

THE COPELAND EXPERIENCE

November 2022

A Look Back on October at Copeland Oaks...



TRICK-OR-TREAT

The children and grandchildren of our residents and staff members enjoyed showing off their costumes and collecting candy. Residents dressed up for the occasion – even decorating their golf carts, wheelchairs, walkers, bikes and more!

It was a BOO-tiful day for trick-or-treat!

[See more photos from our Halloween Event on Facebook.](#)



AUTUMN NIGHTS BY THE FIRE

Copeland residents enjoyed a Fall Festival in mid-October complete with wagon rides and an evening of entertainment! Seniors snacked on White House donuts, apples, apple cider and S'mores. Music was provided by Chris & Scott Miller.

[See more photos from our Fall Festival on Facebook.](#)



LAST OUTDOOR CONCERT OF THE YEAR

Copeland residents gathered around the gazebo for the last outdoor performance of the year. Classic Rock N' Roll - The John Hampu Band is a crowd favorite – what a perfect way to end the season. Until next year!

Top 9 Benefits of Living in a Retirement Community



Are you retired or planning for retirement soon? Deciding to stay in your current home or move to a retirement community is an important question that requires a lot of thought, research and planning.

Whether you're interested in independent living or would benefit from assisted living services, a retirement community could be perfect for your lifestyle and changing needs. Consider some of the top benefits of living in a retirement community before you make a decision about what type of community and living option is best for you.

[Read More](#)

What Our Seniors Are Saying

Don't take it from us – we asked our seniors why they chose Copeland Oaks as their home:

"Lawn care in the summer and snow removal in the winter. Another worry I don't have any longer!"

- Susan Sanor

"Left all of the home ownership headaches behind! Lots of free time to be active while we are still physically able. Wonderful to have such a caring 'family' to welcome us."

- Lois Romito

"[Copeland's] Clinic, Physical Therapy, and Wellness Department (pool and Exercise classes) on campus are all a huge plus. So many more reasons!"

- Mary Lynn Savage

What's Cooking at Copeland?



Sloppy Joe Tater Tot Casserole

It's officially casserole season! This twist on a sloppy joe is just as easy to make and just as delicious.

Follow the recipe to indulge in a homemade sloppy joe sauce or use your favorite store bought variety for an even faster meal prep.

Ingredients:

- 1 lb lean (at least 80%) ground beef
- 1 cup chopped onion
- 1 can (15 oz) tomato sauce
- 2 tablespoons packed brown sugar
- 1 tablespoon Worcestershire sauce
- 1 tablespoon yellow mustard
- 1/2 teaspoon salt
- 1 bag (32 oz) Ore-Ida™ Tater Tots™ frozen potatoes
- 2 cups shredded cheddar cheese (8 oz)
- 1/4 cup chopped dill pickles

Directions:

1. Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.
2. In 10-inch nonstick skillet, cook beef and onion over medium-high heat 7 to 9 minutes, stirring frequently, until brown; drain, and return to skillet. Stir in tomato sauce, brown sugar, Worcestershire sauce, mustard and salt. Cook 2 to 3 minutes, stirring frequently, until boiling.
3. Place half of the frozen potatoes in single layer in bottom of baking dish. Pour beef mixture on top. Top with 1 cup of the Cheddar cheese, then the remaining potatoes, then remaining 1 cup of cheese.
4. Bake 45 to 55 minutes or until casserole is bubbly and potatoes are lightly browned. Top with chopped pickles.

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