

THE CHATTER

A Copperfield Hill Newsletter

Laughter—The Best Medicine

A man and a woman had been married over 60 years. They had shared everything and talked about everything. They had kept no secrets from each other. Except that the little old woman had a shoe box in the top of her closet that she had cautioned her husband never to open or ask her about.

For years, he had never thought about the box, but one day the little old woman got very sick and the doctor said she would not recover.

In trying to sort out their affairs, the little old man took the shoebox to his wife's bedside. She agreed, it was time he should know what was in the box. When he opened it, he found two crocheted dolls and a stack of money totaling \$95,000.

She explained, "When we were to be married, my grandmother told me the secret of a happy marriage was to never argue. If I ever got angry with you, I should keep quiet and crochet a doll."

The little old man was moved, he had to fight back tears. Only two dolls were in the box. She had only been angry with him twice in all those years of marriage. He almost burst with happiness. "Honey, that explains the dolls, but what about all of this money? Where did it come from?"

"Oh, that's the money I made from selling the dolls!" ~*jokesoftheday.com*

"In October, a maple tree before your window lights up your room like a great lamp. Even on cloudy days, its presence helps to dispel the gloom." ~John Burroughs

OCTOBER 2020



October Trivia Quiz

1. For what Latin number is October named?
2. What is the flower of October?
3. The UN designated the first Monday in October as what?
4. What Canadian holiday is celebrated in October?
5. What Washington D.C. monument opened on October 9, 1888?
6. What U.S. President was born on October, 27, 1858? Hint: "Speak.....big stick."
7. What is the birth stone for October?
8. What ancient Roman goddess is said to be honored on Halloween?
9. How many pounds of candy corn are produced each year?
10. Who was the first, First Lady to decorate the White House for Halloween?



A Note from Nursing

With Fall comes the start of flu season. Remember:

- Wash your hands
- Cover your mouth and nose when you sneeze or cough
- Eat a healthy diet
- Keep up your exercise routine
- Drink plenty of fluids
- Get plenty of rest
- Stay home if you are sick



ASK THE EXPERT //

Staying healthy sometimes seems like a lot of work. One way to increase our wellness is to simply laugh. Life isn't always funny, but there are good reasons, both physically and emotionally, to laugh!

1. Laughter makes us healthier. It lowers our blood pressure, reduces stress hormones and increases muscle flexion. It increases the circulation of antibodies in the blood stream and makes us more resistant to infection.
2. Laughter touches our soul. Laughter is good for us physically - it's good for the soul. It

"I'm so glad I live in a world where there are Octobers." ~L.M. Montgomery, *Anne of Green Gables*

A Note from Activities

Although the weather is getting cooler, I encourage you, weather permitting, to get fresh air and sunshine. We will continue with many favorite activities like Fruit Bingo, Arts and Crafts, Pokerno, Baking Group, Wii Bowling and the Daily Delights. If you have any questions or would like to see something special on the activity calendar, please feel free to just ask!



A Note from Pastor Jan

Please join us as we remember our fellow residents and friends who have passed away this year.



Evening of Remembrance
Thursday, October 8th at 6pm
Manor Front Lawn

Laughter is the best medicine.....

brings us closer to one another and there is something that is wonderful about that. Sometimes laughter catches us by surprise and that can make us feel great.

3. Laughter keeps things in perspective. Laughter helps us lighten up and take ourselves less seriously.

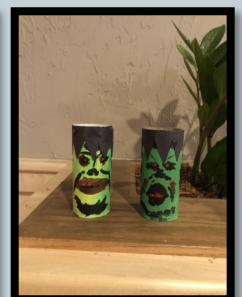
4. Laughter helps us stay positive. Laughter helps us keep our troubles in perspective and that can help us stay positive. It creates positive emotions and thus a positive frame of mind. Laughter is much like changing a babies diaper. It doesn't last long but it sure helps in the short term.

5. Laughter is loving. We laugh at our mistakes and foibles. We find humor with our friends and family. We laugh together. These positive experiences give us the gifts of joy and love.

~stopdoingnothing.com



Copperfield PHOTOS



Social and spiritual opportunities are consistent, including: birthday celebrations, singing, arts and crafts, root beer floats, bingo and dining in the dining room. Happy Halloween!

Visit from an Angel

On a beautiful Fall day, and with angel wings, Father Paul from St. Bridget's delivered birthday wishes and lunch for one of his parishioners. Not only was it her birthday, it was Guardian Angel Day, too!



Who was Leif Erickson?*

Leif Erikson is generally believed to be the first European to reach the North American continent. He was son of Erik the Red, founder of the first European settlement on what is now called Greenland. Around 1000 A.D., Erikson sailed to Norway where he was converted to Christianity by King Olaf I. Losing his course returning to Greenland, Erikson landed on the North American Continent. Due to the abundance of wild grapes that were growing there, he called it Vinland. He spent time on Vinland and returned to Greenland. He never made a return trip to North America.

The location of Vinland in North America has been debated over the centuries. In the early 1960's excavations at L'Anse aux Meadows, on the northernmost tip of Newfoundland, uncovered evidence of what is believed to be the base camp of the 11th century Viking exploration.

Upon Erik the Red's death, Leif took over the Greenland settlement. He had two sons, Thorgils and Thorkel. Thorkel became chief after his father's death in 1025.

In the late 19th century many Nordic Americans celebrated Leif Erikson as the first European explorer of the New world. In 1964, President Johnson declared October 9th as "Leif Erikson Day". *History.com

October 2020 Has Two Full Moons

The first Full Moon of Fall 2020 is called a Harvest Moon and will appear on Thursday, October 1st. Later, on October 31st, the second Full Moon will appear. This is the Hunter's Moon. It is the first Full Moon after the Harvest Moon. It is special because it means a Full Moon for Halloween.

The Harvest Moon is also a Blue Moon. A Blue Moon is an infrequent event when two Full Moons fall within one calendar month.



EVENTS

Oct 3	National Poetry Day
Oct 5	World Teachers Day
Oct 9	Leif Erikson Day
Oct 12	Columbus Day
Oct 17	National Pasta Day
Oct 24	United Nations Day
Oct 31	Halloween

Copperfield Hill

4200 40th Avenue North

Robbinsdale, MN 55422

Phone // 763.277.1001

copperfieldhill.com

Answers to October Trivia:

1. Eight
2. Calendula (also know as Marigold)
3. World Habitat Day was declared to address the problems of homelessness
4. Canadian Thanksgiving
5. The Washington Monument
6. Theodore Roosevelt
7. Opal
8. Pomona, the goddess of fruit and trees—many believe this is where bobbing for apples stemmed from Roman traditions to honor her
9. 35 million pounds, about 9 billion pieces
10. Mamie Eisenhower in 1958