THE COPELAND EXPERIENCE

January 2021

Discovering New Interests & Passions at Copeland Oaks

Residents Jim McConnell and Mary Beck have discovered the joy of LEGO architecture projects since the start of COVID-19. Heather Sedlacek, Copeland's Assisted Living Activity Coordinator, introduced the pair to LEGO projects and it's been nonstop building ever since. Nearly a year later, the two are still enjoying their new hobby – after all, creativity knows no age!

Their most recent build was a Christmas train for the holidays that actually ran around a track! Jim and Mary have also built replicas of London, Paris, Tokyo and New York City, and are currently working on San Francisco.

We're so happy to see when our residents discover new interests and make new connections!

Explore Copeland Assisted Living

"Copeland is like family."

2020 was a difficult year, and this pandemic continues to test us all. Many seniors have been separated from their communities, families and friends. But at Copeland Oaks, you're never alone! We offer a warm and welcoming environment to our residents. Seniors get to know one another and integrate themselves into the community – making new friends that share their passions. See what resident Jan Hoover has to say about Copeland!

Watch on YouTube

4 New Year's Resolution Ideas for Seniors

It's 2021, and the new year brings new opportunities for a fresh start. Coming up with ideas for resolutions and keeping them can be a challenge, but there are many ways you can prioritize your health in the upcoming year. Here are some health tips for seniors to get you started on your resolutions.

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What's Cooking at Copeland?

Cheesy Chicken Enchilada Soup

This is the perfect soup for winter! Plus, it can be customized depending on the veggies you have on hand and preferred level of spice.

Ingredients:

- 1 tbsp olive oil
- 1 large onion chopped
- 1 green bell pepper seeded and chopped
- 10 oz enchilada sauce (1 can)
- 8 oz cream cheese
- 14 oz diced tomatoes (1 can)
- 1 cup black beans drained and rinsed
- 1 cup frozen corn kernels drained
- 2 cups chicken breasts, cooked
- 1 cup chicken broth (low sodium)
- 2 green onions chopped
- 1 cup shredded mozzarella cheese

Directions:

1. Heat the olive oil in a Dutch oven or soup pot, over medium heat. Add the onion and bell pepper and cook for about 5 minutes until the onion is soft and translucent.
2. Add the enchilada sauce and cream cheese. Break down the cream cheese with a wooden spoon and cook until the cheese has completely melted.
3. Add the diced tomatoes, black beans, frozen corn and stir.
4. Add the chopped chicken breast and chicken broth. Stir and cook for about 10 to 15 minutes, stirring occasionally, just until the soup is really hot. You don't really want to boil this soup for too long because the cream cheese could curdle. If you find the soup is too thick, add a bit more chicken broth.
5. Remove from heat and top with green onions and mozzarella cheese before serving.

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.

Read All Recipes

Schedule a move-in date to an Independent Living Villa or Apartment before June 30, 2021 and receive TWO months of free rent PLUS we will cover your moving costs up to $1,500!!

COPELAND OAKS
Crandall Medical Center
The Oaks Foundation

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