

Copeland Oaks



Located just 3 miles from Stark County, just East of Alliance, Copeland Oaks active adult retirement community and the Crandall Medical Center nursing and rehabilitation center in Sebring, combine to form Northern Ohio's largest 55+ living community of its type.

Situated on 250 acres, the community opened in 1967, after receiving gifts from Attorney Kenneth Cope and Raymond and Margaretta Bennett from Canton.

Copeland Oaks attracts new residents not only from the Canton area and Ohio, but from across the U.S.

The community offers 2-3 BR individual ranch-homes, independent apartments, and assisted living apartments for rent. The Crandall Medical Center, offers skilled nursing and rehabilitation care services on either a short and long-term basis.

According to Jeff Bassett, Director of Community Information at Copeland Oaks, more people are choosing to move to Copeland Oaks while they are

still independent and active. "The best time to move to Copeland Oaks is when an individual or couple are still independent, that way, they can not only take advantage of the numerous activity and wellness programs to help them best maintain their health, but, just as importantly, they've greatly decreased the chances of children or relatives from having to make some very tough and often complex future decisions for them, states Bassett. "As our residents can attest to, for most, moving to Copeland Oaks actually helps them maintain their personal independence longer."

Also according to Bassett, people from the Canton area are often surprised when they learn that one of the Country's most popular/complete retirement living destinations is located only 35 minutes from Canton.

For more information about Copeland Oaks, call toll-free at: 1-800-222-4640 or you can visit the community's website at: www.copelandoaks.com



Problem Solving from p3

of pediatrics and psychiatry at the University of Florida in Gainesville. "Don't purchase one of these systems."

Storch believes casual gaming can be an adequate outlet for kids looking to problem solve and escape the daily grind, but relentless hours in front of the TV, controller in hand, begin to impede social development by isolating kids from their peers.

"Social interactions teach you how to deal with other people, as well as what's appropriate and what's not," Storch says. "You learn how to handle situations. Social interaction also is one way of coping with stress and receiving emotional support."

Without this support, he believes a child faces setbacks in the long run regarding how the rules of society work, possibly affecting future workplace behaviors. He also feels that excessive play allows a sedentary cycle to become reinforced, which can factor into childhood obesity, further impeding a child's social confidence. And while the Wii uses a wand

controller that allows for some physical movement, Storch says it's no replacement for playing soccer or dancing with friends.

Storch doesn't want to play the scrooge - he acknowledges that all families have their own philosophy about video-game habits - but he wants parents to establish limits on play time, as well as to remove the temptation if necessary by either putting the controllers away.

Swipe-card systems, which easily are connected to TV sets, allow parents to set a programmed amount of time for each child to play games or watch TV. Kids run their cards through like a debit card, and once time expires the system shuts down. Much like the old-fashioned allowance.

