

## THE COPELAND EXPERIENCE

September 2023

### Medicare 2024 Presentation



#### OSHIIP to Present Medicare 2024 at Copeland Oaks

Tuesday, November 2, at 2 P.M. and 6 P.M. in Murphy Auditorium



A representative from the Ohio Senior Health Insurance Information Program (OSHIIP) is planning a visit to Copeland Oaks to present information regarding Medicare 2024. OSHIIP is a service of the Ohio Department of Insurance that provides free, unbiased, objective information and other health insurance services to people covered by Medicare and their caregivers.

The OSHIIP presentation will take place Tuesday, November 2nd at 2 p.m. and 6 p.m. in Murphy Auditorium on the campus of Copeland Oaks Retirement Community (800 S. 15th St., Sebring). This free informative session will discuss and answer questions about Medicare coverage, Medicare Advantage Plans, Medicare supplemental insurance, Medicare Part D (drug coverage), qualifications for eligibility for both Medicare and Medicaid, long-term care insurance, and more.

The purpose of the presentation is to help area residents feel prepared to make educated decisions regarding their future healthcare insurance coverage. The information session is for those who are eligible for Medicare, but family members and caregivers seeking advice on making insurance decisions for loved ones are also welcome to attend.

This presentation is free and open to the public. For more information on the Medicare 2024 information session or to RSVP, call 330-938-1093.

### Assisted Living Week Recap

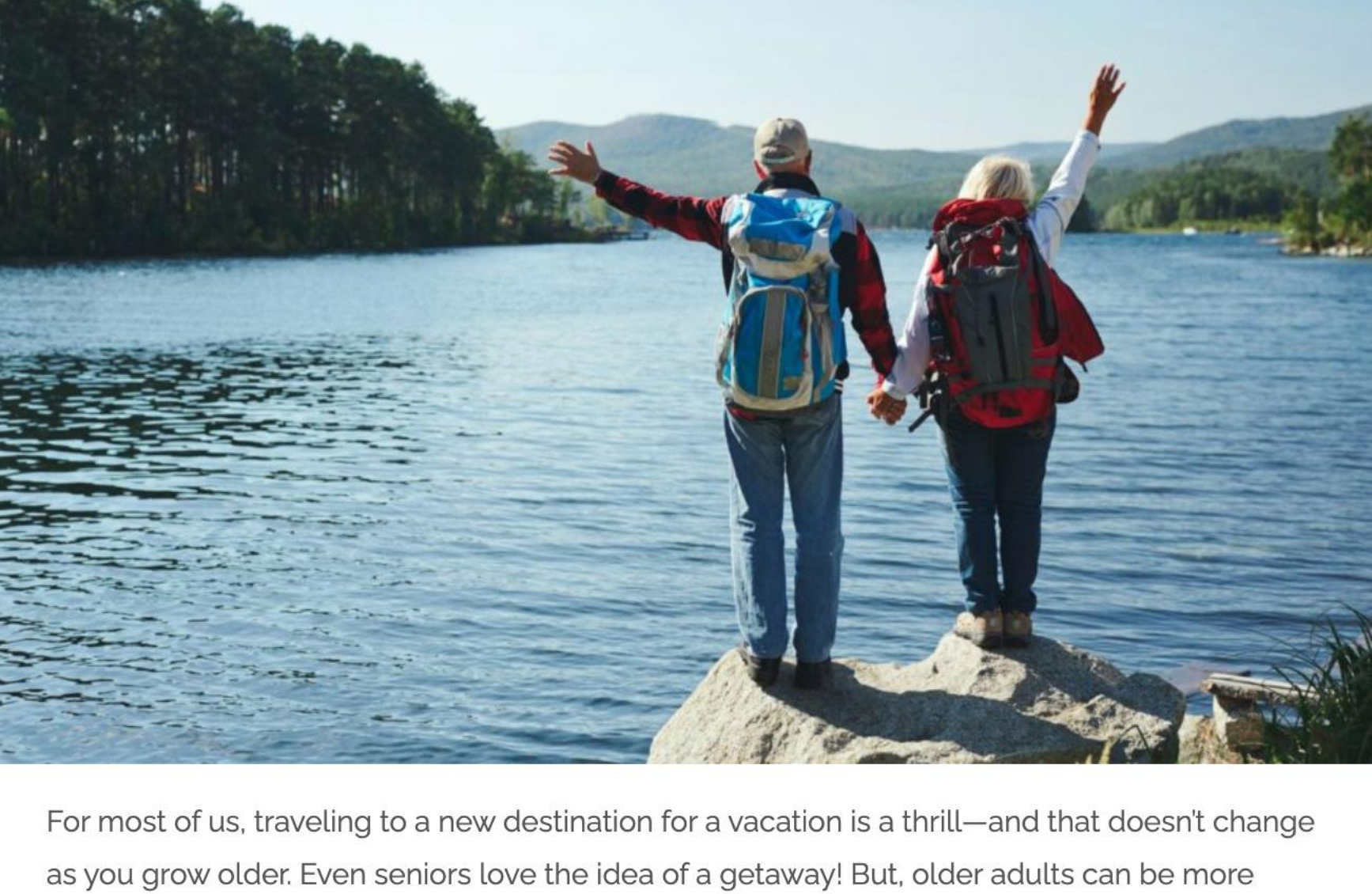


#### Assisted Living Week

Assisted Living Week was celebrated at Copeland Oaks from September 10-16 with our residents! Our Assisted Living Activity Coordinator, Christie McNutt, worked hard to plan a week full of activities!

Monday started the week off strong with a day full of mis-matched outfits and music from Gerald Harris. Tuesday gave everyone the chance to show off their craziest pair of socks and make their own tie-dye creations. Wednesday was spent in the wild west and included an evening bonfire with music by champion fiddler player, Kerry Varble. On Thursday, it was a throwback to the 50s with a Sock Hop and music by Doug Domineck. Lastly, Friday paid tribute to the 60s and residents enjoyed music by Tom Cramer on the patio.

### Senior Travel Safety

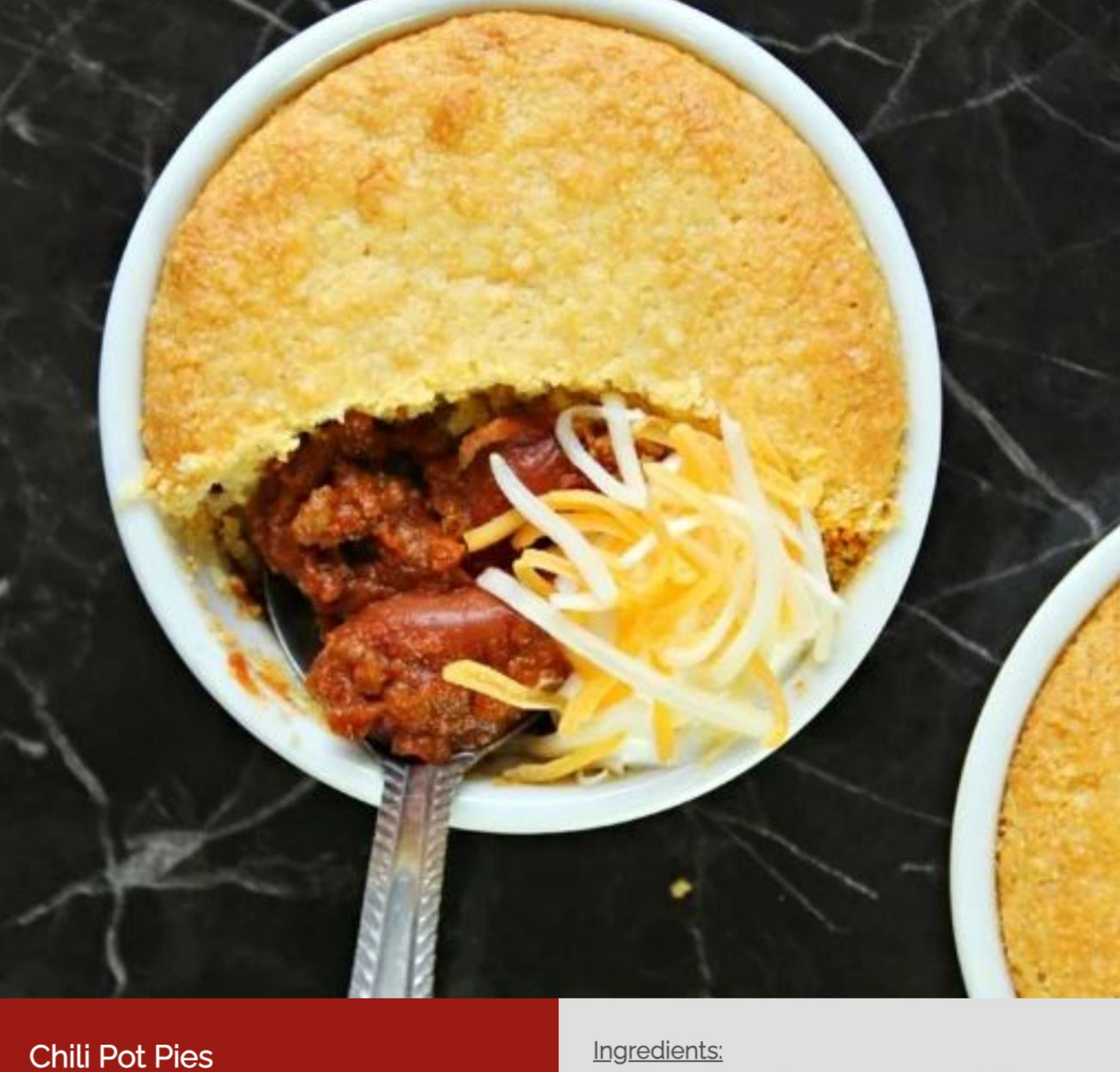


For most of us, traveling to a new destination for a vacation is a thrill—and that doesn't change as you grow older. Even seniors love the idea of a getaway! But, older adults can be more vulnerable to illness and injury. That's why taking a few precautions is essential for globe-trotting seniors.

In our latest blog post, we discuss the importance of travel safety and highlight a few tips and tricks to ensure your vacation is an enjoyable one.

[Read More](#)

### What's Cooking at Copeland?



#### Chili Pot Pies

A fun way to spice up your fall chili!

#### Ingredients:

Chili Ingredients (or use your own chili recipe)

- 1 lb. ground beef
- 2 8 oz. cans tomato sauce
- 1 15 oz. can kidney beans
- 1 1.25 oz. packet of chili seasoning

#### Cornbread Ingredients

- 1/2 cup all-purpose flour
- 2 Tbsp. granulated sugar
- 3/4 cup cornmeal, finely ground
- 1/2 tsp. salt
- 1/2 tsp. baking soda
- 2/3 cup buttermilk
- 1/4 cup canola oil
- 1 egg

#### Toppings

- Shredded cheese
- Sour cream

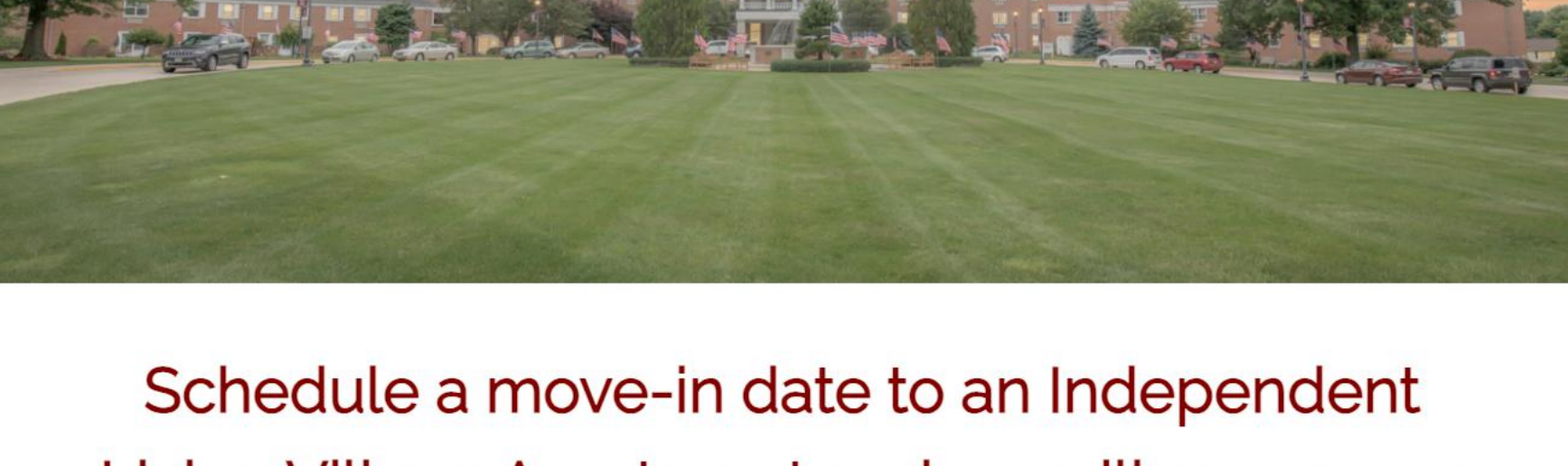
#### Directions:

1. Preheat oven to 375 degrees F.
2. In a skillet over medium-high heat, brown ground beef and drain excess fat.
3. Add tomato sauce, kidney beans (undrained), and chili seasoning. Bring to a boil and then cover.
4. Reduce heat to medium-low and simmer for about 10 minutes, stirring occasionally.
5. Mix all dry cornbread ingredients in a medium sized bowl.
6. Stir together wet ingredients and mix into the dry ingredients.
7. Spoon 1 cup of chili into four 9 oz. ramekins. Spread 1/2 cup of the cornbread batter evenly over each ramekin and place on a baking sheet.
8. Bake until cornbread is cooked all the way through, about 20-25 minutes.
9. Serve immediately with cheese and sour cream.

#### 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!