COPELAND OAKS
Crandall Medical Center
The Oaks Foundation

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THE COPELAND EXPERIENCE

October 2020

National Assisted Living Week Celebrated at Copeland

"Caring is EssentIAL", a perfect theme for the celebration of this year's National Assisted Living Week (NALW) which took place September 13-19. NALW was established by the National Center for Assisted Living 25 years ago. The week-long celebration provides an opportunity for staff and residents to honor the care, compassion, and services within assisted living care facilities. Residents and staff safely celebrated the week with many planned activities.

This year has been challenging and our Assisted Living residents have missed gathering – so we made sure that all our activities provided an opportunity for our tight knit community to safely come together and connect.

On Monday, celebrations were kicked off with sundaes in a cup. On Tuesday, residents were given "prayer bears" during a Bible study with Rev. Parry. Residents were able to put prayer requests in the bear's pocket. Wednesday consisted of a pizza party lunch. On Thursday, residents enjoyed outdoor entertainment by Tom Carpenter accompanied by homemade popcorn. Friday ended the week with snow cones and a final farewell to Summer.

Explore Copeland Assisted Living

Copeland Oaks Joined the Senior Learning Network

Copeland Oaks has recently joined the Senior Learning Network, a virtual learning program that allows participants to learn from programs all around the world, right in the comfort of their villa, apartment, or our Bennett Auditorium.

"I was excited to offer this new program, it has given our residents the opportunity to continue to learn and explore new things while still staying safe and healthy!" said Andrea Gross, Director of Independent Living.

The Senior Learning Network offers many learning opportunities from remarkable people and programs from many places. In September residents joined a lagoon-side Dolphin Research Center for an interactive session all about dolphins, learned about the Pio Pico Historic State Park, and learned the history of the Longfellow House and explored one of Henry Wadsworth Longfellow's sonnets.

What is the Difference Between Memory Care and Assisted Living?

One of the most common questions we get asked is "What is the Difference Between Memory Care and Assisted Living?" We help prospective residents and families interested in the best care for their loved ones understand the differences between traditional Assisted Living and Memory Care to make sure they receive services catered to their individual needs.

Learn More

What's Cooking at Copeland?

Fresh Apple Bars

Give this recipe a try from resident Gladys Wilhelm from Leetonia, OH

"These fresh apple bars taste just like autumn!"

Ingredients:

- 3 Eggs
- 1 c. oil
- 1 ¾ c. sugar
- 2 c. diced raw apples
- 2 c. flour
- 1 tsp. baking soda
- ½ tsp. salt
- 1 tsp. cinnamon
- 1 c. chopped nuts

Directions:

1. Beat together eggs, sugar and oil.
2. Sift together the flour, baking soda, salt and cinnamon.
3. Add dry mixture to egg mixture and beat.
4. Fold 2 cups diced raw apple and 1 cup chopped nuts into the batter.
5. Pour into a greased and floured 15 ½ x 10 ½ x 1-inch pan.
6. Bake at 350° for 40-45 minutes.
7. Remove from the oven; cover with confectioners' sugar.
8. Cut into bars & enjoy!

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!!

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