

THE CHATTER

A Copperfield Hill Newsletter

JANUARY 2019

GLAUCOMA NATIONAL AWARENESS

Glaucoma is an eye disease that can damage your optic nerve. The optic nerve supplies visual information to your brain from your eyes.

Glaucoma is usually (not always), the result of abnormally high pressure inside your eye. Over time, increased pressure can erode your optic nerve tissue, which may lead to vision loss or even blindness. If caught early, vision loss can be avoided. The most common symptom of glaucoma is gradual vision loss. Risk factors include: age, ethnicity, medical history, chronic eye problems and injury. Glaucoma can be diagnosed by a comprehensive eye exam by a qualified ophthalmologist.

Treatment includes eye drops and if advanced treatment is needed, surgery may be required. Glaucoma can't be prevented, so it is very important to catch it early with a regular eye exam. January is *Glaucoma Awareness Month*, a perfect opportunity to educate yourself on this sight robbing disease.

Learn more at: <https://www.glaucoma.org/news/glaucoma-awareness-month.php> and <https://www.healthline.com>



NEW OFFERING ADDED

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Copperfield Hill is now offering a daily Continental Breakfast in the Manor. The continental breakfast includes a variety of items including: oatmeal with toppings, fruit, danish, coffee and juice. The continental breakfast runs from 8am-9am. It is complementary and available to all residents. Please feel free to join us.

Happy New Year! As we start January, let us remember the moments of joy with gratitude and gain wisdom from all we learned in the past. Stay warm! Enjoy the sunshine.



CRAFTS

Christmas creations by our residents.





BETH SUTTON

RECREATION

WELLNESS DIRECTOR

ASK THE EXPERT //

Shorter days, lack of sunlight and colder weather are all contributors to what many call the “Winter Blues”.

You may call it this, but it is actually a very real type of depression called Season Affective Disorder or SAD.

According to the MAYO Clinic, the specific cause of seasonal affective disorder remains unknown. Some factors that may come into play include:

1. Your biological clock (circadian rhythm). The reduced level of sunlight in fall and winter may cause winter-onset SAD. This decrease in sunlight may disrupt your body's internal clock and lead to feelings of depression.
2. Serotonin levels drop. A drop in serotonin, a brain chemical (neurotransmitter) that affects mood, might play a role in SAD. Reduced sunlight can cause a drop

Kindness is like snow—It beautifies everything it touches....Kahlil Gibran

NURSING CORNER

Many of you have probably already noticed, but the nursing department started using iPad to complete charting and medication administration. This allows the nursing staff many benefits with information gathering and documentation delivery. Benefits include:

1. Client charting and care planning in real time
2. Decreasing the margin of error
3. Ability for nurses to review charts remotely
4. Saves on paper use

The new technology has been well received by all the nursing staff and has improved our ability to provide ongoing quality care improvement. If you have any questions please ask a nurse.

~Olivia Caspers, RN, BSN

CHEF'S CORNER

Winter is here and a great time for soup! Here is one of my favorite recipes—**Creamy Potato.**

6 bacon strips diced	3C cubed/peeled potato 1
small carrot, grated	1/2C chopped onion
1 tablespoon dried parsley	1/2 t (each) salt & pepper
1/2 teaspoon celery seed	1 small can chicken broth
3T flour	3 C 2% milk
8 ounces Velveeta cubed	2 green onions sliced

In a large saucepan, cook bacon over medium heat until crisp, stirring occasionally; drain drippings. Add vegetables, seasonings and broth; bring to a boil. Reduce heat; simmer, covered, until potatoes are tender, 10-15 minutes. Mix flour and milk until smooth; stir into soup. Bring to a boil, stirring constantly; cook and stir until thickened, about 2 minutes. Stir in cheese until melted. If desired, serve with green onions.

~Chef Brian

TIPS TO MANAGE THE "WINTER BLUES"

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in serotonin that may trigger depression.

3. Melatonin levels may be disrupted by the change in season. This can play a role in sleep patterns and mood.

The Mayo Clinic* offers these tips to help beat the "Winter Blues": Get outside for some natural sunlight, exercise regularly and stay engaged socially.

Often times during the winter months people stay inside due to inclement weather. It is easy to just stay tucked away in your apartment. Get out and socialize. With numerous outings and activities, there is always something to do and someone to do it with! Exercise classes, walks in the atrium or even a trip to the grocery store can increase your energy levels and lighten your mood. Make sure to see all of the activity offerings listed on our activity calendars.

~Beth Sutton

www.mayoclinic.org

CALENDARS

View the monthly activity calendar to participate in a variety of activities throughout Copperfield .



Copperfield PHOTOS



December was spent with friends at our annual Christmas Parties. We had many talented musicians visit Copperfield Hill during the month too. Tours of Christmas lights and a visit to the Swedish Institute were two of the favorite activities.



BENEFITS OF EXERCISE

Want to feel better and have more energy? Just exercise. There are many benefits. Here are a few:

- Controls weight and promotes better sleep
- Combats health conditions and diseases
- Improves mood
- Boosts energy

The Farmer's Almanac

The Old Farmer's Almanac is a reference book containing weather forecasts, planting charts, astronomical data, recipes, and articles. Topics include: gardening, sports, astronomy, and folklore. The Almanac also features sections that predict trends in fashion, food, home, technology, and living for the coming year.

Released the first Tuesday in the September that precedes the year printed on its cover, The Old Farmer's Almanac has been published continuously since 1792, making it the oldest continuously published periodical in North America. From the January 2019 Almanac*:

“Full Wolf Moon” will reach its peak on January 21, 2019, at 12:16 A.M. EST. Just a few hours before the peak of the full Moon, a total lunar eclipse will be visible from all of North America. The eclipse will begin at 9:35 P.M. EST on January 20 and end at 2:50 A.M. EST on January 21. A lunar eclipse occurs when the Moon passes into the shadow of the Earth, which causes the usually bright white Moon to turn an ominous red. It is sometimes called a “Blood Moon”.

*almanac.com

MARTIN LUTHER KING, JR.

Dr. King's main legacy was to secure progress on civil rights in the U.S. Just days after King's assassination, Congress passed the Civil Rights Act of 1968. On November 2, 1983, President Ronald Reagan signed a bill creating a federal holiday to honor Dr. King. Observed for the first time January 20, 1986, the holiday continues to be observed on the third Monday of January each year, near the time of King's birthday. For the first time, Martin Luther King Jr. Day was officially observed in all fifty states, on January 17, 2000.

en.m.wikipedia.org

EVENTS

JAN 1—New Years Day

JAN 9— Law Enforcement Appreciation Day

JAN 19—National Popcorn Day

JAN 21— Martin Luther King Jr. Day

JAN 24—Compliment Day

JAN 29—Puzzle Day

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Pictured—Nursing Team