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THE COPELAND EXPERIENCE

August 2021

Wellness Is a Top Priority at Copeland Oaks

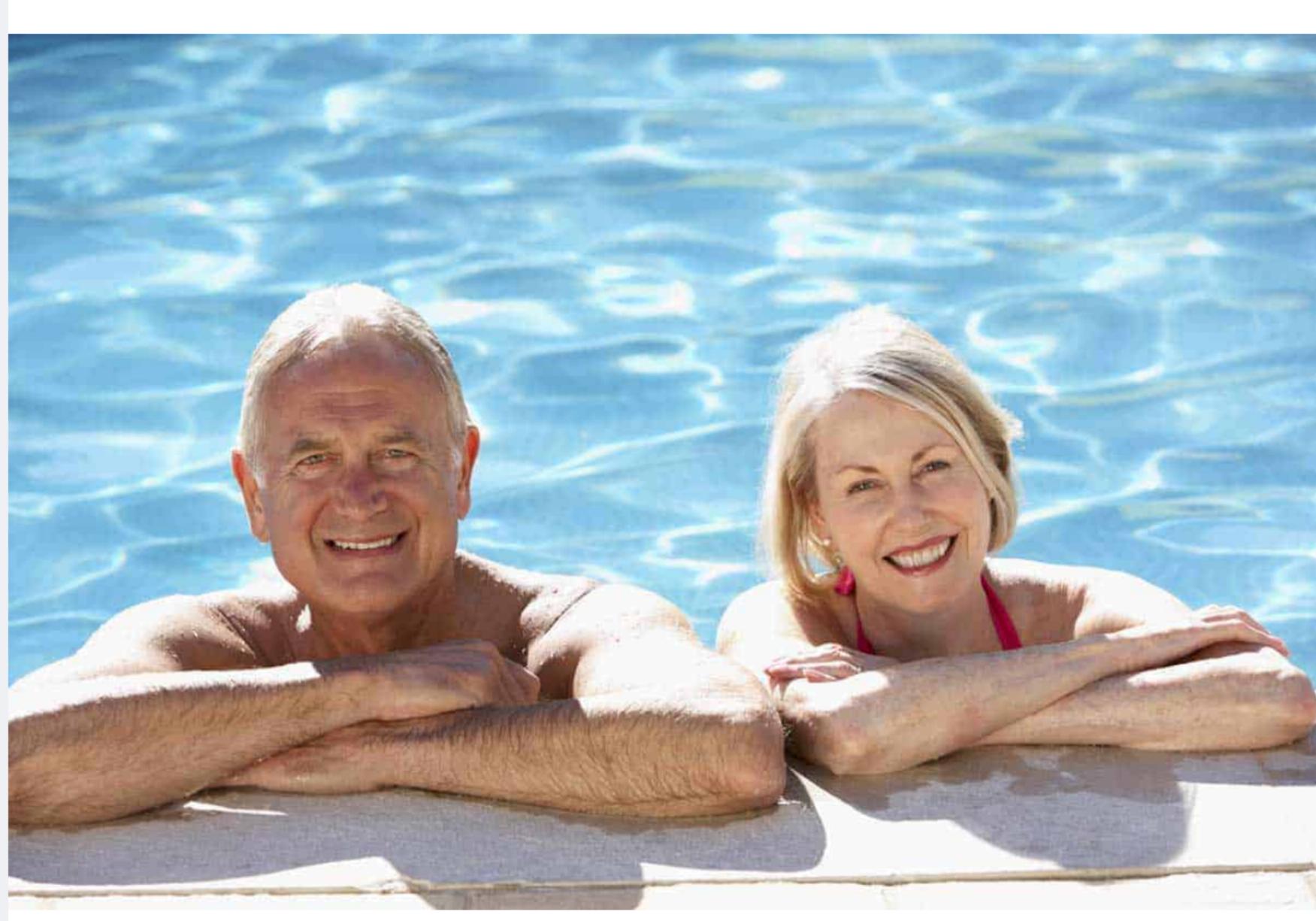




The Copeland Oaks Wellness Department held their first ever Wellness Day on Friday, July 31st outside of the Lakeview Terrace. Residents were invited to participate in the day's events which included: Ladder Golf, Croquet, a dumbbell circuit, line dancing, prizes, and raffle baskets. Stations were also set up for residents to learn about resistance training, healthy food choices, and caloric intake vs expenditure. The Wellness Day event was organized by the Wellness Intern, Jenna, as part of her final internship project for Youngstown State University.

Copeland Oaks Wellness Director, Heidi McIlvain, said, "This event has been so great, I definitely plan on doing more of these!"

Activities to Keep Seniors Cool in the Summer



Seniors, especially those with chronic medical conditions, often have trouble regulating their body temperature. This can put them at a higher risk for dehydration, overheating, and even strokes. However if you're over the age of 65, this doesn't mean you can't enjoy your summers. Here are some different activities that seniors can do to enjoy the summer months and stay safe and cool.

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What's Cooking at Copeland?



Ingredients:

- 2 medium zucchini
- 1 cup all-purpose flour
- 1 Tablespoon garlic powder - 3 large eggs
- 1 1/2 cups Panko breadcrumbs
- 1 cup grated Parmesan cheese

Baked Parmesan Zucchini Chips

Submitted by Marketing Director, Chelsea Venables

"My absolute favorite way to use our fresh garden zucchini!"

Directions:

1. Preheat oven to 450 degrees. Line two baking sheets with parchment paper. 2. Slice the zucchini into rounds. 3. Add flour and garlic powder to a large sealable plastic bag then add the sliced zucchini, seal the bag and shake until well coated. 4. In a shallow dish, whisk together the eggs with a pinch of salt and pepper. 5. In a separate shallow dish, whish together breadcrumbs and grated Parmesan cheese.

6. Shake off the excess flour from the zucchini rounds and dip each into the egg and then breadcrumb mix- be sure to cover completely. 7. Arrange zucchini on prepared baking sheets in a single layer. 8. Bake for 20-25 mins or until they are

golden brown and crispy.

Read All Recipes

CALLING ALL COPELAND ASPIRING CHEFS AND BAKERS

Do you have a recipe you want to share? We'd love to feature it in our newsletter. Please submit your favorite recipes to the Marketing Office.



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Copeland Oaks 800 South 15th Street Sebring, OH, 44672 Call Us: 330-938-1093

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