to reach the South Pole.

Dec. 19, 1732—Ben Franklin first published Poor Richard's Almanac.

Dec. 25, 1776—General George Washington crossed the Delaware River for the victory at the Battle of Trenton.

Happenings from the Recreation and Wellness Department

November was busy. We kicked off the month by going to Samba Grill (Brazilian cuisine) in Hopkins. Brian and the kitchen staff prepared a wonderful brunch buffet for Veteran's Day on November 11th. Interim Home Health gave a presentation on edema and shared some exercises to reduce swelling in the feet. As always, a great time was had at Happy Hour with Lyndon Peterson. We ended the month with a visit from the Minnesota Zoo. The mobile zoo came to us and we were visited by, a red tailed hawk, a monkey tailed skink, an opossum, and a python snake. Both residents and staff enjoyed seeing the variety of animals. Forty people were invited to the New Resident Welcome Party. Again, Brian prepared a lovely reception. Residents had the opportunity to meet and mingle with new neighbors and visit with old ones. December is jam packed with programs, so don't stay in your apartments, come out and join the fun! We kick off the month with our annual Resident Christmas Party. We will be having a lovely buffet dinner and music by Monroe Wright III. Be sure to check your calendars for activity details. I hope you have a safe and joyous holiday season. ~Beth Sutton



Photos from the
MN Zoo visit &
New Residents
Welcome Party

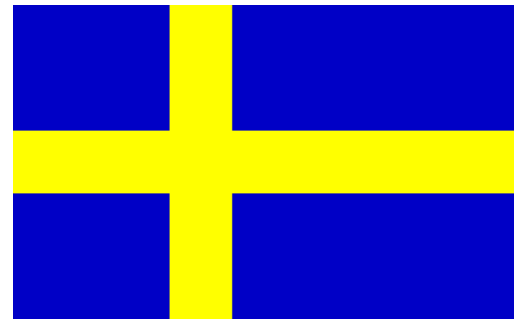
Memory Care Moments—

It was a busy time of activities and visitors for the memory care communities. A scenic drive, games, visits with our Caring Companions and our favorite therapy bunny!



SWEDEN*

Sweden, officially the Kingdom of Sweden, is a Scandinavian Nordic country in Northern Europe. It borders Norway to the west and north and Finland to the east. It is connected to Denmark in the southwest by a bridge-tunnel across the Oresund, a strait at the Swedish-Danish border. With 173,860 square miles, Sweden is the largest country in Northern Europe and the third largest country in the European Union. Southern Sweden is predominately agricultural, while the north is heavily forested. The climate is generally mild for its northerly latitude due to the significant maritime influence.



Sweden, a constitutional monarchy and parliamentary democracy, has a monarch as head of state. The capital city is Stockholm. An independent Swedish state emerged during the early 12th century. This was after the Black Death in the middle of the 14th century killed about a third of the Scandinavian population. This led to the forming of the Scandinavian Kalmar Union which Sweden left in 1523. The Swedish Viking Age lasted roughly from the 8th to 11th century. Hundreds of years of history followed. Invasions, treaties and war campaigns led Sweden to an attempt to invade Russia. A decisive Russian victory at the Battle of Poltava in 1709 left the Swedes weakened. The defeat meant the beginning of the end for the Swedish Empire. In addition, the plague raging in East Central Europe devastated the Swedish dominions and reached Central Sweden in 1710.

When Sweden became involved in the Thirty Years War (1618-48) on the Reformist side, an expansion of its territories began and eventually the Swedish Empire was formed. It became one of the great powers of Europe until the early 18th century. Swedish territories outside the Scandinavian Peninsula were gradually lost during the 18th and 19th centuries, ending with the annexation of present-day Finland by Russia in 1809. The last war in which Sweden was directly involved was in 1814, when Norway was militarily forced into personal union. Since then, Sweden has been at peace, maintaining an official policy of neutrality in foreign affairs. The union with Norway was peacefully dissolved in 1905. Formally neutral through both world wars and the Cold War, Sweden has openly moved towards cooperation with NATO. Sweden joined the European Union on January 1, 1995, but declined NATO membership. Sweden maintains a Nordic social welfare system that provides universal health care and tertiary education for its citizens. It has the world's eleventh-highest per capita income and ranks highly in numerous metrics of national performance, including: quality of life, health, education, protection of civil liberties, economic competitiveness, equality, prosperity and human development.

Modern Sweden saw a significant population increase during the 18th and 19th centuries. Many emigrated to America at this time, as food and employment were scarce. Millions of Swedes moved to the US in the early 20th century. Most Swedish immigrants moved to the Midwestern US, with a large population in Minnesota.

Sweden was officially neutral during WWI and remained officially neutral during WWII. Although under German influence during WWII, Sweden supported Norwegian resistance and helped rescue Danish Jews from deportation to Nazi concentration camps.

Today, Sweden celebrates a rich history of academics (Nobel Prize), agriculture, politics, food and much more. It also is host to many people emigrating from other parts of Europe. However, Sweden maintains a very strong, stoic and hard working culture.



*<https://en.wikipedia.org/wiki/Sweden> <https://sweden.se/>

Lodge Highlights

Another busy month behind us and ahead! Last month there were many outings and great entertainment that came to us! Highlighting the month was our visit to the Como Park Conservatory. The photos here are of the Birthday Party with Mary Hall, Pokeno, holiday crafts and strolling though the Conservatory with friends. As we look forward to December, we will have many holiday activities, our annual Resident Christmas Party and a trip to the Omni Theater. Make sure to join us as we celebrate the holiday season. Enjoy the month. ~Erin

