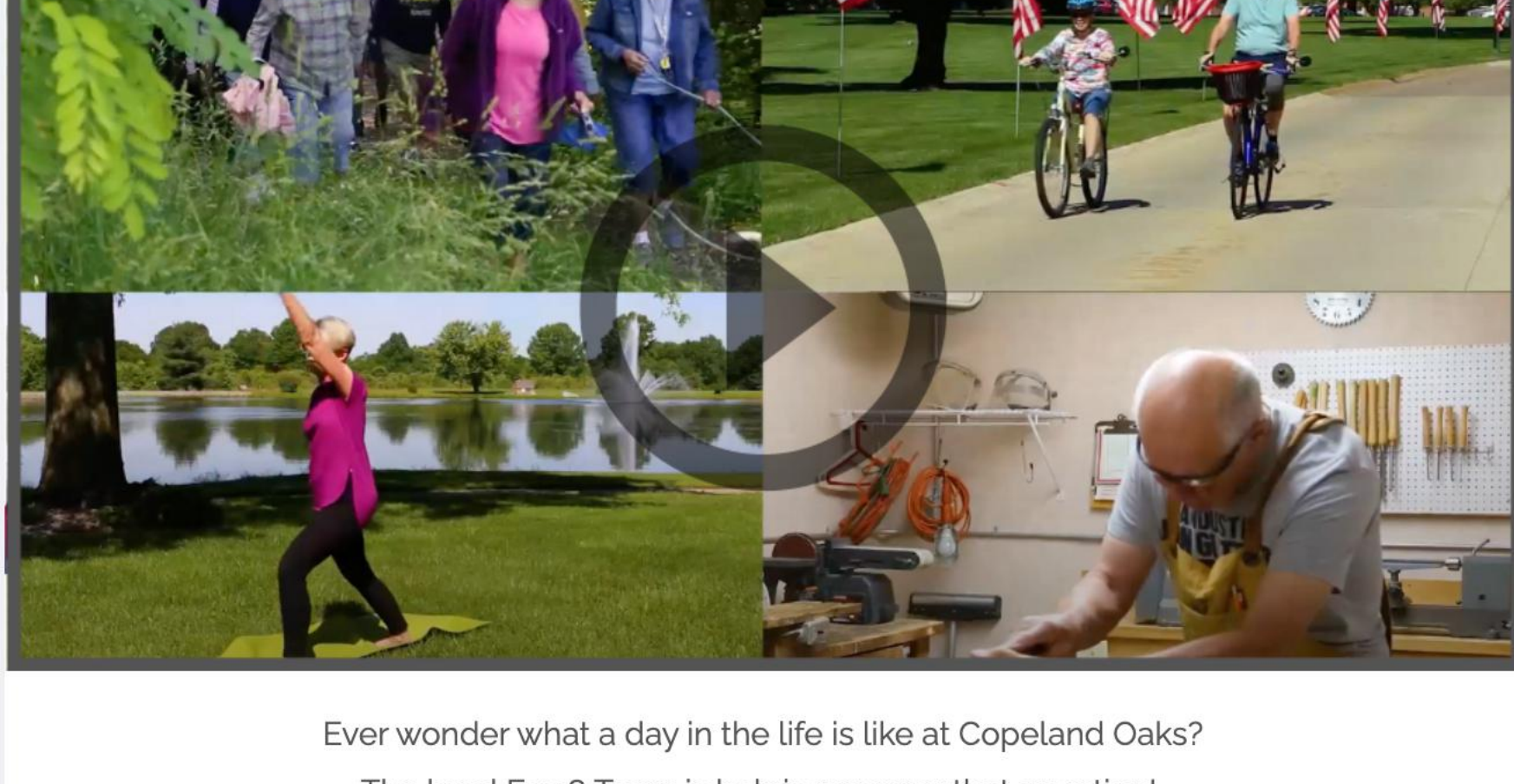


THE COPELAND EXPERIENCE

June 2022

A Glimpse Inside Copeland Oaks



Ever wonder what a day in the life is like at Copeland Oaks?
The local Fox 8 Team is helping answer that question!

We are so grateful to their talented team for capturing the true spirit of Copeland in our latest TV commercial. Follow the link below to see why so many seniors choose to call Copeland Oaks home.

[Watch Now](#)

Copeland Oaks Celebrates Flag Day 🇺🇸



Copeland Oaks residents celebrated Flag Day with a parade through their campus streets. The parade was organized by the Villa Association's social committee.

Sally Kindsvatter, secretary of the association and chair of the social committee, spearheaded the event. With around 100 participants and over 25 golf carts, the parade was a huge success. Residents from all over campus were invited to participate and encouraged to decorate their golf carts, bikes, and scooters with a patriotic theme. The drum line from Alliance High School Band was also featured in the parade and stopped to perform for spectators along the route.

Parade Marshal, Dick Bashore, escorted the Parade Queen, Evelyn Hewett. When asked how the queen was chosen Sally said, "I chose her, it was just natural that Evelyn would be the queen!"

The Social Committee first started planning the parade in January. "We have been planning it for a couple of months now, it is our goal to host at least 4 villa association events this year. This parade is our first event like this that I know of," said Sally.

To conclude the parade, residents were invited around the Lakeview Terrace for an ice cream social provided by Copeland Oaks. The Villa Association has three more events planned for the year, Game Day, Oktoberfest, and a Christmas dinner.

Tips for Helping a Person with Alzheimer's Eat Enough



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.

Click the link below to learn more about how you can help a person with Alzheimer's or memory loss with elderly health issues around eating.

[Read More](#)

What's Cooking at Copeland?



Creamy Cucumber Salad

Nothing is more refreshing on a hot, summer day than this delicious, creamy cucumber salad. It's the perfect crowd-pleaser for your next BBQ party or potluck dinner.

Ingredients:

- 2 cucumbers, sliced
- 1 tsp kosher salt
- 1 tbs of white vinegar
- 1/2 cup of mayonnaise (not miracle whip)
- 1 tsp sugar
- 1/8 cup fresh dill weed
- 1/4 cup of onion, sliced (sweet onions work best)
- A dash of celery seed
- Ground black pepper to taste

Directions:

1. Mix first 3 ingredients (cucumbers, kosher salt, & vinegar). Set aside for 30 minutes. Drain well!
2. Mix together rest of ingredients and add to cucumber mixture and place in fridge til ready to use.

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