

COPPERFIELD HILL CHATTER

JUNE 2017

A NOTE FROM THE EXECUTIVE DIRECTOR

Greetings to the Copperfield Community—

Welcome Summer! We mark the beginning of another season here in Minnesota. Many of us will be celebrating different events. There are graduations, birthdays, family reunions and weddings this time of year, just to name a few.

Last month, we welcomed many people to our campus. The May Health & Wellness Resource Fair brought 30 vendors to the Manor Atrium. I hope many of you were able to take advantage of the information provided. We celebrated Memorial Day with not only the visiting Honor Guard, but with our own Veterans. We all took pause to say the Pledge of Allegiance and to remember those who made great sacrifices for our nation. Brian and I had a great time as head grill masters for the picnic. With no rain to dampen our efforts, we hope you all enjoyed the day.

Last fall we made some big changes on the grounds. Our flower beds have been planted and you can enjoy the water fountain when sitting outside. I encourage you to spend time outside when the weather is good. Our summers are short, but the days are getting longer, enjoy!

Happy Father's Day,

Todd Klein,
Executive Director



Manor Office Hours:

Mon - Fri 9:00am-6:00pm

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:

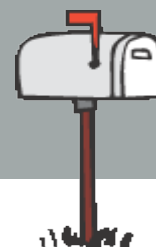
4020 Lakeland Ave North

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 subscribe@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

Building Services Director

Lee Pawlik

Marketing

Sherry Schmidt

Charlotte Hoes

Director, Dietary Services

Brian Kesanen

Nursing

Olivia Caspers, RN

LaDonna Bateman, LPN

Matthew Dawson, LPN

Sandra Williams, LPN

Grace Diego, RN

Abena Cornormia, RN

Lindsey Scribner, RN

Director, Recreation & Wellness

Beth Sutton

Activity Directors

Brenda Warner

Jennifer Marcuson

Pastor

Jan Hartsook

Building Assistant Managers

Mary Ngeru

Roxanne Ornat

EVENT HIGHLIGHTS FOR JUNE

Manor

June 2nd at 10:30 am

Outing to HyVee & Market Grille



June 8th at 6:00 pm

Evening Music with CODA



June 14th at 2:00 pm

Birthday Party with Monroe Wright



June 28th at 1:00 pm

Full Bloom



Lodge

June 8th at 10:30 am

Resident Council



June 14th at 1:30 pm

Arts in the Park



June 15th at 1:30 pm

Birthday Party



June 28th at 10:30 am

Como Zoo



Please see specific activity calendars and announcements posted in elevators in both the Lodge and Manor. Activity times and locations are subject to change with limited notice. Thank you!

Notes from Pastor Jan—Assembling New Born Kits

Residents assembled 30 Newborn Kits on May 30th. The kits will be taken to Global Health Ministries in Fridley, Minnesota. They will then be distributed to mothers who live in poverty in several countries around the world.

Each resident was given a number of items in order: towel, diaper, blanket, knit cap and soap. The items were then gathered up and folded into a neat little bundle. Thus, the new born kit!



Memory Care Moments: A birthday piñata and fun at the Cinco de Mayo party.



Welcome New Neighbors!

Rose L.

Rosalie V.

Leila H.

Evelyn D.

Charleszetta F.

Daniel F.

Barbara K.

Cheryl K.

Kathleen M.

Jackie M.

Sue B.

William B.

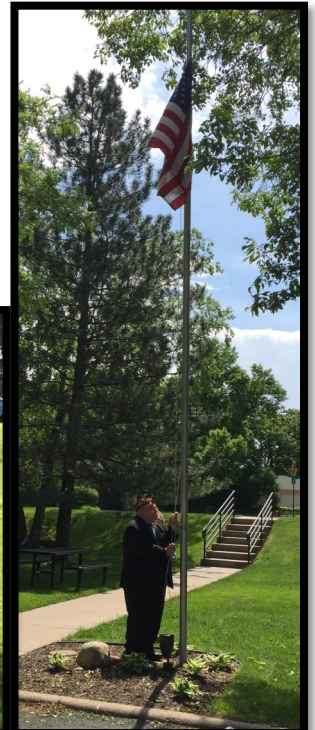
Mary and Doug L.

For the seventh year, in a row, **COPPERFIELD HILL** was voted by readers of the Sun Post, the “Best Assisted Living” in Robbinsdale.



Happenings from the Recreation and Wellness Department

Wow, did we have fun in May. We kicked off the month with the Kentucky Derby. We decorated "Derby Hats" and on May 5th we had a great Kentucky Derby Party, where we wore our hats. At the party, we took pictures with friends and had our own mock horse races. The races were displayed on a big screen and each participant was given a number of a horse. If their horse won, so did they. We also awarded prizes for the best "Derby Hat". Shawn Sweeney was here for the Birthday Party and Lyndon Peterson for Happy Hour. Residents sang and danced. The Girl Scouts came by to visit and brought plants in painted pots. There was one for each resident to take home. We played bingo on Mother's Day. The ladies each received a delicious muffin. Copperfield Hill also hosted our second annual, Health & Wellness Resource Fair. We ended May with a New Resident Welcome Party and our annual Memorial Day Picnic. A ceremony given by the VFW Honor Guard and entertainment by musician Phil Kitze rounded out the afternoon. The burgers and hot dogs, grilled by Todd and Brian, were delicious. Thank you to everyone who helped make it a huge success. I hope everyone has a safe June as we look forward to the summer and warmer temperatures. ~Beth Sutton



Building Managers Notes—Friendly Reminders about Policies at Copperfield Hill

Rent Payments: Rent is due the 1st of each month. However, you have until the 5th to pay your rent. Rent received after the 5th, may be charged a late fee of \$50.

Security of the Building: Our buildings are secured. Please remember, do not let anyone into the buildings if you do not recognize them. All residents, visitors, families and vendors, are expected to sign in and out at the main entrance of each building.

Meal Purchases: All guests are required to buy a ticket if planning to eat any meal at Copperfield Hill. Please get a ticket from the concierge at each individual building during business hours. Submit the meal ticket to dietary staff as you enjoy your delicious meal.

Smoking Policy: Buildings at Copperfield Hill are non smoking. Smoking is only allowed in designated areas. Please see the front desk to be directed to the appropriate smoking areas. This policy applies to everyone!

Elevator Etiquette: Our elevators are always heavily demanded. We are requesting everyone to be patient and respectful for each individual's needs to use the elevator.

Privacy: As we continue to care and protect all residents personal information, we are requesting everyone to be respectful when they come to the main front offices, administrative offices and nursing offices. Please be patient for your time with the staff member or consider making an appointment with the respective staff member.

Recognition and Appreciation: We have wonderful staff at Copperfield Hill. When an employee goes above and beyond their job, please complete a recognition card and turn it in to the main office. Recognition cards are located in the Manor mail room and Lodge Concierge desk. Personal gifts and monies are not allowed.

If you have any questions, please contact either the concierge or assistant manager in The Manor or The Lodge. Thank you!

Tea Time at The Lodge!

Brenda, Memory Care Activities Director, hosted a High Tea in the Lodge Dining Room. Entertainment, refreshments and a chance to visit with friends were the main attractions that added to a wonderful afternoon.



Notes from Nursing

June is National Cataract Awareness Month *

Prevent Blindness America has declared June as Cataract Awareness Month. Cataracts are the leading cause of vision loss in the US, and the leading cause of blindness around the world. There are 24 million Americans over the age of 40 who are affected by cataracts. Here are some common questions:



What are cataracts and what is the treatment? Cataracts are prevalent, treatment is simple. Cataracts are the clouding of the lens of the eye, which prevents passage of light into the eye. Cataract surgery is most often the answer. A surgeon removes the deteriorated lens and replaces it with an artificial lens called an intraocular lens. Millions of Americans undergo this surgery annually, making it one of the most common surgeries in the US. Usually a short procedure, many resume normal activities within a fairly short period of time.

Is cataract removal safe? While there is always risk with a surgical procedure, cataract surgery is one of the safest and most effective with a success rate of over 90%.

Do cataracts only affect seniors? No, cataracts can affect anyone. Most people do not show symptoms until at least age 40. However, they can affect young adults and also children.

Can I prevent cataracts? There is no proven way to prevent age-related cataracts. However, choosing a healthy lifestyle can slow the progression. Some ways to delay the progression of cataracts include: avoiding smoking, reducing exposure to UV rays, eating a healthy diet and wearing proper eye protection to avoid eye injury.

*<http://yoursightmatters.com/june-cataract-awareness-month/>

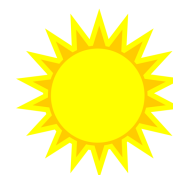


Marketing Minutes

It has been a very busy time in the Marketing Office. With many people moving into our buildings, we thank all of you for your patience and welcoming smiles. We had a busy month as mentioned in the notes from Beth, but highlights included the Derby Party and the Memorial Day Picnic. Looking forward, we are getting ready for The Diggers 52nd Annual Flower Show. Copperfield Hill will again host this terrific event, July 7th & 8th, 2017. Whiz Bang Days is also running at the same time, July 6-9, 2017. There are bound to be many activities to choose from during these busy days in July. We will keep you posted.

June—Did you know?

Longest Day of the Year – The longest day of the year is in the month of June. The 21st of June is the Summer Solstice. The solstice marks the onset of summer, at the time of the longest day. <https://www.nationaldaycalendar.com/june-overview/>



June is also: National Candy Month, National Fresh Fruit and Vegetables Month, National Rose Month and National Great Outdoors and Camping Month. We also celebrate Father's Day on June 18th. Enjoy the beginning of Summer.