THE COPELAND EXPERIENCE

May 2020

Staying Safe for Summer

These past few months have been extremely emotional, stressful, and sad for so many of our employees, residents and their loved ones. Thank you to everyone who is supporting us through these difficult times – for your patience, love, kindness, and understanding. We are keeping our spirits high and optimistic of a better future where we can all get together again.

The staff of Copeland Oaks and Crandall Medical Center have risen above and beyond the call of duty during this pandemic. Our administrative team has worked tirelessly to lead our staff in safe practices. Everyone, from our nurses and maintenance crews, to the valet team and even our marketing department are stepping up to keep campus as "normal" as possible for our residents while keeping their safety a priority.

For additional COVID-19 updates from Copeland, read our full article online.

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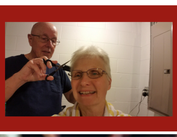
Quarantine Cuts!

Residents Ron and Corliss Vulsta make sure their appearances aren't affected during social distancing efforts. The couple has been giving each other haircuts in their villa. THAT is love!



Nutrition Tips for Retirees

So much of our news cycle is focused on how to stay healthy. Tips include washing our hands, wearing a mask and maintaining an appropriate social distance. However proper nutrition and eating balanced meals play a pivotal role in our health, especially as we age. Read our latest blog to learn more about the nutrients seniors need most and popular diets for retirees.

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What's Cooking at Copeland?

Believe It or Not Cookies

Give this recipe a try from Copeland resident, Virginia Althouse.

Ingredients:

- 1 egg, beaten
- 1 c. chunky peanut butter
- 1 c. brown sugar

Directions:

1. Combine ingredients
2. Drop by spoonfuls on cookie sheet
3. Bake at 350°F for 15 minutes; watch carefully – It really works!

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

Congratulations Crystal and Jeremy!

Two of our very own nurses at Crandall Medical Center were recently recognized by The Alliance Review as #1 and #2 winners in the Salute to Nurses Contest!!! Well deserved, thank you for your service!! We are lucky to have you on our team!!

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We are hopeful to allow on campus tours in the near future. All campus tours will take place by appointment only with one of our sales consultant team members. Please call us at 330-938-6126 to schedule a tour and to learn more about our new touring policies.

COPELAND OAKS
Crandall Medical Center
The Oaks Foundation

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