THE COPELAND EXPERIENCE

May 2021

Fair Food Frenzy

Sometimes there is just nothing like a little sunshine, fresh air, and fair food! Employees and residents of Copeland Oaks and Crandall Medical Center spent an afternoon around the lake indulging in local fair food. As a spin on our annual employee picnic, employees received "Frenzy Dough $" to spend on their fair food of choice and were entered into a raffle for various prices. A 50/50 drawing was held with 50% of proceeds going towards the Copeland Life Care Fund. Stay tuned for more fun events happening around Copeland this summer as we safely get back to the lively, fun campus we all love.

Wellness Programs & Training Opportunities

Bob and Mary Kay Hawkins know that maintaining your fitness is key to a long and healthy life! At Copeland Oaks, we encourage our residents to take advantage of our exercise classes, personal coaching, and and fitness training. It can add years to your life — and life to your years.

Watch on YouTube

Residents Donald and Nancy Agnew and Frank and Janice Boyce enjoy each other's company around a fire on our renovated Lakeview Terrace patio.

Reducing Your Alzheimer's Risk

Promising studies show that there are healthy habits that you can incorporate into your life to help reduce the risk of Alzheimer's. Take a look at how you can incorporate diet, exercise, and more into your lifestyle to help promote your overall wellness.

Read More

What's Cooking at Copeland?

Pudding Cake Dream

Submitted by resident Shirley Sackett of Tallmadge, OH.

"This pudding cake recipe is easy to make and perfect for any spring and summer picnics. A real crowd-pleaser!"

Ingredients:

- 1 angel food cake (loaf type is better)
- 1 8-oz. carton of whipped topping
- 2 6-oz. pkgs. of chocolate pudding mix (not instant)
- 5 c. milk
- 1/2 c. chopped nuts
- Maraschino cherries (opt)

Directions:

1. Slice the angel food cake and use slices to cover the bottom of a 9 x 13-inch pan.
2. Make the pudding with the 5 cups of milk and pour while hot over the cake. Cool.
3. Spread whipped topping on the cooled pudding layer.
4. Garnish with nuts and/or Maraschino cherries. Refrigerate.
5. Cut into squares to serve.

Variations: This can be varied in many ways: lemon pudding with coconut topping, butterscotch pudding with nuts or cookie crumb topping, or vanilla pudding with bananas.

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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