

THE COPELAND EXPERIENCE

December, 2018

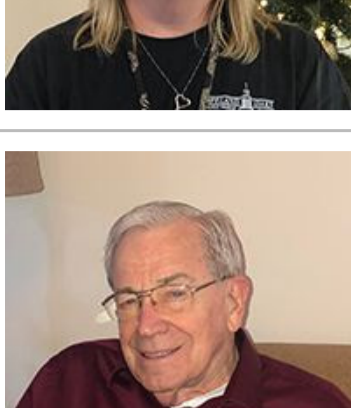
The True Meaning of Christmas at Copeland Oaks and Crandall Medical Center

There is no doubt that it is easy to become overwhelmed and stressed during the holiday season. The hustle and bustle can sometimes overshadow the joy and true meaning of Christmas. In honor of keeping the Christmas spirit alive, Copeland Oaks has asked a few residents and employees to share what Christmas means to them:



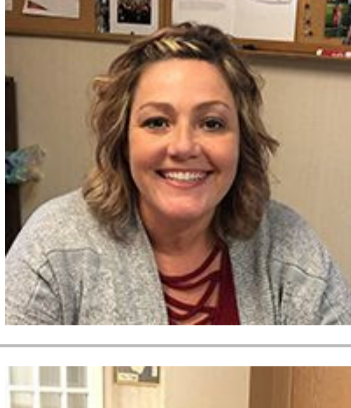
Resident, Nancy Bell

"Christmas is a time for us to remember what the Lord has done for us. What an awesome gift he gave us."



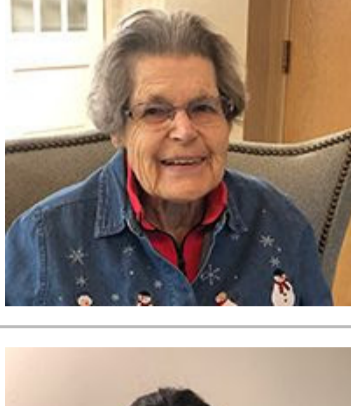
Employee, Devin Rogers

"Christmas is spending time with my family. We do the glass pickle tradition, after our family gift exchange all of the kids search the Christmas tree for the glass pickle. Whoever finds it gets the special gift."



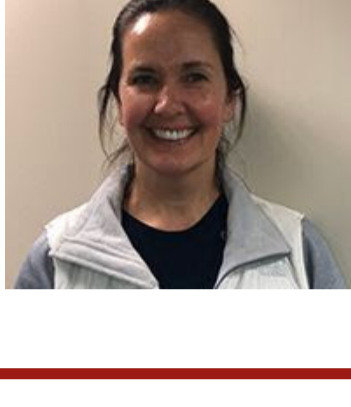
Resident, Will Sheffield

"Christmas is about the birth of our Savior. It has become a great time for family gatherings. We always see our children on Thanksgiving or Christmas. Thank the Lord for Christmas."



Employee, Shawna McCord

"Christmas is going to church to celebrate the birth of Jesus, and spending time with family."



Resident, Joan Millar

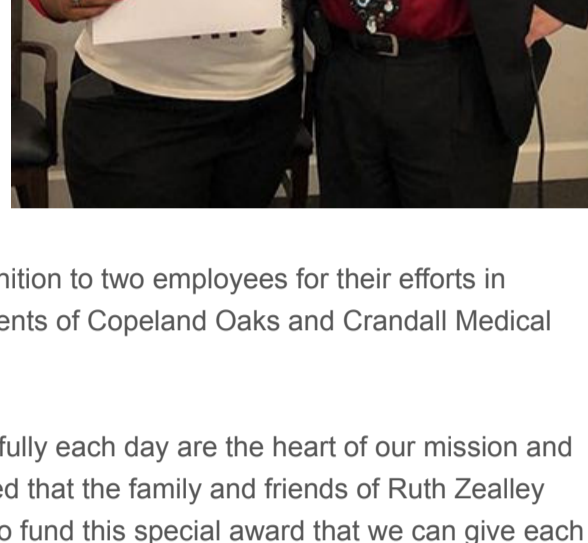
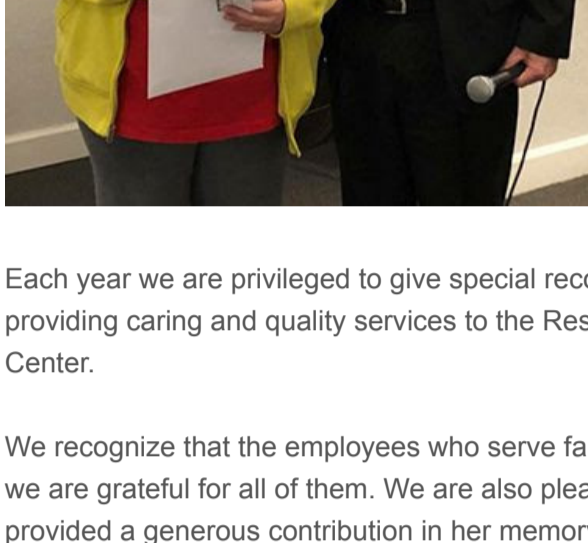
"Christmas is a time of loving each other. After all, the birth of Jesus was a gift of love to us all. It's like that song, Love Came Down at Christmas. I've always loved that song."



Employee, Lola Fonner

"Christmas is a special time spent with family. I get to spend the day with my family from out of state. We enjoy the time together and all of the good food. We also love driving around on Christmas Eve looking at all of the Christmas lights."

2018 Ruth Zealley Award Winners



Each year we are privileged to give special recognition to two employees for their efforts in providing caring and quality services to the Residents of Copeland Oaks and Crandall Medical Center.

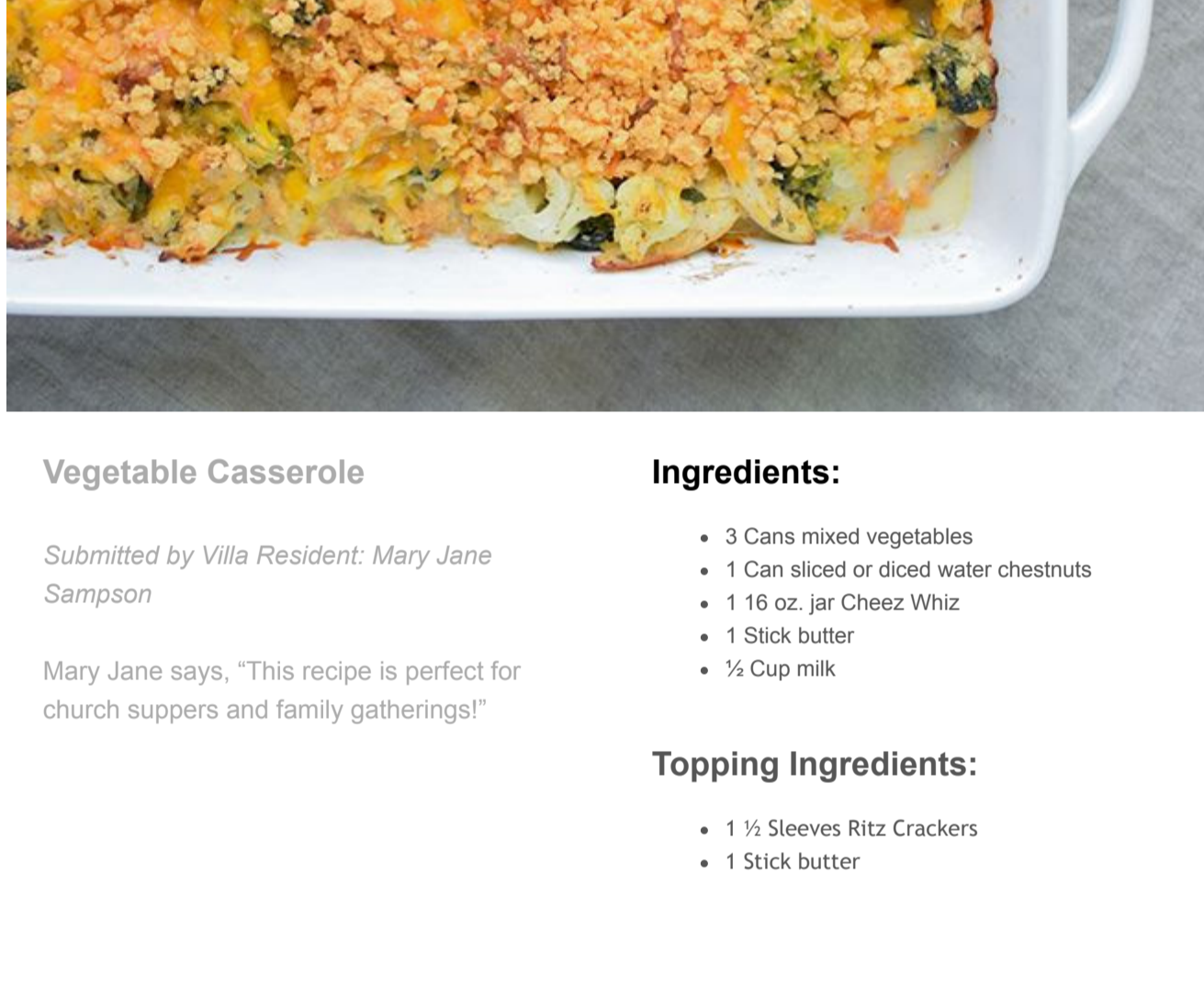
We recognize that the employees who serve faithfully each day are the heart of our mission and we are grateful for all of them. We are also pleased that the family and friends of Ruth Zealley provided a generous contribution in her memory to fund this special award that we can give each year to two people who represent the talented and dedicated work force on our campus.

[Read More](#)

Merry Christmas and Happy New Year!!

On behalf of everyone at Copeland Oaks and Crandall Medical Center, we hope that you have a very merry and blessed Christmas and a happy New Year!

What's Cooking at Copeland?



Vegetable Casserole

Submitted by Villa Resident: Mary Jane Sampson

Mary Jane says, "This recipe is perfect for church suppers and family gatherings!"

Ingredients:

- 3 Cans mixed vegetables
- 1 Can sliced or diced water chestnuts
- 1 16 oz. jar Cheez Whiz
- 1 Stick butter
- ½ Cup milk

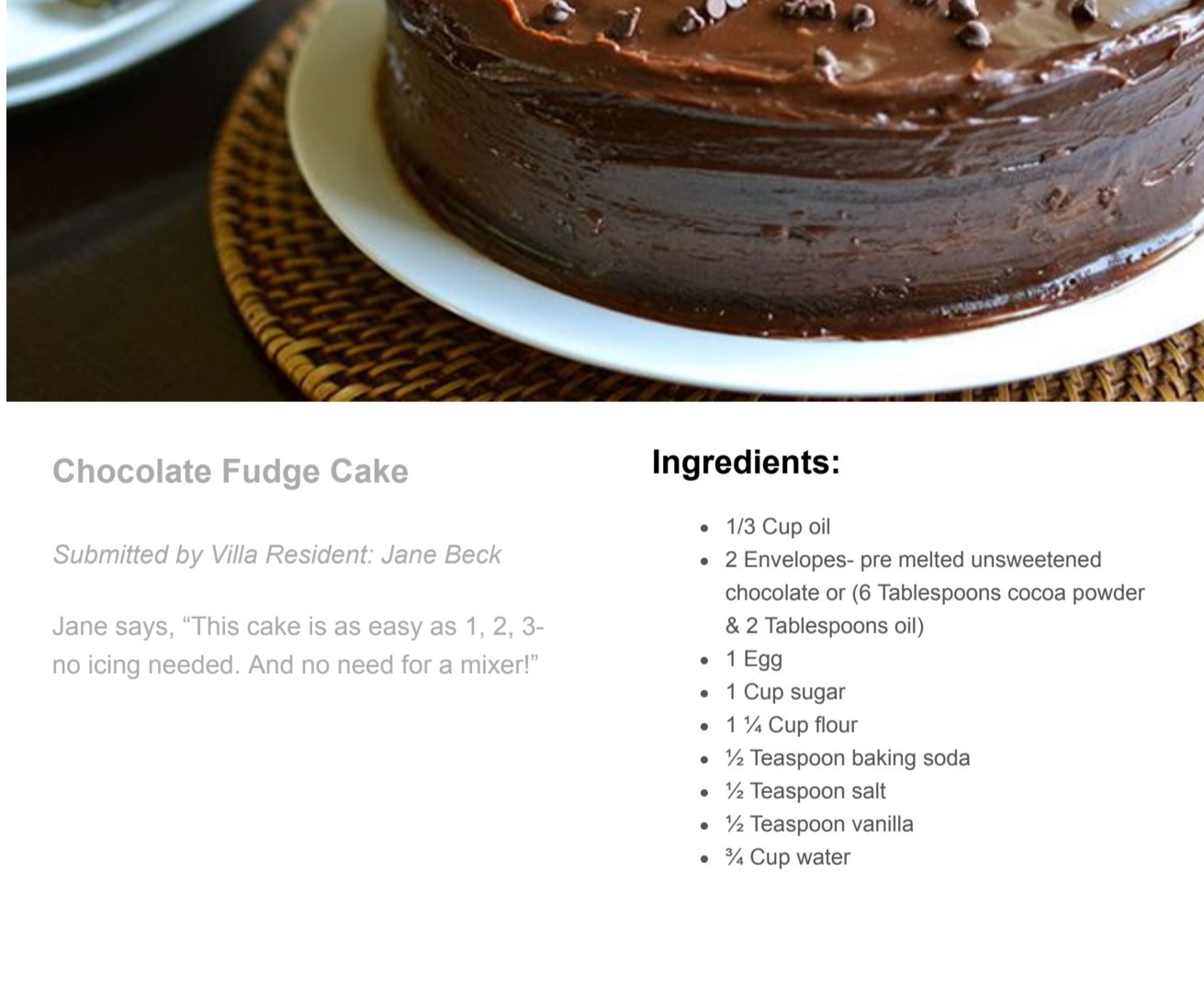
Topping Ingredients:

- 1 ½ Sleeves Ritz Crackers
- 1 Stick butter

Directions:

1. Drain vegetables. Heat butter, milk, and cheese in a saucepan until well-combined. Mix sauce with vegetables in a 9x13 dish.
2. Topping: Melt 1 stick of butter and combine with Ritz Crackers. Bake at 350 degrees for 45 minutes until heated through.

[Make It](#)



Chocolate Fudge Cake

Submitted by Villa Resident: Jane Beck

Jane says, "This cake is as easy as 1, 2, 3- no icing needed. And no need for a mixer!"

Ingredients:

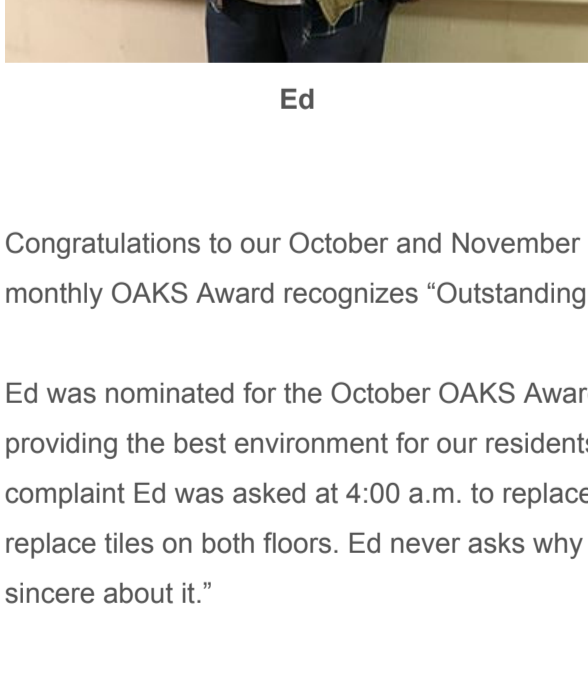
- 1/3 Cup oil
- 2 Envelopes- pre melted unsweetened chocolate or (6 Tablespoons cocoa powder & 2 Tablespoons oil)
- 1 Egg
- 1 Cup sugar
- 1 ¼ Cup flour
- ½ Teaspoon baking soda
- ½ Teaspoon salt
- ½ Teaspoon vanilla
- ¾ Cup water

Directions:

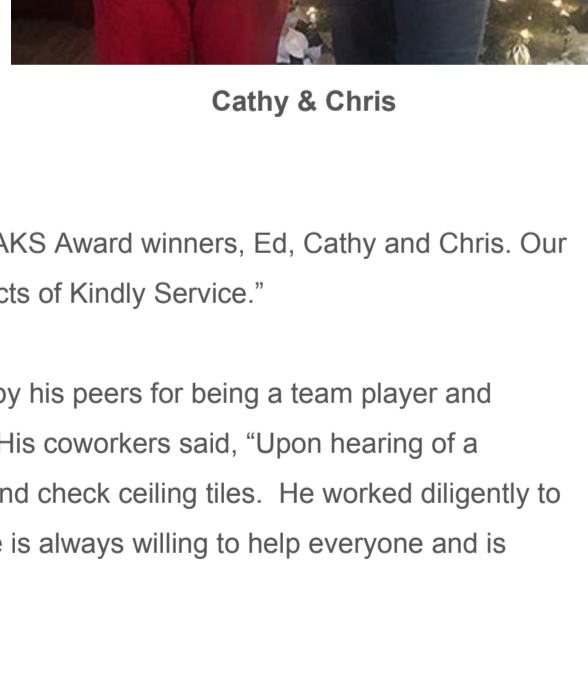
1. Combine all ingredients in a 9-inch square pan. Beat with a fork until smooth and creamy, spread evenly in pan.
2. Sprinkle top with ½ cup chocolate chips
3. Bake at 350 degrees for 30 minutes.

[Make It](#)

Featured Staff



Ed



Cathy & Chris

Congratulations to our October and November OAKS Award winners, Ed, Cathy and Chris. Our monthly OAKS Award recognizes "Outstanding Acts of Kindly Service."

Ed was nominated for the October OAKS Award by his peers for being a team player and providing the best environment for our residents. His coworkers said, "Upon hearing of a complaint Ed was asked at 4:00 a.m. to replace and check ceiling tiles. He worked diligently to replace tiles on both floors. Ed never asks why he is always willing to help everyone and is sincere about it."

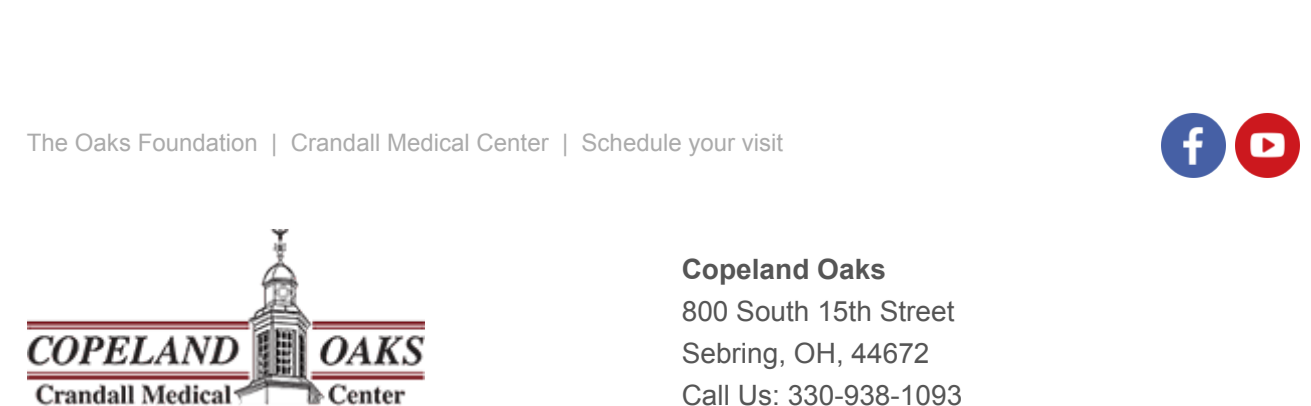
Ed currently works in the Maintenance department but over the last 17 years he has worked in on the grounds crew as well as laundry. When asked what is favorite most rewarding thing about his job he said, "All of it!"

"It's a good place to be," he added.

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