

THE COPELAND EXPERIENCE

December 2022

Happy Holidays From Copeland Oaks



Happy holidays and a wonderful New Year from the Copeland Oaks family to yours. May you enjoy moments of love, laughter, and goodwill, and may the year ahead be full of contentment and joy.

Staying Active This Winter



Winter often makes it more challenging to stay active no matter your age. Snow, wind, cold temperatures, shorter days, and possibly a gloomy mood make it more difficult than usual to want to get up and move your body.

Unfortunately, our bodies still need to move—even when it's cold and dreary. And if you do experience the winter blues, it can be more important than ever to get your blood pumping to help boost your mood and keep your spirits high until springtime.

Year-round activity is an important part of any senior wellness plan. Read on for more ideas on how to stay active through the winter.

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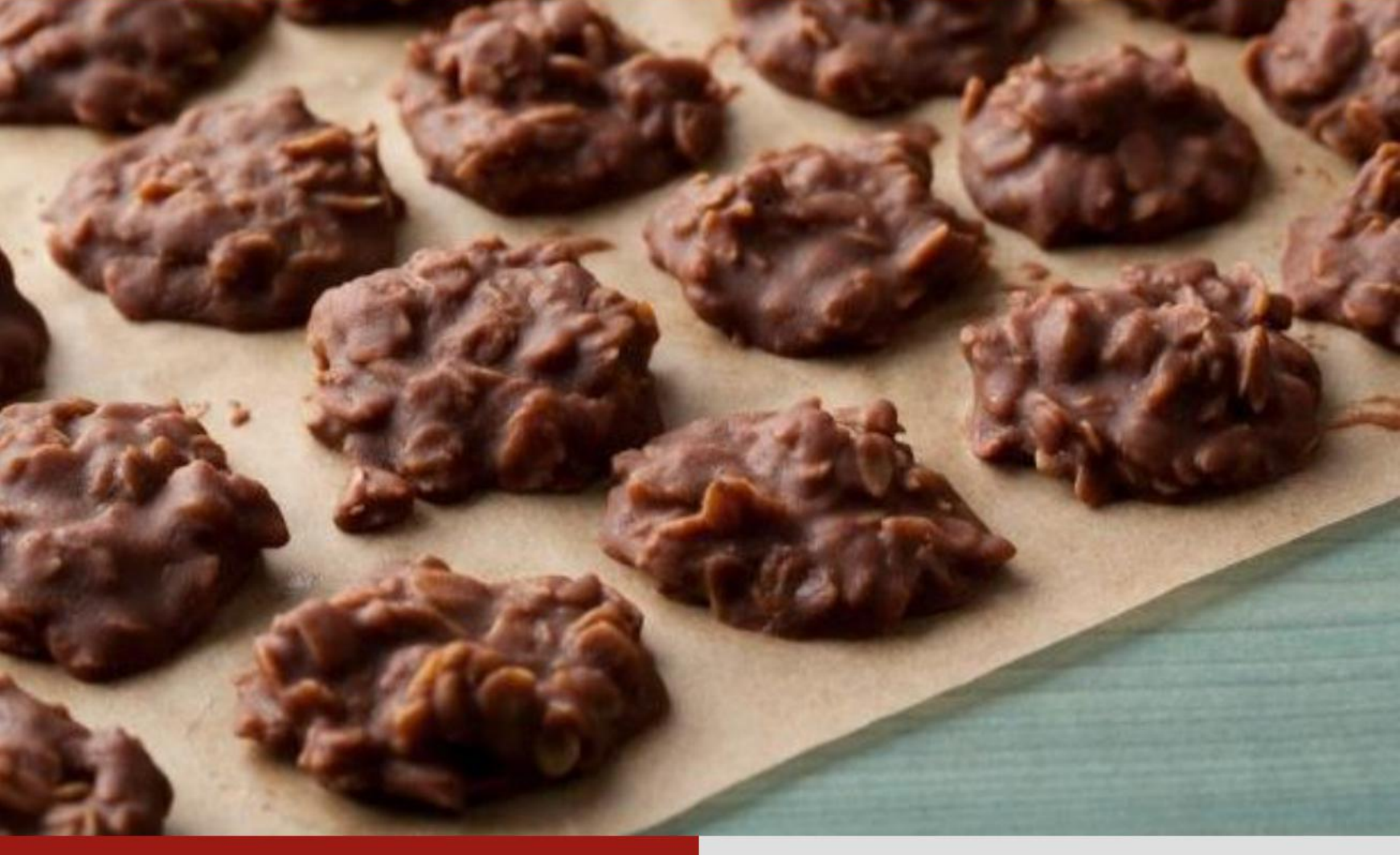
Tips for Helping a Person with Alzheimer's Get Proper Nutrition This Holiday Season



It can be difficult for people in the middle and late stages of Alzheimer's to eat regular, nutritious meals. Too many food choices can be overwhelming. You may find that your loved one forgets to eat, or thinks they have already eaten. Learn how you can help a person with Alzheimer's maintain healthy eating habits this holiday season.

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What's Cooking at Copeland?



Peanut Butter-Chocolate No-Bake Cookies

It's the holiday season! Enjoy holly, jolly cheer with this easy, no-bake cookie recipe!

Follow the recipe to satisfy your sweet tooth with a glass of Eggnog or your favorite tasty beverage! Allergies? No problem. Swap the peanut butter out for your favorite smooth nut butter.

Ingredients:

- 2 cups sugar
- 1/2 cup milk
- 1 stick (8 tablespoons) unsalted butter
- 1/4 cup unsweetened cocoa powder
- 3 cups old-fashioned rolled oats
- 1 cup smooth peanut butter
- 1 tablespoon pure vanilla extract
- Large pinch kosher salt

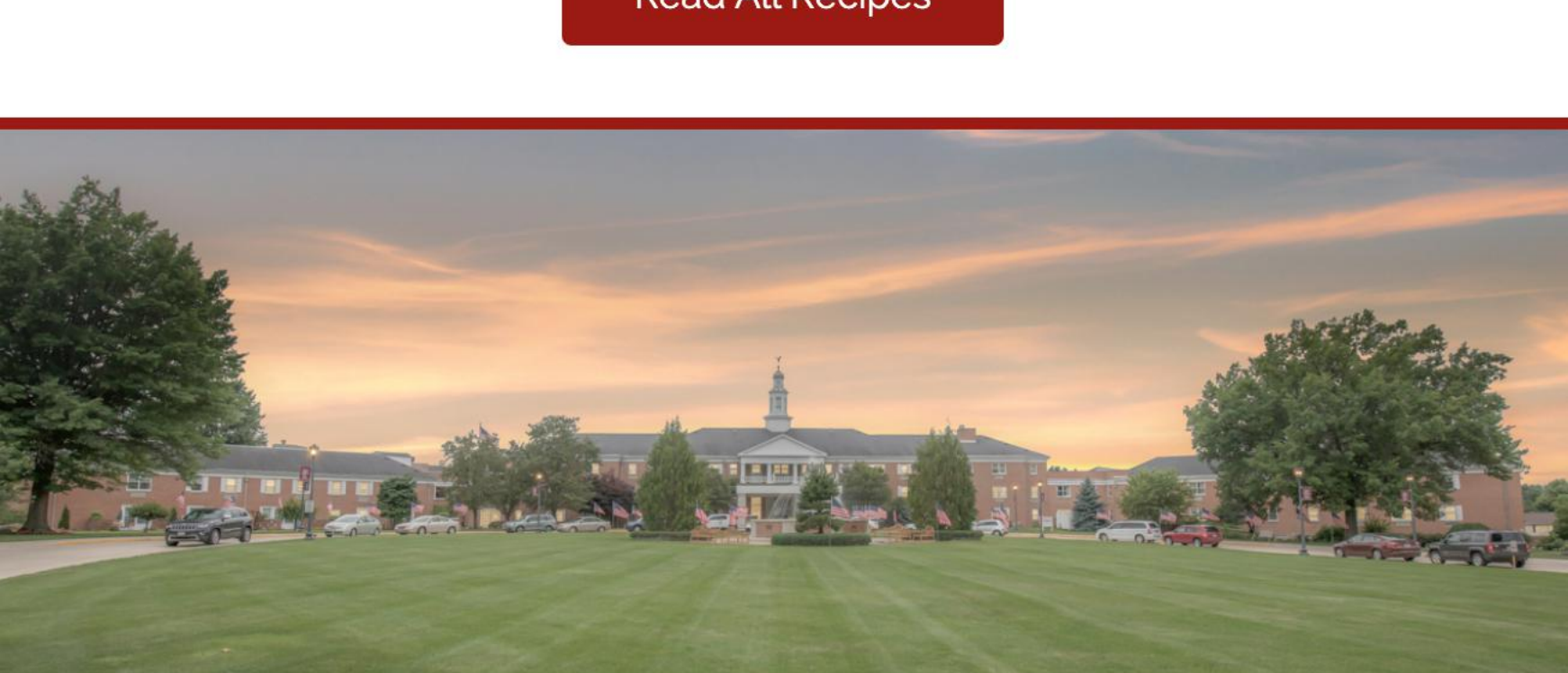
Directions:

1. Line a baking sheet with wax paper or parchment.
2. Bring the sugar, milk, butter and cocoa to a boil in a medium saucepan over medium heat, stirring occasionally, then let boil for 1 minute. Remove from the heat. Add the oats, peanut butter, vanilla and salt, and stir to combine.
3. Drop teaspoonfuls of the mixture onto the prepared baking sheet, and let sit at room temperature until cooled and hardened, about 30 minutes. Refrigerate in an airtight container for up to 3 days.

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 and we will cover your moving costs up to \$1,500 beginning January 1!