

THE CHATTER

A Copperfield Hill Newsletter

FEBRUARY 2019

NATIONAL HEART HEALTH MONTH

In 2010, the American Heart Association presented a strategic plan to reduce cardiovascular disease in the United States. It identified **seven of the most important behaviors** people can follow to protect their cardiovascular health.

- **Exercise:** Regular exercise improves nearly every aspect of your health.
- **Eat right:** Seek out foods such as nuts, whole grains, beans, fruits, vegetables, seafood, yogurt, and healthy fats.
- **Blood Pressure:** Get your blood pressure checked, make sure your heart isn't working harder than it should be.
- **Cholesterol:** Know your cholesterol level and keep it low.
- **Keep blood sugar levels down:** Exercise and diet help keep blood sugar levels in check.
- **Maintain a healthy weight:** Fat cells release many substances that increase inflammation, promote insulin resistance, and contribute to atherosclerosis.
- **Don't smoke:** Smoking and the use of tobacco products isn't just bad for your lungs, it is bad for your heart too.



NEW OFFERING ADDED

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Copperfield Hill has recently welcomed Shanda Swanson as our new beautician. Her salon is located on the first floor of the Manor. Shanda has salon hours on Monday and Thursday from 9 am to 5 pm. Appointments may be arranged by calling 763-238-9484. Walk-ins are also welcome. With 34 years of experience, Shanda has spent the last 19 years beautifying seniors. Welcome!



Presidential Fun Facts*: Andrew Johnson, 17th president, was a tailor. George Washington's favorite food was ice cream. Theodore Roosevelt, 26th president, named the presidential residence the "White House". He was also the first president to ride in a car. Martin Van Buren, 8th president, is credited with creating the word "OK". Van Buren was from Old Kinderhook, NY. O.K. clubs formed to support him. James Polk, 11th president, was the first president to have his photograph taken. Franklin Delano Roosevelt, 32nd president, was first to ride in an airplane.

*Smithsonian.org and Nationalgeographic.org



OLIVIA CASPERS, RN, BSN

Director of Healthcare Services

ASK THE EXPERT //

Falls: Try to avoid them!

Each year, one in three adults, age 65+, fall. 20-30% of all falls cause moderate to severe injuries. Listed below are some things you can do to reduce your risk of falling:

1. Choose your shoes carefully. Low heel, slip resistant soles and non-slip-on shoes are more appropriate.
2. Clear clutter from your path. Make sure rugs and carpets are secure. Remove items from the floor that can cause tripping and make sure electrical cords are out of the way.
3. Make your bathroom fall proof. Install shower and grip bars, add non-slip strips and mats where appropriate and raise toilet seats.

Write it on your heart that every day is the best day in the year. ~ Ralph Waldo Emerson

DIRECTOR'S CORNER

It is with great pleasure that I announce that Copperfield Hill has been named "Best Retirement Community" by the readers of the Sun Post. This is the ninth year that Copperfield Hill has received the "Readers' Choice" recognition. We take this honor very seriously. It is because of our vibrant residents, committed staff and long standing presence in the Robbinsdale community, that we have been awarded this honor once again. Referrals from residents for family and friends are also responsible for this success. Thanks and congratulations to everyone who made this possible.



PASTOR'S CORNER

Copperfield Hill is very fortunate to have a pastor on staff. Pastor Jan Hartsook enhances our Copperfield home each week with different programs that incorporate every part of our campus. Jan offers many different group activities that include: group reminiscence, bible study, communion services, sing-a-longs and weekly services on Sunday. As well, Jan organizes various community engagement opportunities. These include the Pastor/Resident Brunch, Birthday Bags for NEAR Food Shelf and School Backpack Assembly. Pictured here, Jan is enjoying Reminiscence Group with our memory care residents.



Fall Prevention: Some Helpful Tips

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4. Make sure you have areas properly lit. Place a lamp at your bedside within reach. Add nightlights and lengthen the cords on pull lights.
5. Choose furniture wisely. Choose tall furniture for easy standing and use the armrests on chairs for support. Make sure there is no clutter on the floor surrounding where you might be sitting.
6. Organize and store items properly. Keep frequently used items within your reach. Do not store items too high or too low. Never climb on a chair or step ladder to obtain something that is out of reach - seek help instead.
7. Poor eyesight, hearing and slower reflexes can cause a higher risk of falling. Find out about medication side effects. Some medications can make one feel dizzy or sleepy, making a fall more likely. Have your hearing and eyes checked. Small changes in sight and hearing may cause a fall. Wear hearing aids and eye-glasses if you have them. Stand up slowly. This can prevent a spike in blood pressure. Be extremely careful when walking on wet or icy surfaces.

CALENDARS

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

Ask the Nurse—Friday, 2/22 at 10 am, Manor Dining Room



Copperfield PHOTOS



January was cold, but with many activities inside, residents were able to keep busy while avoiding cabin fever! A few highlights include: a visit from MacPhail Music in Lodge Memory Care, birthday party with Mary Hall, cribbage, warm cookies, crafts, lunch at El Toro, assembling birthday bags for NEAR Food Shelf and a trip to the MN Science Museum in St. Paul. Activity keeps the winter blues at bay.

Hear for the health of it!

Hearing loss is more common and undertreated than people realize. It can develop slowly without clear signs. It is important to identify hearing loss early, treating it may help prevent or delay other health issues. Know the numbers: 30% of people between 65-75 and 50% of those over 85 have hearing loss. Less than 15% with hearing loss have hearing aids. Prevent hearing loss by wearing protection in noisy environments, when using loud machinery tools and appliances. Hearing loss from noise is 100% preventable. If you experience sudden hearing loss, seek medical attention.

National Black History Month

Black History Month, also known as African-American History Month, is celebrated each February in the United States. It began as a way to remember important people and events in African American history. The precursor to Black History Month was created in 1926 when historian Carter G. Woodson and the Assoc. for the Study of Negro Life and History announced the second week of February to be "Negro History Week". This week was chosen because it coincided with the birthday of President Abraham Lincoln and Abolitionist Frederick Douglass. The history and stories of African Americans continued to be at the forefront. It created enhanced visibility and exposure through publications and recognition of individual achievements. The 1960's brought continued growth in public and cultural identification. Negro History Week became Black History Month at the time of the U.S. Bicentennial. It continues to celebrate Woodson's legacy. Black history is more than just a month during the year, learn more at : history.com, biography.com, wikipedia.org,

Super Bowl Sunday, February 3, 2019

Super Bowl LIII will take place at Mercedes-Benz Stadium in Atlanta, home of the Atlanta Falcons. It will be the first Super Bowl hosted at the stadium, which opened in 2017. It will be televised by CBS. This NFC vs. AFC championship game is much anticipated and is considered by some as an unofficial national holiday. It is called "Super Bowl Sunday". It is the second largest day for U.S. food consumption, after Thanksgiving Day. It is traditionally the most watched television broadcast of the year. This year, the New England Patriots will meet the Los Angeles Rams for this championship game.

EVENTS

Feb. 2 Ground Hog's Day
Feb 3 Super Bowl Sunday
Feb. 5 Chinese New Year
Feb. 12 Lincoln's Birthday
Feb. 14 Valentine's Day
Feb. 18 Presidents Day
Feb. 22 Washington's Birthday
Feb. 26 Tell a Fairy Tale Day

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Chef Brian and McKenna serve up warm cinnamon rolls on a frosty afternoon in January.