

THE CHATTER

A Copperfield Hill Newsletter

A SYMBOL OF INDEPENDENCE

“Proclaim Liberty Throughout All the Land Unto All the Inhabitants thereof”

Originally known as the State House bell, rang at the Pennsylvania State House which today we call that building Independence Hall. The Bell was ordered by the Speaker of the Assembly, Issac Norris in 1751 from The White Chapel Foundry in London. The bell cracked on the first use. Local metal workers in Philadelphia melted down the bell and cast a mold for a new one.

The famous crack we know today on the Liberty Bell probably occurred somewhere between 1817 and 1846. The last time the bell was truly rung was in February 1846 to celebrate George Washington’s birthday.

The term “Liberty Bell” was not used until the 1830s when a group opposing slavery used the bell as their symbol. The Liberty Bell traveled around the United States to local fairs in an attempt to heal the division left behind by the Civil War. It was to remind Americans of their collective efforts of defeating the British.

Source: www.nps.gov



July 2024



Trivia Quiz:

1. How many times does the Liberty Bell ring on Independence Day?
2. Which two presidents of the United States died on July 4th of the same year?
3. In what year were fireworks first used to celebrate the Fourth of July?
4. Who ruled England when the Colonies established independence?
5. When was the first 4th of July celebration held at the White House?
6. What was the first state to declare the 4th of July a state holiday?
7. What year was the 4th of July declared a national holiday?
8. What was the start date of the Revolutionary War?
9. What nickname was used for British soldiers during the Revolution?
10. Who was the youngest person to sign the Declaration of Independence?

“We are a nation of many nationalities, many races, many religions bound together by a single unity, the unity of freedom and equality.”

~ Franklin D. Roosevelt



ASK THE EXPERTS //

Summer is in full swing now! This month's article will be short and sweet - just like Minnesota summers! Here are a few things to keep in mind to enjoy summer safely.

- **HYDRATE!** By the time you feel thirsty you are already dehydrated. Drink water throughout the day, before you ever feel thirsty. If you've been exerting yourself or have spent time outside, make sure to drink extra water. Water is always available in the Dining Room.
- There are always more people out and about in summertime. Please exercise extra caution on sidewalks and roads. Our building has busy sidewalks and streets around it. Always look before you walk and only cross roads at designated intersections. If the intersection is equipped with pedestrian lights, ensure you wait until the "walk" signal.

5 Tips for Sun Safety:

1. Wear a hat
2. Protect your eyes
3. Apply sunscreen
4. Seek shade
5. Cover up

“From every mountainside, let freedom ring.” ~Martin Luther King Jr.

WHIZ BANG DAYS

July 11 - 14, 2024

Events include:

- ◆ **Citizens Independent Bank Ice Cream Social:** Thursday, July 11th
4 PM to 6 PM
- ◆ **Car Show:** Saturday, July 13th
10 AM to 3 PM, Robin Center
Parking Lot
- ◆ **Parade:** Sunday, July 14th at 3 PM
- ◆ **Fireworks:** Sunday, July 14th at Dusk



EMPLOYEE HIGHLIGHT

HEIDI HAINES

Health Unit Coordinator

Heidi's official title at Copperfield Hill is Health Unit Coordinator or HUC. This role is a support system to the nursing team. In a typical you can see her behind the desk filing doctor's orders or driving residents to medical appointments.

Heidi enjoys history. She loves when a resident shares their stories about the Robbinsdale community and the memories they have created here.

Heidi and her family live in Robbinsdale. Heidi shares that its “a dream to work where she lives.”



SUMMER SAFETY TIPS

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- Make sure to check the temperature before heading outside, and don't go outside if there is a weather warning in effect. Make sure to monitor the time you spend outside when it is warm and sunny. Make sure to wear appropriate clothing, such as a hat and sunglasses.

Below are symptoms to recognize the difference between heat exhaustion and heat stroke.

Heat Exhaustion

- Dizziness
- Thirst
- Heavy Sweat
- Nausea
- Weakness

Heat exhaustion can lead to heat stroke

Heat Stroke

- Confusion
- Dizziness
- Loss of consciousness

Heat stroke can cause permanent disability or death

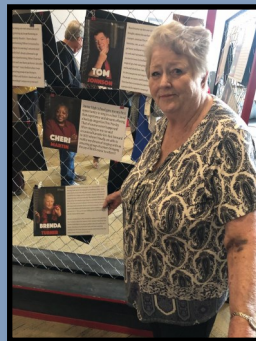


Diggers Garden Club Flower Show

Thursday, July 11
11:30 AM - 4:30 PM

Manor Atrium

Copperfield PHOTOS



SAVE THE DATE

Harvest Fest!

Saturday, September 28, 2024

11:00 AM - 2:00 PM

Petting Zoo

Live Entertainment

Food, Games and much more!

Invite your friends and family

EVENTS

July 4	Independence Day
July 8	National Raspberry Day
July 10	National Kitten Day
July 17	National Hot Dog Day
July 20	National Moon Day
July 21	National Ice Cream Day
July 22	National Hammock Day

The story of SPAM

On July 5, 1937, SPAM was introduced to the world by Hormel Foods Corporation. Founded in 1891, George A. Hormel set-up shop for his slaughterhouse and meatpacking facility in Austin, MN. Hormel & Co was incorporated in 1901.

Although there is a layer of mystery around the name SPAM, Hormel himself claimed the name was a combination of the words "spice" and "ham". History states there was a naming contest during a New Year's Eve party when a Hormel VP's brother, Kenneth Daigneau, nominated "SPAM". Hormel says "I knew then and there that the name was perfect".

In the aftermath of World War 2, the United States placed heavy sanctions on the deep-sea fishing industry in Hawaii, that was predominately Japanese-American. Since Hawaiians were no longer able to fish, the islanders lost their most important source of protein. SPAM filled the hole left behind.

Source: www.eater.com

SPAM[®]

BRAND

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Answers to July Quiz:

1. 13
2. John Adams & Thomas Jefferson
3. 1777
4. King George III
5. 1801, Thomas Jefferson
6. Massachusetts
7. 1870
8. April 19, 1775
9. The Red Coats
10. Edward Rutledge, 26 years old

SUMMER OLYMPICS 2024

July 26, 2024 - August 11, 2024
Paris, France

The 2024 Olympics will mark the first time in history that the Opening Ceremony will not take place within a stadium. Paris is bringing the Opening Ceremony into the city. It is set to be held on the Seine river, a main waterway of Paris.



Source: olympics.com/en/paris-2024/the-games/ceremonies/opening-ceremony