

THE CHATTER

A Copperfield Hill Newsletter

MAY 2019

Mother's Day—Some History*

The origins of Mother's Day as celebrated in the United States date back to the 19th century. In the years before the Civil War, Ann Reeves Jarvis of West Virginia helped start "Mothers' Day Work Clubs" to teach local women how to properly care for their children.

These clubs later became a unifying force in a region of the country still divided over the Civil War. In 1868 Jarvis organized "Mothers' Friendship Day," at which mothers gathered with former Union and Confederate soldiers to promote reconciliation.

Another precursor to Mother's Day came from the abolitionist and suffragette Julia Ward Howe. In 1870 Howe wrote the "Mother's Day Proclamation," a call to action that asked mothers to unite in promoting world peace. In 1873 Howe campaigned for a "Mother's Peace Day" to be celebrated every June 2.

Other early Mother's Day pioneers include Juliet Calhoun Blakely, a temperance activist who inspired a local Mother's Day in Albion, Michigan, in the 1870s. The duo of Mary Towles Sasseen and Frank Hering, meanwhile, both worked to organize a Mothers' Day in the late 19th and early 20th centuries. Some have even called Hering "the father of Mothers' Day." In 1914, President Woodrow Wilson officially set aside the second Sunday in May for the holiday. *Learn more at [History .com](http://History.com).



NEW OFFERING ADDED

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There is a new transportation option available for Copperfield Hill residents. The Copperfield Hill Cab is now in service and offers two different options.

"Chauffer Service" offers door to door service with unlimited stops and a personal attendant. The cost is \$25/per hour and requires a 24 hour reservation in advance. Hours for service can vary.

"Trip or Cab Service" offers door to door service. There is a \$5 access fee plus \$2.50 per mile. Round trip service is available. Reservations can be made but are not required.

Please see the Manor Front Desk with any questions or to make a reservation.

April Showers Bring May Flowers! After the intense snow in mid April we have rounded the corner headed to real spring weather. Enjoy the sunshine!



ASK THE EXPERT //



OLIVIA CASPERS

RN, BSN

Director of Nursing

May is National Blood Pressure Education Month. *

Uncontrolled high blood pressure raises the risk for heart disease and stroke, which are leading causes of death in the United States. Fortunately, high blood pressure is treatable and preventable. To lower your risk, get your blood pressure checked regularly and take action to control your blood pressure if it is too high.

5 Surprising Facts About High Blood Pressure:

1. High blood pressure may be linked to dementia. High blood pressure is linked to a higher risk for dementia, a loss of cognitive function.
2. Young people can have high blood pressure. It isn't just older adults who have high blood pressure. Between 20 and 25 percent of men and women ages 33-44 have high blood pressure. This is linked to the rise in obesity rates.

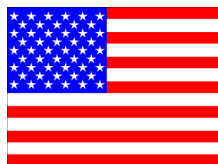
Recreation and Wellness

Get ready, Spring is finally here! We are planning some outdoor fun. Soon there will be a fire pit in the front yard so we can have evening camp fires and sing-a-longs.

We hope to get out and about so, May 3rd we will be walking to El Toro in Robbinsdale for delicious Mexican cuisine .

If anyone has confidential documents that need to be shredded, there will be bins in the Manor Community Room and the Lodge Dining Room on Thursday, May 9th from 9:00 am-5:00 pm.

Our Annual Memorial Day picnic will be held the Friday before Memorial Day, on May 24th at 11:30 in the front parking lot. Look for more detailed events in the monthly calendar.

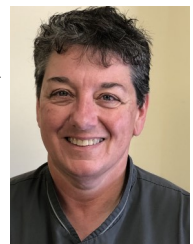


Chef's Corner

Welcome Tracy Ferrero, our new Food Service Director.

Tracy brings 28 years of experience in the food industry to Copperfield Hill. Her career most likely started at home.

Her family was in the catering business. A native of Pitts-



burgh, she is a huge Steelers fan, but has spent the last twenty six years in Minnesota. A lover of the outdoors, Tracy and her family enjoy camping, hiking and scuba diving! She is also an animal lover, with a menagerie of cats, dogs, fish and a snake as pets. Tracy enjoys cooking but admits she doesn't have as much time for that as she would like. Her favorite cuisine to explore is Italian. "Seeing the smiles on peoples faces while eating", brings her joy. She is busy making new adjustments in the kitchen and dining room. Stop by and say hello.

High Blood Pressure

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3. High blood pressure usually doesn't have any symptoms. Sometimes called the "silent killer", many people have no symptoms. Even if you feel fine, have your blood pressure checked and talk to a doctor about your risk for high blood pressure.
4. Many people who have high blood pressure, don't know it. Lack of symptoms and inconsistent health care monitoring causes many sufferers to go undetected.
5. Women and minorities face unique risks when it comes to high blood pressure. Women can run into problems during pregnancy. Women with high blood pressure should work with health care providers to avoid these problems. Some minority groups also have higher rates of high blood pressure. Again, this is often related to higher rates of obesity and diabetes.

The best way to keep high blood pressure under control is to have regular health care visits.

*www.cdc.gov

CALENDARS

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

Ask the Nurse—Friday, 5/31 at 10 am, Manor Dining Room



Copperfield PHOTOS



There is always something happening at Copperfield Hill! From top left: Sherry presenting Priscilla with her "Friends and Family" referral gift, Dawn from Interim presenting about "Brain Health", Happy Hour, visits with our Memory Care Residents, a presentation about "Scams" with the Robbinsdale Police Dept. and lunch out at the pub. See monthly calendar for details.



May—A month for Poetry

Oh! fragrant is the breath of May
In tranquil garden closes,
And soft yet regal is her sway
Among the springtide roses.

—William Hamilton, American poet (1856–1929)

How did the chicken cross the road?



We don't know why the chicken crossed the road, but we do know how! Recently we had a visitor that hitched a ride to Copperfield Hill by holding on and hiding out underneath the cab of a truck. Luke, in Building Services, had the surprise guest. He noticed that his pet chicken, Big Red, had taken a seat on the axel of his truck. Arriving at Copperfield Hill in one piece, Luke placed the hen in a cardboard box in the garage, where she promptly laid an egg.



MAY/NATIONAL MOVING MONTH

May kicks off the busiest moving season of the year when home sales begin to rise throughout the summer months.

Big or small, moving is always a big task. Moving can be an adventure, too. New home, new people to meet and places to explore, we expand our horizons and make connections. The possibilities are endless.

Many who have moved to Copperfield Hill have come because friends or family live here. So, if you know someone who would like to move, remember the “Friends and Family” referral program. Residents referring new residents will receive either \$500 or a Target gift card.



EVENTS

May 1st - May Day

May 7th - National Teachers Day

May 12 - Mother's Day

May 21 - Victoria Day (Canada)

May 25 - National Missing Children's Day

May 27 - Memorial Day

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National Nurses Week

May 6-12, 2019

Thank you to our nursing team!

