

THE COPELAND EXPERIENCE

March, 2019



Copeland Oaks Welcomed Spring with Art Show

Copeland Oaks celebrated the first day of spring with their Inaugural Assisted Living Art Show. Over 34 residents from assisted living submitted artwork to be displayed in Bennet Auditorium. There were many different pieces of art ranging from published poetry, painted rocks, quilts, and large oil paintings. Many guests came to appreciate the art, including other residents, staff and family members.

Trinette Jones, Director of Nursing for Assisted Living, explained, "We wanted to do the art show to showcase the vast amount of talent our assisted living residents have. We wanted to let the independent living residents know that life goes on as they go through the aging process.

[Read More](#)

Upcoming Events

Annual Volunteer Open House

Date: *Wednesday, April 10*

Time and place: *10:30 - 11:30 AM Williamsburg Lounge*

It is our pleasure to extend an invitation to our resident volunteers to join us for our Annual Volunteer Open House. We greatly appreciate all that you do throughout the year to help make our campus a very special place. We look forward to thanking you in person!

Robin Roseberry

Date: *Tuesday, April 16*

Time and place: *6:30 PM Bennett Auditorium*

Winner of the 2018 Akron-Canton Hotlist Best Wedding Musician will return to the Copeland stage. Robin has a passion for music and has been a vocalist since she was a child. Robin will sing favorites from the decades.

Dixieland Band known as "Not Quite Saints"

Date: *Tuesday, April 23*

Time and place: *7:00 PM Murphy Auditorium*

You will be glad you came out to hear this fun group perform.

Senior Prom

Date: *Thursday, April 25*

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

Adults 55 and older are invited to come dance the night away to music from the 50's, 60's, and 70's. Music will be provided by DJ Thomas John. You can capture the fun in our photo booth and enjoy appetizers. Prom attire is encouraged but not required. Please call 330-938-1093 and RSVP by April 19.

Mount Union Alliance Chorale

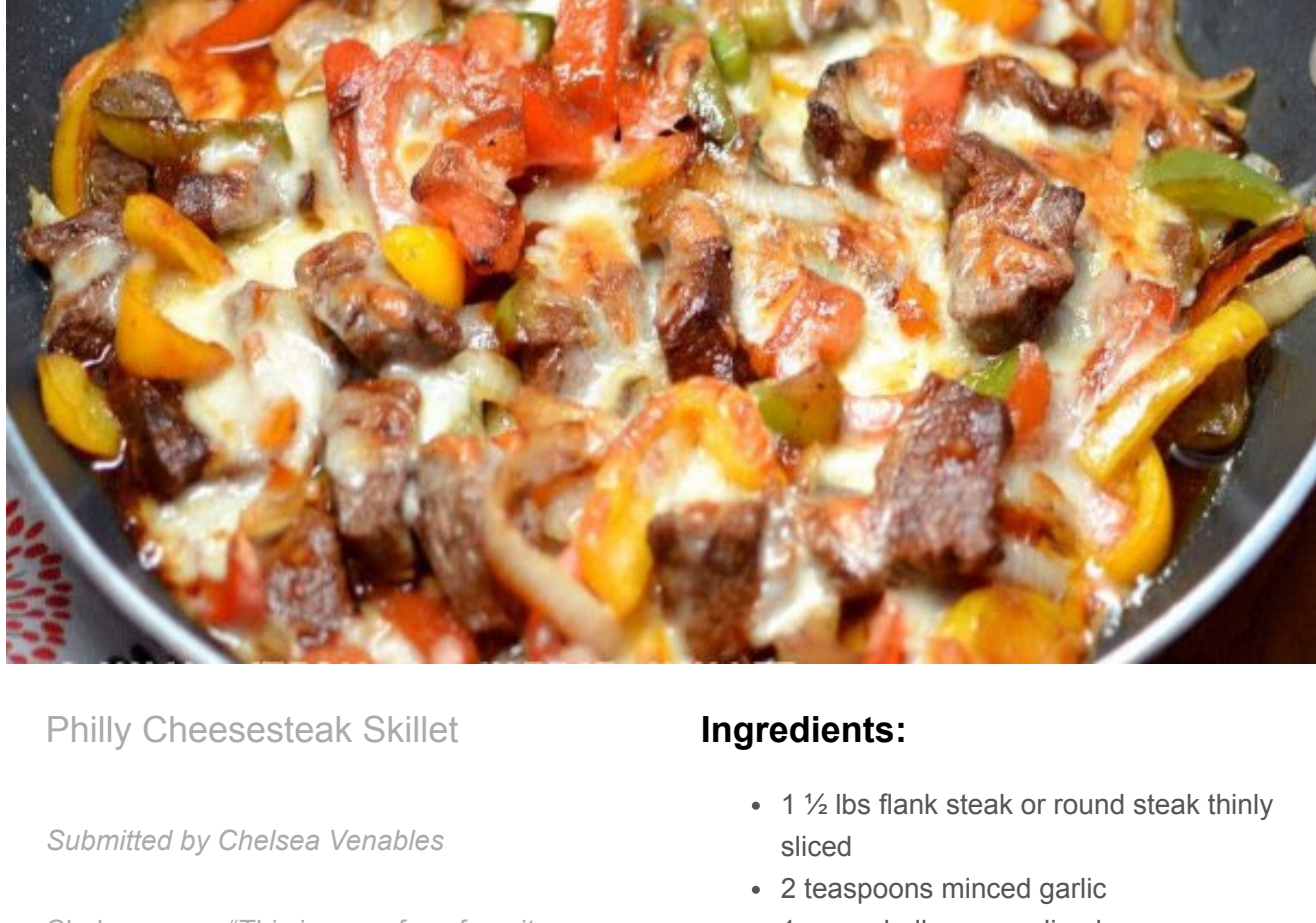
Date: *Tuesday, April 30*

Time and place: *7:00 PM Murphy Auditorium*

The Chorale will perform their Spring Concert – don't miss this must-see Copeland event!

[Event Calendar](#)

What's Cooking at Copeland?



Philly Cheesesteak Skillet

Submitted by Chelsea Venables

Chelsea says, "This is one of my favorite dishes to make – it's so quick and delicious."

Ingredients:

- 1 ½ lbs flank steak or round steak thinly sliced
- 2 teaspoons minced garlic
- 1 green bell pepper sliced
- 4 tablespoons butter
- 1 red bell pepper sliced
- ½ onion sliced
- 7 slices provolone cheese
- 1 teaspoon Italian Seasoning
- ½ teaspoon salt
- ½ teaspoon pepper

- Directions:**
1. In a hot cast iron skillet, melt 2 tablespoons of butter and add peppers, onion, and minced garlic.
 2. Saute until the onions and peppers are soft. Remove the veggies from the skillet and set aside.
 3. Melt the remaining 2 tablespoons of butter in the cast iron skillet and add in the steak.
 4. Add in the Italian seasoning, and salt and pepper.
 5. Allow to sear on each side, then cover and cook on medium-low until the steak is cooked all the way through.
 6. Once the steak is done, add the peppers and onion mixture back to the skillet. Cook on low for 2 minutes.
 7. Place provolone cheese slices on top of the steak and veggie mixture to cover.
 8. Place the skillet in the oven on broil for 1-3 minutes until the cheese is melted thoroughly.



Carrot Cookies

Submitted by Catered Living Resident, Gladys Wilhelm

Gladys says, "This recipe has been well tested and approved by those who play cards in the 3rd floor lounge. The also freeze well!"

Ingredients:

- ¾ cup Olive Oil
- 1 egg
- 1 tsp. vanilla
- ¼ tsp. lemon extract (opt) or lemon juice
- 2 cups flour
- ¾ cup sugar
- ¼ tsp. soda (opt)
- 2 tsp. baking powder
- ¼ tsp. salt
- 2 tbs. frozen orange juice
- 2 tbs. butter
- Powdered sugar

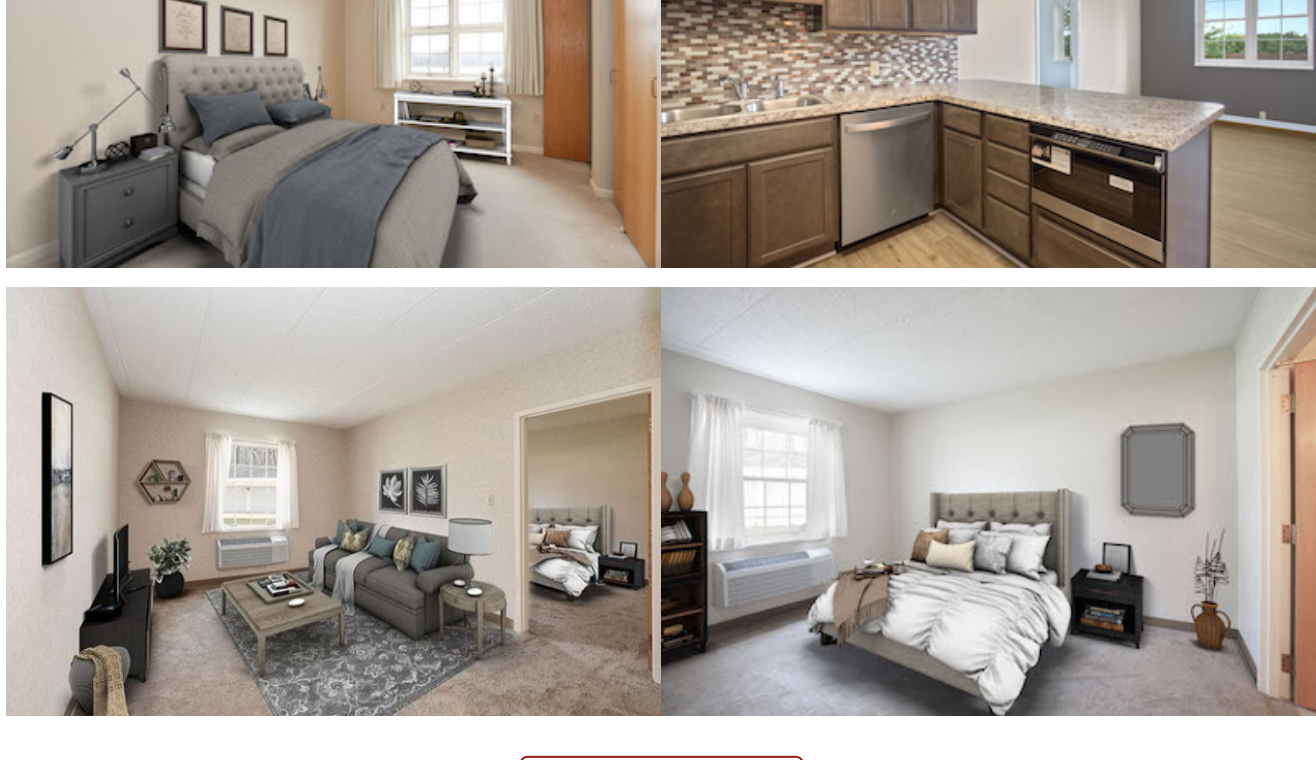
Directions:

1. Put the first 4 ingredients into a blender.
2. Chop 3 or 4 big carrots into small pieces. Keep blending and adding until it forms a soft mush. Pour over flour mixture and blend well.
3. Sift the next 5 ingredients together 3 times and place in a large bowl.
4. You may crumble minute oatmeal if the mixture needs more solid form.
5. Cover with Saran Wrap and refrigerate. (May even wait a day or two before baking).
6. Bake at 350 for 10-15 minutes (depending on your oven).
7. Frosting (last 3 ingredients mixed together, apply while cookies are still a bit warm).

[Learn More](#)

Get One Mont's Rent Free

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



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