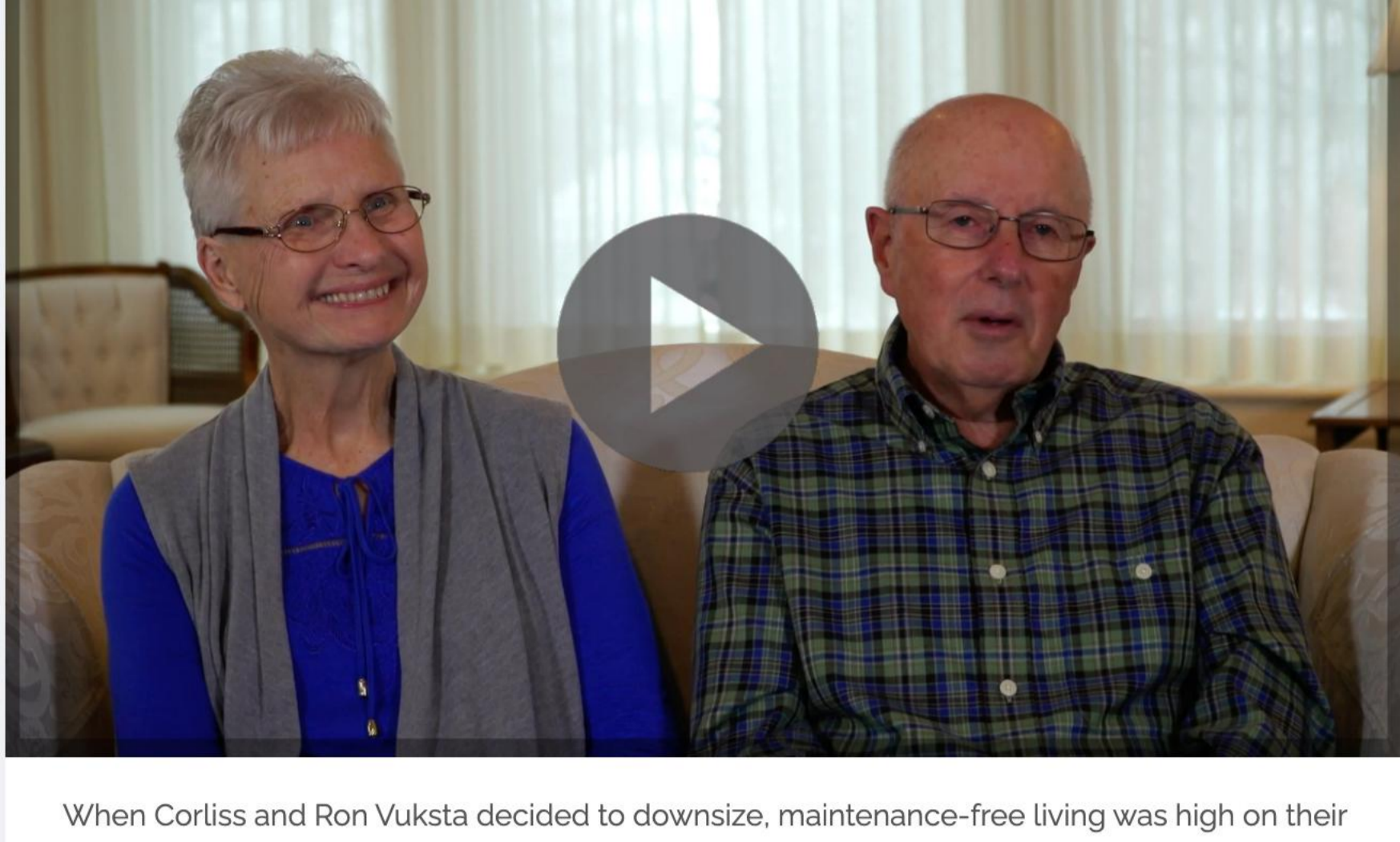


## THE COPELAND EXPERIENCE

January 2022

"Copeland has everything here to cover your needs."

Maintenance-Free Living



When Corliss and Ron Vuksta decided to downsize, maintenance-free living was high on their wishlist. They're quick to tell others how much they appreciate Copeland's on-site workers – from painters, builders, repairmen and even landscapers!

[Watch on YouTube](#)

## Positions Available – Copeland & Crandall are Hiring!

From nurses and housekeeping, to dietary and maintenance – we're hiring!

*Competitive Pay. Family Oriented Environment. A Community that Cares.*

[Copeland Job Openings](#)

[Crandall Job Openings](#)



## 6 Ways for Seniors to Prevent the Flu

Peak flu activity occurs between December and February! It's especially important for seniors to be vigilant and take the necessary steps to help prevent them from getting the flu. Check out these flu prevention tips and tricks from the medical professionals at our retirement community.

[Read More](#)

## What's Cooking at Copeland?



### White Chicken Chili

*When the weather gets cold, nothing warms the soul quite like a bowl of chili! Tender chunks of chicken, creamy white brand, cheesy broth and just the right amount of spice.*

*Customize with the toppings of your choice!*

### Ingredients:

- 2 lbs. chicken, cooked, cut into bite sized pieces
- 1 48 oz can great northern beans (do not drain)
- 1 16 oz can of corn
- 1 16 oz jar of salsa
- 2 cups chicken broth
- 1 cup milk
- 1 4 oz can of diced mild green chili's
- 1 lb of cheese, shredded (use your favorite kind!)
- 1 tsp oregano
- 1 teaspoon cumin

### Suggested toppings:

- Sour cream
- Cilantro
- Diced jalapeno
- Crispy tortilla strips
- Hot sauce or taco sauce

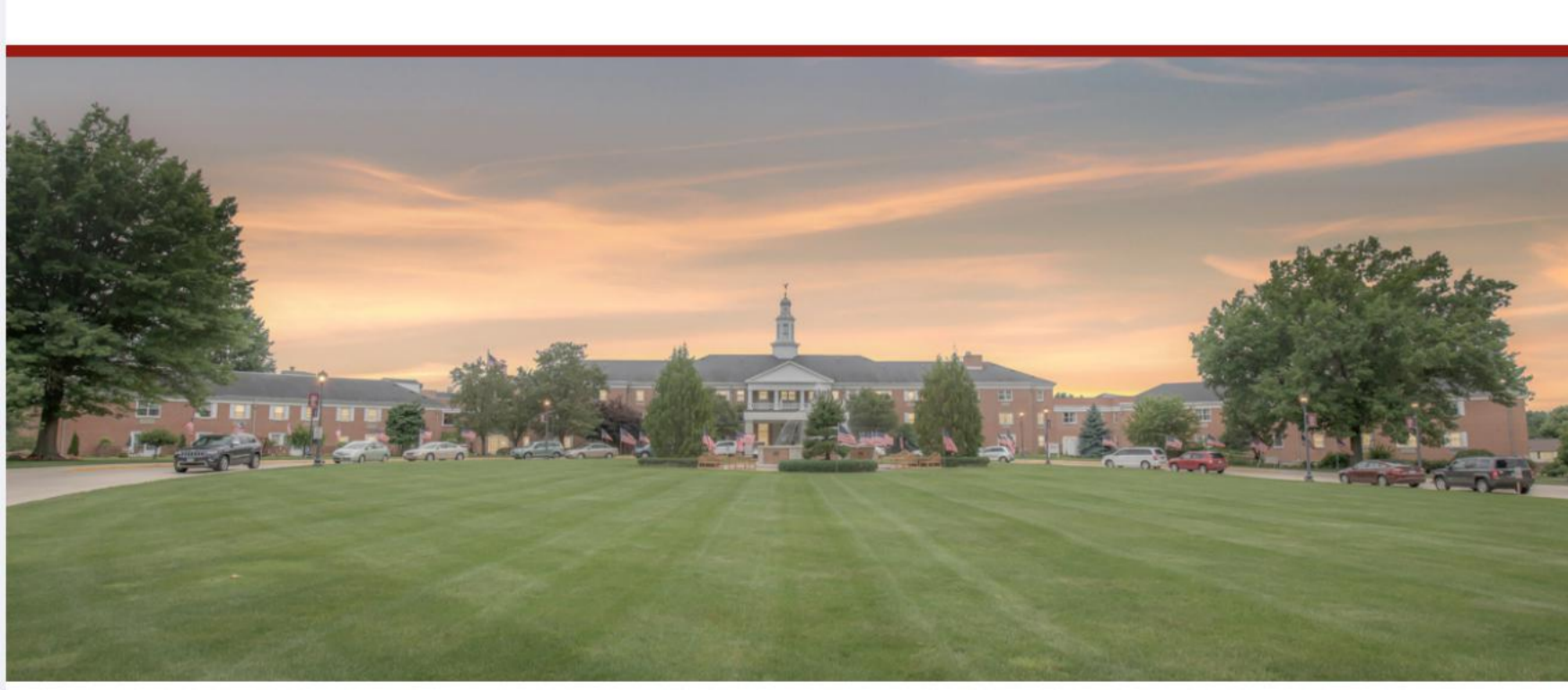
### Directions:

1. Place all ingredients in a slow cooker.
2. Cook on low for 6-8 hours or high for 3-4 hours.
3. Garnish and serve!

### 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!