

THE CHATTER

A Copperfield Hill Newsletter

National Kidney Month

March is National Kidney Month. Chronic Kidney disease is a condition that 1 in 7 Americans have. Kidney disease develops when our kidneys lose the ability to remove waste and maintain fluid balances in the body. It is easy for kidney disease to go undetected until it reaches late stages because there are little to no signs of the condition.

Risk Factors for chronic kidney disease: Diabetes, High blood pressure, Cardiovascular disease and Family history of kidney disease

Types of kidney disease:

- **Chronic kidney disease (CKD)** - the most common form of kidney disease. A major cause is high blood pressure.
- **Kidney Stones** - minerals and other substances in your blood crystallize in the kidneys, forming solid particles, that usually pass through urine.
- **Glomerulonephritis** - inflammation of the glomeruli, microscopic structures inside the kidney.
- **Polycystic kidney disease** - a genetic disorder that causes many cysts to grow inside and on the kidney
- **Urinary Tract Infection (UTI)** - a bacterial infection of the urinary system. If left untreated, the infection can spread to the kidneys.

Sources: <https://www.healthline.com/health/kidney-health#kidney-conditions>
www.davita.com/education/kidney-disease/risk-factors/march-is-national-kidney-month

“Springtime is the land awakening. The March winds are the morning yawn.”

~Lewis Grizzard



March 2024

Trivia Quiz:

1. Where was the first St. Patrick's Day parade ever recorded?
2. According to Irish lore, what animal did St. Patrick drive out of Ireland?
3. What do the three leaves of a shamrock symbolize on St. Patrick's Day?
4. What's the highest number of leaves ever recorded on a single clover stem?
5. What does the circle at the very center of a Celtic cross represent?
6. How many people visit New York's St. Patrick's Cathedral each year?
7. Where was the real Saint Patrick born?
8. How do leprechauns earn their gold?
9. What American city has dyed its river green every St. Patrick's Day since 1962?
10. What is another name for Ireland?

ASK THE EXPERT //

Let's Get Moving Join us for exercise classes



Manor: Monday, Wednesday, Thursday and Friday at 10:15 AM

Lodge: Monday - Friday at 9:00 AM

This month's article focuses on the importance of bed safety. Here are a few tips to make your bed and bedroom as safe as possible.

If you need to get up in the middle of the night, either leave a light on or have a light close to your bed that is easy to turn off and on. Battery operated push lights that are about the size of a coaster can be purchased online and can be mounted to furniture or a wall if you choose. These can be easier to activate at night versus a traditional lamp.

Ensure you have a clear path from your bed to the bathroom, and that the path is visible at night. Secure cords and remove clutter from the floor around the bed to help reduce the risk of tripping/falling.

Wishing you a pot o' gold, And all the joy your heart can hold. ~Irish Blessing

EASTER SERVICES

Manor - Manor Dining Room

- ◇ **Good Friday**, March 29th at 1:00 PM
- ◇ **Easter Sunday**, March 31st at 9:30 AM

Lodge - Lodge Dining Room

- ◇ **Good Friday**, March 29th 2:00 PM
- ◇ **Easter Monday**, April 1st at 2:00 PM

Memory Care

- ◇ **Good Friday**, March 29th
Manor at 10:00 AM
Lodge at 10:30 AM
- ◇ **Easter Monday**, April 1st
Manor at 10:30 AM
Lodge at 3:00 PM



He Is Risen

EGGSTRAVAGANZA

Join us for a volunteer opportunity on

Tuesday, March 5th at 9:30 AM
Manor Community Room

Residents will fill Easter Eggs for the City Of Robbinsdale's Chamber of Commerce.

Completed Eggs will be used for the EGGSTRAVAGANZA - Easter Egg Hunt Event for children in the community.



BED SAFETY

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Keep your emergency pendant within easy reach while you are sleeping. Put it in the same place each night when you go to bed. If you must get up in the middle of the night, bring your pendant with you.

Please remember, it is **MANDATORY** that you let our staff know **BEFORE** you install any type of positioning device or rail on or near your bed. Many such devices have been found to be unsafe and have been recalled due to safety concerns.

Our staff are able to assist in ensuring any such device you may need to use has not been recalled and is installed properly.

Sleep tight (and safe) everyone!

~ Ashley Farr Fjelstad

Legal Counsel & Compliance



**Daylight Savings
Time Begins**

**Sunday, March 10
at 2 AM local time**

“Spring” your clocks
ahead one hour before
you go to bed on
Saturday, March 9th

Copperfield PHOTOS



BUILDING CORNER

Copperfield Hill Library - Manor 4th Floor

Copperfield Hill has a partnership with the Hennepin County Library Association. Once a quarter, a portion of our library books are swapped out by Hennepin County to ensure there are new titles for our residents to enjoy!

Residents are able to request specific books to be delivered or request large print copies, if they are available.



EVENTS

| | |
|----------|------------------------|
| March 1 | National Minnesota Day |
| March 3 | National Anthem Day |
| March 9 | National Barbie Day |
| March 10 | Daylight Saving Time |
| March 17 | St. Patrick's Day |
| March 19 | First Day of Spring |
| March 31 | Easter |

MARCH MADNESS

The first NCAA Men's Basketball tournament was held in 1939. The original tournament hosted only 8 teams and was won by the Oregon Ducks. In 1985, the tournament expanded to the modern format of 64 teams.

The phrase "March Madness" was first used by an Illinois high school official in 1939. The term wasn't used in the NCAA tournament until 1982 by CBS broadcaster Brent Musburger.

Kentucky has the most NCAA tournament appearances with 58. Over the years, 36 different teams have won the championship. The winningest school is UCLA with 11 championship titles.

The "madness" will begin on Tuesday, March 19th and run through April 8th. The final four will be hosted in Phoenix, AZ the weekend of April 6-8.



Source: <https://www.ncaa.com/news/basketball-men/>

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Answers to March Quiz:

1. St. Augustine, Florida - 1601
2. Snakes
3. The Holy Trinity
4. 56
5. The Sun
6. Over 5 Million
7. Britain
8. Making and mending shoes
9. Chicago
10. "The Emerald Isle"

COPPER STEIN TAVERN

Manor 5th Floor

Hours of operation:
Monday through Friday
2:00 PM - 4:00 PM

