# THE COPELAND EXPERIENCE

October, 2019

*Did you know the residents of Copeland Oaks and Crandall Medical Center, as well as their family members, have access to therapeutic massage tailored to their specific needs?*

## Massage Therapy at Copeland Oaks

Meet our Massage Therapist, Marita Weidman! Marita is a Licensed Massage Therapist as well as a Licensed Practical Nurse and has been massaging Copeland and Crandall residents for 20 years. In recognition of Massage Therapy Awareness Week, October 20-26, Marita held an informational session discussing the benefits of massage.

The power of touch is perhaps the most essential and least appreciated sense! Incorporating therapeutic touch like regular massage into your health and wellness practices along with exercise and eating right can help you to live a better life. There are countless health benefits to massage therapy.

Read Marita's top 25 benefits of massage on the Copeland Oaks Website!

Learn More

## Upcoming Events

### The Zoo Comes to Copeland

***Date: Tuesday, November 12***
***Time and place: 1:30 p.m. in Bennett Auditorium***
The Akron Mobile Zoo will be at Copeland Oaks for a fun program. Grab a friend and join us!

### Robin Roseberry

***Date: Tuesday, November 12***
***Time and place: 6:30 p.m. in Bennett Auditorium***
Robin Roseberry has a passion for music and has been a vocalist since she was a child. Robin will sing favorites from the 50's and 60's, as well as all your favorite love songs from years gone by. Join us for a great show!

### A Salute to Our Veterans

***Date: Wednesday, November 13***
***Time and place: 12:00 p.m. in Copeland's main dining room***
Copeland Oaks will salute our Veterans with a special luncheon. Freedom is not free but this lunch is FREE for veterans 55 and older. Veteran's guests are $8 at the door. Reserve your seat by calling (330) 938-1093 by November 6th.

### Brass Band of Western Reserve

***Date: Thursday, November 14***
***Time and place: 7:00 p.m. in Murphy Auditorium***
Trust us, you don't want to miss this amazing band's performance!

### The Mount Union Alliance Chorale

***Date: Tuesday, November 19***
***Time and place: 7:00 p.m. in Murphy Auditorium***
Under the direction of Jane Page and artistic assistant Nancy Howenstine, the Chorale will present their fall concert featuring selections you are sure to enjoy.

### Dueling Piano Concert

***Date: Thursday, November 21***
***Time and place: 7:00 p.m. in Murphy Auditorium***
Jarred Walker and Carson Weingart are both 2010 graduates of West Branch High School and have been performing at the piano since elementary school. Plan to spend the evening with these talented young men as they perform as a duo.

Event Calendar

## 10 Activities for Residents at Copeland Oaks

No matter what your hobbies or interests are, there are activities for every senior at Copeland Oaks! Learn about just some of the ways our residents stay active on campus.

Learn More

## Residents Aren't the Only Ones Who Benefit from the Wellness Programs at Copeland Oaks!

Copeland and Crandall employees are currently competing in a Pre-Holiday Employee Strong Challenge. In this 5-week challenge, employees are doing Strong by Zumba. The workouts combine body weight, muscle conditioning, cardio, and plyometric training all synced to the beat of the music.

Participants in the program can earn points by not only attending the workout classes but also, walking 10k steps a day, completing a weekly challenge, weekly weigh-ins, losing or maintaining weight and improving strength over 5 weeks. Prizes are given to the top 3 winners after 5 weeks. Good luck employees on your journey to getting STRONG!

## What's Cooking at Copeland?

### Eclair Cake

*Submitted by: Villa Resident, Barb Nieder*

Barb says, "This is **so** easy to make and it's delicious!!!"

**Ingredients:**

- 1 package graham crackers
- 2 packages 3.4 oz. instant French Vanilla pudding
- 8 ounces Cool Whip, thawed
- 3 cups milk
- 16 oz. container of chocolate frosting

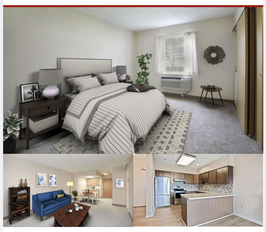
**Directions:**

1. In a large bowl, mix together the pudding mix and milk, then fold in Cool Whip. Beat well. (Barb uses a whisk rather than electric mixer)
2. Arrange graham crackers in a single layer on the bottom of a 9x13 baking dish.
3. Pour half the pudding mixture over the graham crackers and spread evenly.
4. Add another layer of graham crackers and pour remaining pudding on top.
5. Add the final layer of graham crackers and spread with chocolate frosting. (Barb recommends softening the frosting for a few seconds in the microwave to help it spread easily)
6. Refrigerate for at least four hours 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



**Get into your dream retirement home before the bad weather comes! Commit to your new home before November 30th and receive 1 month of FREE rent!**

Call our Marketing Department at 330-938-1093 for more information or to set up a private tour. Ask us how you can receive one month of free rent!



COPELAND OAKS
Crandall Medical Center
The Oaks Foundation

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