

THE CHATTER

A Copperfield Hill Newsletter

FIRST DAY OF FALL - WHEN IS THE FALL EQUINOX?

Summer of 2024 is coming to end as we embark September. The sunny afternoons on the patio, Summer Concert Series out on the front lawn and the garden club have been a few favorites this summer at Copperfield Hill. The first day of fall will be here before we know it. The fall season comes with excitement. The changing leaves, pumpkin bread, apple orchards, football and a cozy blanket to name a few of the joys in autumn.

What is the equinox? The equinox is a brief time in the year when the day and night are of nearly equal length. They occur at seasonal transition points. For those living in the northern hemisphere, the equinox in September is called autumnal equinox.

Get out your calendars: The first day of fall in 2024 is Sunday, September 22nd. Enjoy and embrace the beauty of the upcoming change of season. The fall brings a beautiful walk around Crystal Lake. The crisp air is welcomed with the opening of the windows. Listening to the birds and squirrels as they prepare for the winter. What is your favorite part of the fall season?

Source: <https://www.countryliving.com/life/travel/a28661720/first-day-of-fall-equinox/>

"Autumn seemed to arrive suddenly that year. The morning of the first September was crisp and golden as an apple." ~J.K. Rowling



September 2024



Trivia Quiz:

1. About how many espresso beans are required to make one espresso?
2. How long does it take for a coffee tree to reach maturity?
3. How many pounds of coffee beans will a typical coffee tree produce in an annual crop?
4. The United States consumes about what percentage of the world's coffee?
5. About how many coffee plants are there in Brazil?
6. In what decade did flavored coffee become popular in the United States?
7. About how many pounds of coffee are imported into the United States each year?
8. What country drinks the most coffee per person?
9. How long will a coffee plant typically produce coffee if it is well cared for?
10. Which two American states produce coffee?

ASK THE EXPERTS //

The Impact of an Engaging Community

Communities can be vital in how humans operate in the world and a source for positive feelings. The dictionary states a community is a group of people living in the same place or having a particular characteristic in common. A community could identify a physical place where you live or groups of like-minded people.

Having a group of people to share thoughts, experiences and personal relations, allows one to feel connected. Social interactions with others is an aspect of our overall health and wellbeing. Many positive results come from an engaging community.



The Atrium at Copperfield Hill was specifically designed to create an Engaging Community.

“A fallen leaf is nothing more than a summer’s wave goodbye.” ~Unknown

UPCOMING EVENT

ROBBINSDALE MEET & GREET

Monday, September 9th
5:30 - 7:30 PM
Downtown Robbinsdale

- Win Prizes! Enjoy Food Samples!
- Strolling Entertainment
- A NIGHT FULL OF FUN

Sponsored by The Robbinsdale Chamber of Commerce



STAFF HIGHLIGHT

Lyle Nix

Lyle joined the maintenance team at Copperfield Hill in the spring. This experience has been Lyle’s first within Senior Housing.

Lyle has been enjoying the opportunity to meet and serve the various residents who call Copperfield Hill home. Lyle shared that “the residents treat you like family”.

Lyle is a father of two daughters. When he isn’t working, he likes to cook, go fishing and drag racing. He has two cars that he enters into drag racing competitions. Lyle has an extensive background in mechanical work.



THE IMPACT OF AN ENGAGING COMMUNITY

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- **SUPPORT** – A community provides a place to allow for others to assist us individually or an opportunity to be a strength for others.
- **SHARING** – Each of us have gained knowledge or experiences to convey with others. Sharing ideas contributes to innovation and growth.
- **CONNECTION** – Embracing new friendships helps build valuable relationships. Connectivity provides us with a deeper sense of belonging.

Copperfield Hill is a wonderful example of a community. The community allows us to grow in our friendships, sense of belonging, and engagement. Utilize the activity calendar and transportation system to create engagement in our community.

Source: www.wellbeingpeople.com



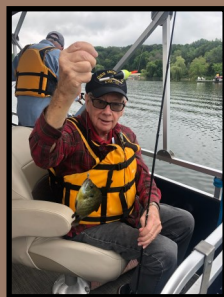
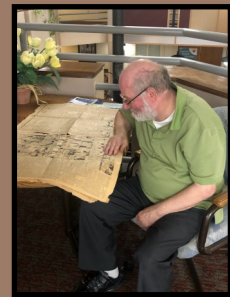
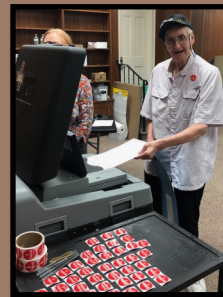
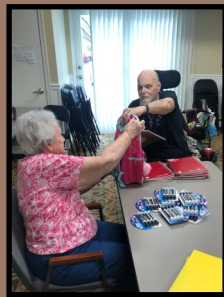
Fall Prevention & Screening

Thursday
September 12
9:00 AM

Manor Community
Room - 1st Floor

Copperfield PHOTOS

We welcomed August by celebrating National Night Out with Beachcomber Bob. Our Copperfield Hill Bus brought residents to the Minnesota Primary Election. In August, Copperfield Hill had the opportunity to work with “Lets Go Fishing” on Lake Riley in Eden Prairie. Pastor Jan hosted her annual backpack stuffing event to support local Robbinsdale children.



SAVE THE DATE

Harvest Fest!

Saturday, September 28, 2024

11:00 AM - 2:00 PM

Petting Zoo

Live Music: Rich & The Resistors

Food, Games and much more!

Invite your friends and family

EVENTS

| | |
|---------|----------------------|
| Sept 2 | Labor Day |
| Sept 16 | Mayflower Day |
| Sept 18 | Air Force Birthday |
| Sept 22 | Autumnal Equinox |
| Sept 23 | National Family Day |
| Sept 26 | National Pancake Day |
| Sept 29 | National VFW Day |

Tribute to Kirby Puckett

On September 7th, 1996, "Kirby Puckett's Salute to You" draws over 50,000 fans to the Metrodome. In July of 1996, Puckett had announced his retirement from baseball due to his diagnosis of glaucoma.



Kirby Puckett was drafted 3rd overall in the 1982 draft by the Minnesota Twins. He made his major league debut on May 8, 1984 against the Angels. Over his career, Puckett won six Gold Gloves and six Silver Slugger Awards. Puckett was named to the American League All-Star team 10 times. He ended his career with a .318 batting average, 207 home runs and 1,085 runs batted in.

Puckett spent his entire MLB career with the Twins. The Twins retired his signature #34 in 1997. Puckett was a first ballot Hall of Famer and inducted in 2001.

Source: wikipedia.org

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Answers to September Quiz:

1. 55 beans
2. About 5 years
3. 1 pound
4. One fifth
5. Nearly 4 billion
6. The 1970's
7. About 2.5 million pounds
8. Finland
9. More than 25 years
10. Hawaii & California

NATIONAL ASSISTED LIVING WEEK

September 8 - 14, 2024

Spirit Theme Days:

Monday: Hat Day

Tuesday: Decade Day

Wednesday: Red, White & Blue Day

Thursday: Sports Day

Friday: Copperfield Hill Pride Day

