

THE COPELAND EXPERIENCE

June 2023

You're A Grand Old Flag



The second annual Copeland Oaks Flag Day Parade took place on Wednesday, June 14th. The parade started at 1:00 at the parking lot of the Johnson Road administration building. Residents decorated their golf carts, scooters, bikes, and even their dogs, for their parade through campus. The very talented Alliance High School drumline also joined our residents in the parade.

Gladys Wilhelm was the queen and grand marshal of this year's parade. Gladys has been a resident of Copeland Oaks for 20 years and will be celebrating her 102nd birthday this summer. Gladys was escorted by Dick Bashore in his silver Corvette.

The parade ended behind Lakeview Terrace with a brief closing ceremony and patriotic singing of You're a Grand Old Flag. The Sebring American Legion Color Guard was also present to honor over 60 veterans that are members of our Copeland community. After the program, ice cream was provided by Copeland Oaks for all to enjoy.

Sally Kindsvatter, resident organizer of the parade, said she has always thought Flag Day didn't get enough attention. "What is the one thing that all Americans love? It is the flag. When our flag goes by everybody forgets their differences, they put their hands on their hearts, and they salute the flag," said Sally.

Upcoming Summer Events

COPELAND OAKS CRUISE-IN



**Join us around the Lake
Sunday, July 30th
1-4 PM**

**50/50 DRAWING &
RAFFLE BASKETS**

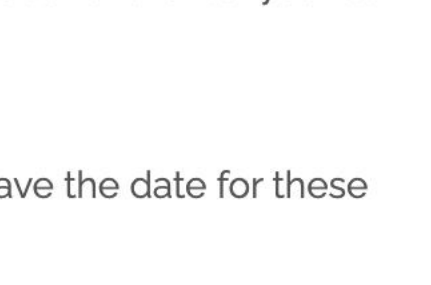
**FREE FOOD,
MUSIC & FUN!!**

**\$5 Registration for all classic vehicles.
Register upon arrival before 2:00 if participating in contests.**

Proceeds to benefit a local area charity

**800 South 15th St., Sebring, OH 44672
330-938-6126**

CopelandOaks.com



Join us on July 30th for the Copeland Oaks Cruise-In! Enjoy free food, raffle baskets, a 50/50 raffle, and more! Be sure to arrive before 2:00 to register your classic car and enter your car in our contents.

Not only that, but we have a variety of upcoming summer events. Save the date for these upcoming summer concerts so you don't miss out!

- Tuesday, July 11 - Canfield Community Band
- Thursday, July 27 - Salem Quaker City Band
- Sunday, July 30 - Copeland Car Show
- Wednesday, August 9 - Youngstown Area Community Concert Band

We hope you join us!

Summer Wellness Activity Ideas For Seniors



According to the Centers for Disease Control, remaining active can prevent or delay many health problems that come with aging. It can help older adults maintain daily activities and be less dependent on others. That's why the CDC recommends at least 30 minutes daily of moderate physical activity, including activities to strengthen muscles and improve balance.

In addition to physical benefits, staying active also positively impacts emotional health. The NIH National Institute of Health says it can reduce feelings of depression, enhance mood, increase energy levels, and improve sleep.

Visit our blog to discover ways to stay active during the summer!

[Read More](#)

What's Cooking at Copeland?



Blueberry Cherry Tomato Caprese Salad

This red, white, and blue salad is full of fresh tomatoes, blueberries, mozzarella and basil.

A sweet twist on the classic caprese salad that's perfect for celebrating the 4th of July!

Ingredients:

- 1 pint blueberries
- 2 pints cherry tomatoes
- fresh basil
- balsamic vinegar
- olive oil
- salt and pepper
- firm buffalo mozzarella cheese

Directions:

1. Wash blueberries and cherry tomatoes and drain well in a colander. Half cherry tomatoes and toss in a serving bowl with blueberries, set aside.
2. Slice mozzarella cheese into $\frac{1}{4}$ or $\frac{1}{2}$ " slices and then cut into small stars with a cookie cutter.
3. Top the tomatoes and blueberries with the star cheese.
4. Tear fresh basil over-top and drizzle with olive oil and balsamic.
5. Season with salt and pepper and serve immediately.

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!

[The Oaks Foundation](#) | [Crandall Medical Center](#) | [Schedule your visit](#)

