

THE CHATTER

A Copperfield Hill Newsletter

Spring into Action

In the United States, April is Earth Month, a time to celebrate and take action to protect it. We should strive to better the Earth for future generations. There are ways within all aspects of our daily lives that can make an impact on Earth and its environment.

Unplug Unused Electronics - energy consumption is a leading factor to the changing climate, generating around 20% of greenhouse gases in the U.S. Unplug electronics like phone chargers, small kitchen appliances and printers when not in use. This tip can help cut down your utility bills as well.

Fix Water Leaks - An average household's leak can account for nearly 10,000 gallons of wasted water in a year. They are typically easy to fix and can help cut down on your water bills.

Reduce and Reuse - Reduce consumption and reuse items when you can. In the U.S., we generate about 4.9 pounds of waste, per person per day.

Volunteer in Your Community - There are many ways you can positively impact the environment in a few hours. Discover new opportunities to volunteer through local organizations hosting an event.

Sources: www.neefusa.org/earth-month & www.sustain.life/blog

"No winter lasts forever; no spring skips its turn. April is a promise that May is bound to keep, and we know it."

~Hal Borland



April 2024



Trivia Quiz:

1. What is the name of the numeric system used to shelve and categorize books by type?
2. Which president has their presidential library located in Atlanta, GA?
3. Between 1883 and 1929, what steel industry titan funded more than 2,500 libraries bearing his name?
4. Who formed the first public lending library in America?
5. What title is given to professional librarians who are qualified to provide extensive knowledge of library materials?
6. What's the name of the main service point in a library where books and other materials are loaned and returned?
7. With more than 168 million items, what is the largest library in the world?
8. Which category of library materials do almanacs fall under?



HOME CARE AND HOSPICE

Copperfield Hill's preferred partner is Interim Healthcare. They will evaluate and treat a resident's needs for:

- Physical Therapy
- Occupational Therapy
- Speech Therapy

ASK THE EXPERT //

Occupational therapists and occupational therapy assistants help people across their lifespan participate in the things they want and need to do through the therapeutic use of everyday activities (occupations). Common occupational therapy interventions include; helping children with disabilities to participate fully in school and social situations, helping people recovering from injury to regain skills, and providing support for older adults experiencing physical and cognitive changes.

Occupational therapy services typically include:

- An individualized evaluation, during which the client/family and occupational therapist determine the person's goals.
- Customized intervention to improve the person's

"When one flower blooms, spring awakens everywhere." ~John O'Donohue

UPCOMING EVENT

Health & Resource Fair

Tuesday, May 7th 2024
10:00 AM - 12:00 PM

Location: Manor 3rd, 4th and 5th floor

This is a free community event.
More information to come.



EMPLOYEE HIGHLIGHT

Sherry Price

Director of Sales & Marketing

Sherry has worked at Copperfield Hill for a collective 14 years.

Sherry completed a degree in Christian Ministries from Bethel University. Sherry finds her work at Copperfield Hill very rewarding. She is able to serve each resident and their families by creating a customized plan to fit their unique circumstances.

Outside of work, Sherry and her family love nature and enjoy discovering the many hidden gems in Minnesota.



National Occupational Therapy Month

Cont. from page 2

ability to perform daily activities and reach their goals.

- An evaluation to ensure that goals are being met and/or make changes to the intervention plan.

Occupational therapy services may include comprehensive evaluations of the client's home and other environments, recommendations for adaptive equipment and training in its use, and guidance and education for family members and caregivers. Occupational therapy practitioners have a holistic perspective. The focus is on adapting the environment to fit the person, and the person is an integral part of the therapy team.

Source: www.aota.org



PROVIDENCE ACADEMY ORCHESTRA CONCERT

Wednesday, April 24th
10:15 AM

Manor Dining Room

Copperfield PHOTOS



In March, our memory care community was visited by Bunny Besties. Copperfield Hill was busy prepping for our spring gardens. Our Copperfield Hill Bus transported residents to their polling location to participate in the Minnesota Primary Election. Copperfield Hill hosted a volunteer project, to stuff the Easter Eggs used in the Robbinsdale EGGSTRAVAGANZA.

TESTIMONIAL

When asked, what do you love about living at Copperfield Hill? They stated, "The location. I grew up in Robbinsdale and moved away. Coming back to an area that I knew previously was comforting. I can access the local bank and stores on my own. I also enjoy using the paths around the lake in the summertime."

"The improvements in the dining room have been appreciated. I enjoy the variety of foods offered and ability to order alternative meals from the menu."

"I like the staff at Copperfield Hill. They are kind and dependable."

~Anonymous Resident since 2007

FIRE DRILLS

As the saying goes – practice makes perfect! As you know, we conduct very frequent fire drills at Copperfield Hill. In the event of a fire, residents should only evacuate if they are in the "zone" (aka area of the building) where there is a fire, or you see fire or see or smell smoke. Even though it is unlikely a resident evacuation will be required, it is still good to know where to go and what to do should you need to evacuate. When you moved in you were given an evacuation map, that shows your evacuation route from your apartment. Take the time to review it and walk your route. Remember the meeting point once outdoors is the large parking lot. Knowing where to go before an emergency occurs greatly helps you to respond the right way should the need ever arise. As always if you have any questions about emergency evacuation or any other emergency procedures, please do not hesitate to contact our staff.

~Ashley Farr Fjelstad
Legal Counsel & Compliance



Resident Referral Program

Join the gang! Do you know someone who is interested in moving?

Copperfield Hill offers a referral gift for anyone who refers a friend or family member who moves into the Manor or the Lodge.

Summer is a busy time to move. Please contact Sherry Price by phone at 763-277-1008. It is always a pleasure and honor to welcome family and friends to Copperfield Hill.

EVENTS

April 1	April Fools' Day
April 5	National Caramel Day
April 10	National Siblings Day
April 11	National Pet Day
April 14	National Gardening Day
April 15	Tax Day
April 22	Earth Day

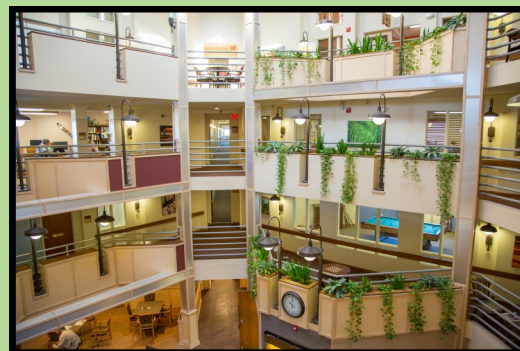
Copperfield Hill

4200 40th Avenue North

Robbinsdale, MN 55422

Phone // 763.277.1001

copperfieldhill.com



Answers to April Quiz:

1. Dewey Decimal System
2. Jimmy Carter
3. Andrew Carnegie
4. Benjamin Franklin
5. Reference Librarian
6. Circulation Desk
7. The Library of Congress
8. Serials

