

THE COPELAND EXPERIENCE

February, 2019



Care Looks Different Today

Crandall Medical Center is home to up to 190 individuals living in all-private skilled nursing rooms. Some residents stay for short-term rehabilitation while others call Crandall home. Person-centered care is our core mission for all levels of staff.

We are in the beginning stages of a major renovation project to upgrade resident en suites in Crandall. The first phase of the project will consist of upgrading 19 en suites in the new short-term therapy unit. Currently, six of the 19 en suites have been renovated. After the first phase is complete, all of the resident rooms will be upgraded to reflect a more home-like environment and improve the quality of life for those in our care.

[Read More](#)

The Art of Right-Sized Living



Community guests filled Murphy Auditorium on February 21 for a presentation on the art of right-sized living, given by Caring Transitions. The idea of moving and downsizing your belongings can be extremely overwhelming for some people, but it doesn't have to be.

Our friends at Caring Transitions shared some helpful tips to help prepare for downsizing or a potential move to a retirement community like Copeland Oaks.

[Learn More](#)

Upcoming Events

Coffee, Conversation and Community

Date: Tuesday, March 12

Time and place: 1:00 PM Williamsburg Lounge

Join us for refreshments and casual conversation with staff members and residents. This is a social event intended to bring community members on campus and allow them to get to know Copeland Oaks.

Assisted Living Art Show

Date: Wednesday, March 20

Time and place: 10:00 AM – 3:00 PM in Bennett Auditorium

The residents of Assisted Living invite you to help them celebrate the first day of spring by attending an Art Show. The artwork of several residents who call Copeland Oaks home will be on display. Please stop by and enjoy the show and say hello to our artists.

Alliance Youthful Chamber Orchestra

Date: Sunday, March 24

Time and place: 3:00 PM Bennett Auditorium

The orchestra is composed of musicians with varied skill levels. The group is open to elementary through high school ages and adults who play violin, viola, cello, and string bass. The repertoire ranges from Classical to Movie Themes and Broadway melodies. Their purpose is to bring together musicians with a wide range of ages and abilities to develop ensemble skill through the enjoyment of playing together with others and for others.

The History of the Underground Railroad

Date: Tuesday, March 26

Time and place: 6:30 PM Bennett Auditorium

Virginia Grilli will present a program about the history of the Underground Railroad in Salem, Ohio. Come enjoy this very informative program. Be sure to invite your neighbors!

Save The Date! – Senior Prom

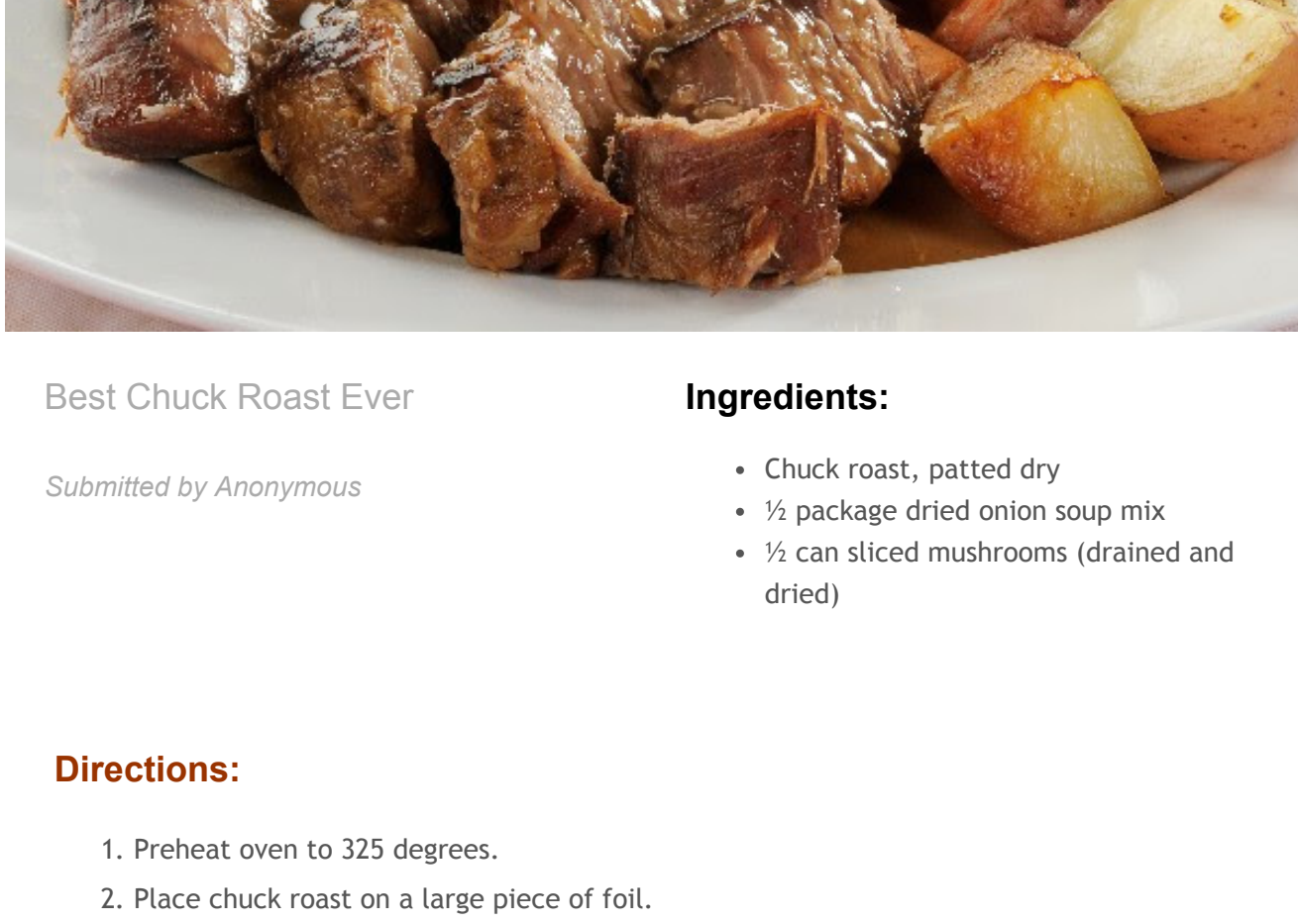
Date: Thursday, April 25

Time and place: 5:30-8:00 PM in Murphy Auditorium

Relive your younger days with a night of dancing and fun at our Senior Prom!

[Event Calendar](#)

What's Cooking at Copeland?



Best Chuck Roast Ever

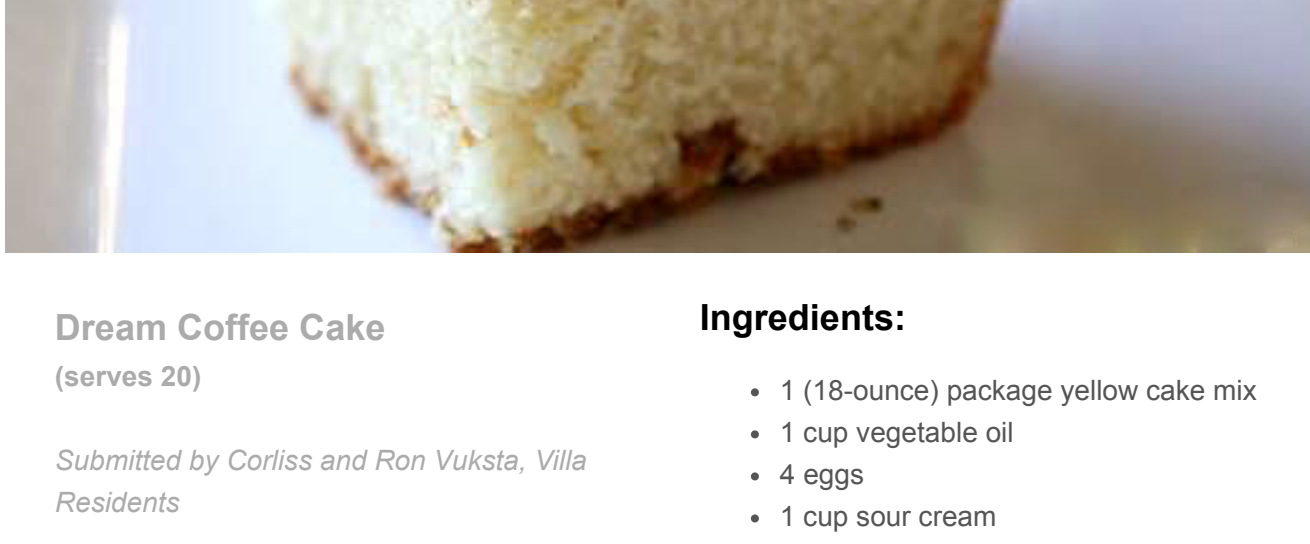
Submitted by Anonymous

Ingredients:

- Chuck roast, patted dry
- ½ package dried onion soup mix
- ½ can sliced mushrooms (drained and dried)

Directions:

1. Preheat oven to 325 degrees.
2. Place chuck roast on a large piece of foil.
3. Sprinkle dry onion soup over roast and add dried mushrooms.
4. Tightly fold foil around roast (like a package).
5. Bake on a pan for 2.5 hours.



Dream Coffee Cake

(serves 20)

Submitted by Corliss and Ron Vuksta, Villa Residents

Corliss says, "This is one of our favorite recipes! We have used it for years and used it when we were on the road as traveling inn-sitters. Makes a great breakfast/brunch treat!"

Ingredients:

- 1 (18-ounce) package yellow cake mix
- 1 cup vegetable oil
- 4 eggs
- 1 cup sour cream
- ¾ cup sugar
- 1 ½ teaspoon ground cinnamon
- 1 ¼ cup chopped walnuts

Directions:

1. Preheat oven to 350 degrees. Grease a 13 x 9-inch baking pan.
2. Combine cake mix, vegetable oil, eggs and sour cream in a large bowl. Beat 2 minutes with a mixer at low speed, scraping sides of bowl frequently.
3. Mix sugar, cinnamon and walnuts in a medium bowl.
4. Spread half the batter in pan. Sprinkle half the walnut mixture over top. Repeat with remaining batter and walnut mixture.
5. Bake 40 minutes, or until a wooden toothpick inserted in center comes out clean.

Featured Staff

January Oaks Award Winner: Terry Kessler



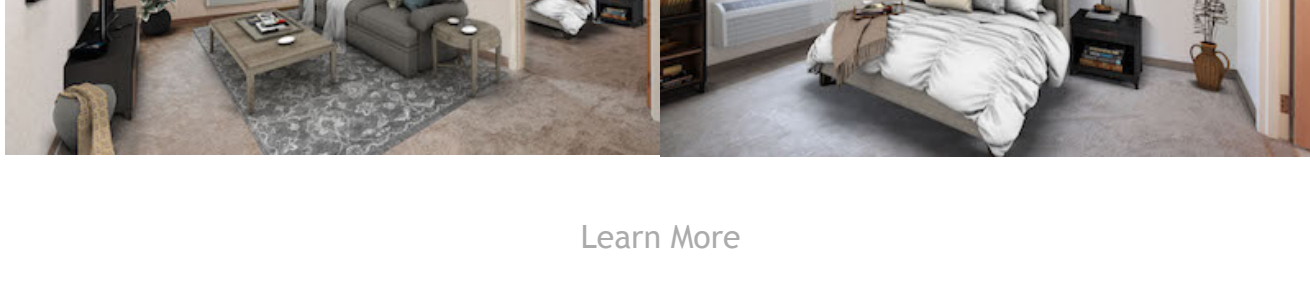
Congratulations to our January OAKS Award winner, Terry. Our monthly OAKS Award recognizes "Outstanding Acts of Kindly Service."

Terry was nominated for this award by her coworkers because she took quick action and reported that a resident was acting differently. That resident received the special care that they needed with a positive outcome.

[Read More](#)

Get One Month's Rent Free

Move into a Lakeshore Independent Apartment or Beeghly Catered Living Apartment by March 31st and receive one month's rent free!



[Learn More](#)