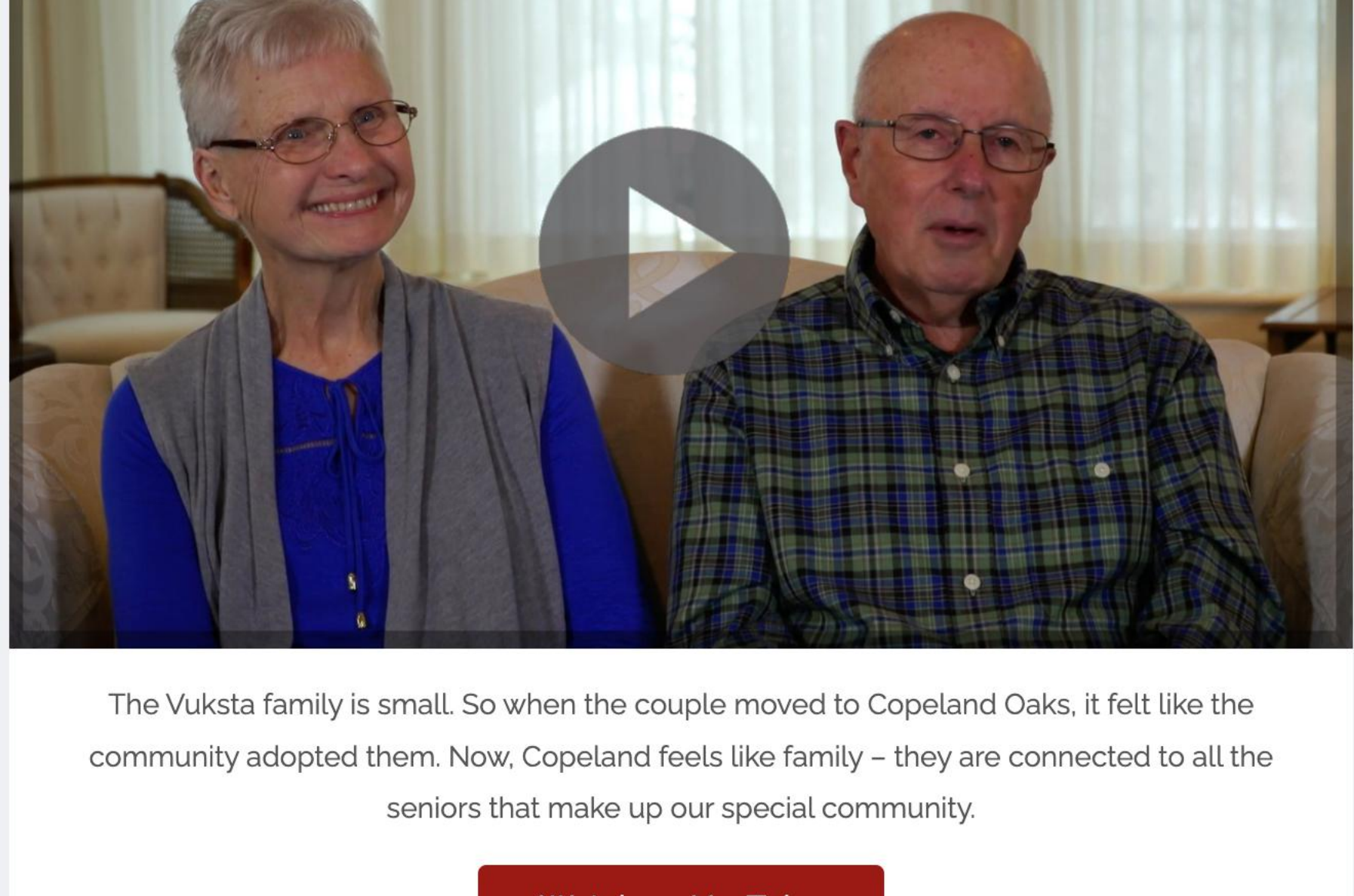


THE COPELAND EXPERIENCE

February 2022

"Copeland has everything here to cover your needs."

Maintenance-Free Living



The Vuksta family is small. So when the couple moved to Copeland Oaks, it felt like the community adopted them. Now, Copeland feels like family – they are connected to all the seniors that make up our special community.

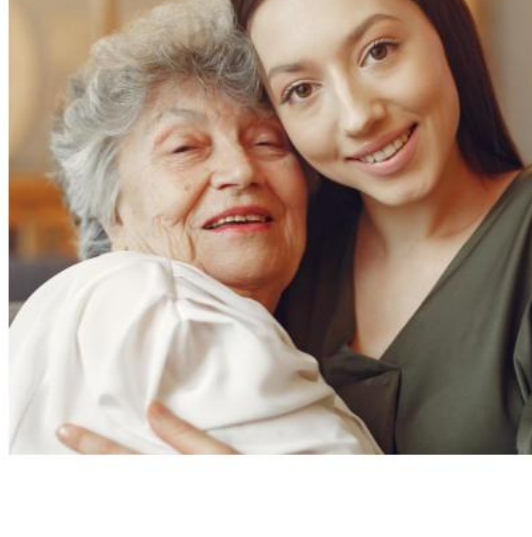
[Watch on YouTube](#)



Easing 5 Common Fears About Assisted Living

An Article from [EddySeniorLiving.com](#)

Regardless of age, change is scary, as is the unknown. So it's no surprise that fear is what holds many seniors back from moving into an [Assisted Living Community](#). The good news is that most of the fears associated with assisted living are based on misinformation.



FEAR: "Everyone will forget about me."

FACT: With freedom from the day-to-day constraints of managing a household, most seniors in Assisted Living actually find it easier to connect with and keep in touch with friends or family.

In fact, the majority of assisted living communities encourage friends and family to visit, and make it easy for them to do so.

There are also many more opportunities to make new friends. Not only are seniors in Assisted Living surrounded by their peers, but the variety of entertainment and enrichment opportunities makes it easier to find likeminded individuals with similar interests.



FEAR: "I will lose my independence."

FACT: Assisted Living is actually about helping seniors restore their independence.

Residents receive as much help as they want or need, not more. In fact, assisted living communities are designed for seniors who are fairly healthy, but simply want a little extra help with everyday tasks, such as home maintenance, cooking, medication management and personal care.

By reducing the amount of time spent on these less desirable chores, seniors have more freedom and time to focus on the things they enjoy, including friends, family, hobbies and volunteering.



FEAR: "I will get older and sick faster."

FACT: Seniors in assisted living report less stress and tend to develop less chronic health problems.

Not only do seniors in assisted living make new friends, but they have more free time to enjoy them, assisted living residents are far less likely to develop depression.

Meanwhile, the stress of maintaining a home, the isolation of living alone, and the increased danger of injuries and falls actually makes living at home more hazardous to your health.



FEAR: "I will be forced to participate in activities I don't want to."

FACT: Seniors have a choice in what they participate in and what they don't.

Many seniors resist assisted living because they think they'll have to stop doing the things they enjoy, and be forced to participate in the activities offered by the community.

While our assisted living communities do offer a variety of recreational and social activities, as well as wellness and educational programs, seniors have the choice to participate in only those activities that interest them, or avoid them altogether.

Many of the residents form special interest groups of their own that meet regularly – and most seniors are surprised to find they can still do all the things they loved at home.



FEAR: "I can't afford assisted living."

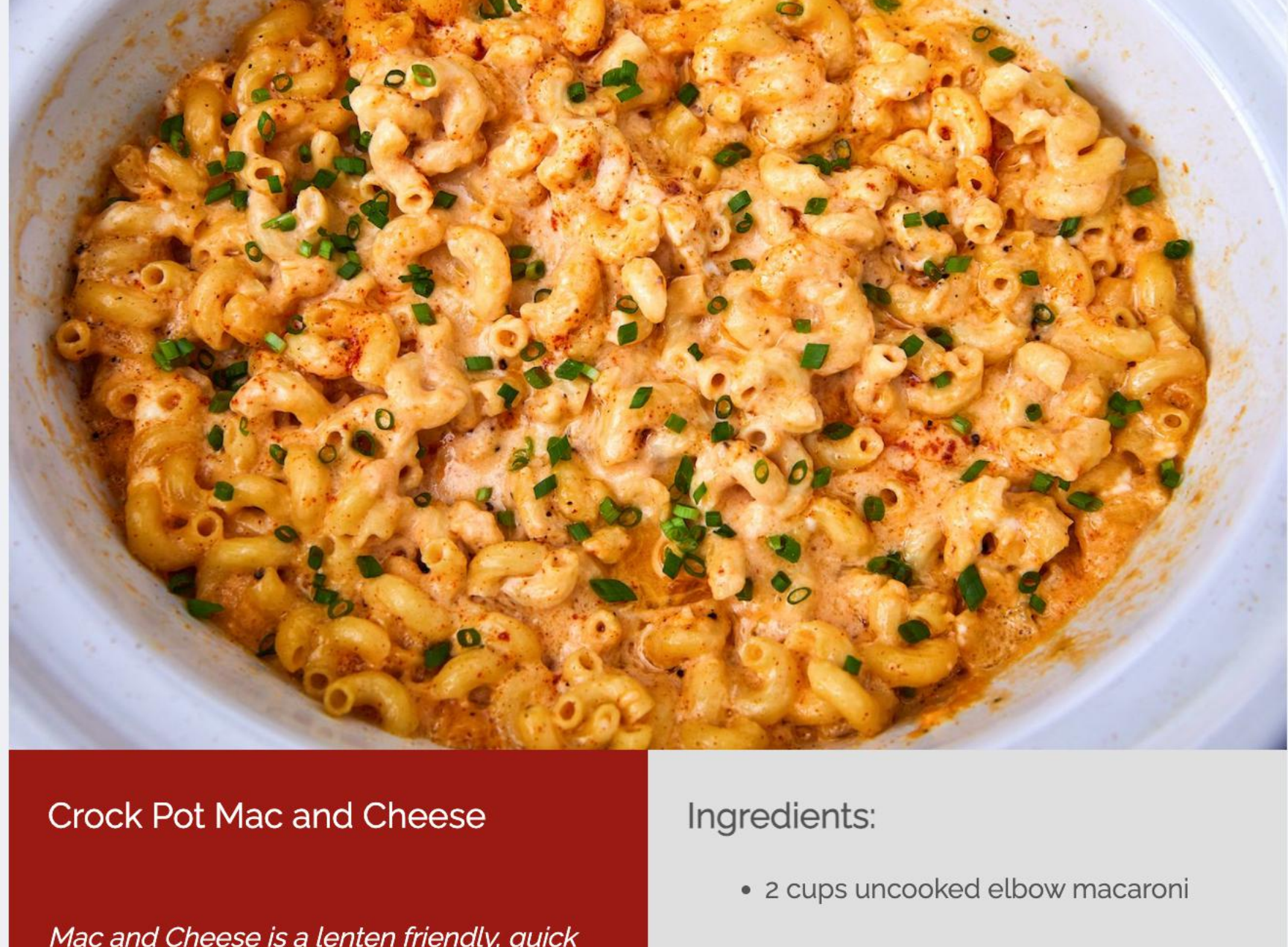
FACT: There are several ways to plan for and approach assisted living to make fees more manageable.

For instance, long-term care insurance or VA benefits may be able to help, and a financial planner may suggest other options, such as borrowing from a whole life insurance policy or liquidating assets.

When you compare the cost of assisted living with owning or renting a home, groceries, utilities, car maintenance, professional caregivers and other amenities, such as fitness and entertainment, you might find that assisted living actually costs less than staying at home.

Learn More About Assisted [Living at Copeland Oaks](#).

What's Cooking at Copeland?



Crock Pot Mac and Cheese

Mac and Cheese is a lentin friendly, quick dinner that is not only delicious but makes plenty of leftovers or feeds a crowd.

Ingredients:

- 2 cups uncooked elbow macaroni
- 10 ½ ounces condensed cream of chicken soup
- 3 cups cheddar cheese shredded
- 1 cup gruyere cheese shredded
- ½ cup mayonnaise
- ½ cup sour cream regular or light
- 1 teaspoon onion powder
- ½ teaspoon dry mustard powder
- ½ teaspoon pepper

Directions:

1. Boil macaroni noodles according to directions to make them very al dente. (I cook them for at least 1-2 minutes less than directed on the bag. Mine boiled for 5 minutes). Drain and rinse under cold water.
2. Combine all ingredients in a 4qt slow cooker and cook on high for 2 hours or low for 3 hours, stirring once or twice.
3. Serve hot.

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 May 31, 2022 and receive TWO months of free rent. PLUS we will cover your moving costs up to \$1,500!