Copeland Oaks

Crandall Medical Center • The Oaks Foundation

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Ruth Zealley Award Recipients

Congratulations to our Ruth Zealley Award recipients, Sarah and Mark! This prestigious award is presented annually to two outstanding employees who have gone above and beyond in their dedication to providing exceptional care to the residents of Copeland Oaks and Crandall Medical Center.

We would also like to extend our heartfelt thanks to the family and friends of Ruth Zealley, whose generous contribution in her memory makes this award possible each year. Your support truly makes a difference!

Holiday Festivities at Copeland

BELIEVE
Happy

The holiday spirit was alive and well at Copeland Oaks and Crandall Medical Center throughout December!

Our Catered Living residents kicked things off with a fun “A Christmas Story” themed dinner that brought festive cheer. Meanwhile, Copeland residents enjoyed the annual Christmas Light Bus Trip, followed by hot chocolate, sweet cookies, and Christmas music by the talented Chris and Scott Miller!

To cap off the year, we hosted our Annual Ugly Christmas Sweater Party! Everyone had a blast enjoying delicious refreshments and rocking out to an amazing performance by Leather & Lace! Awards were given to the best (or should we say, worst) sweaters!

It was a month full of fun, laughter, and festive memories with our residents and staff. Thank you to everyone who made these events so special!

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COPEL

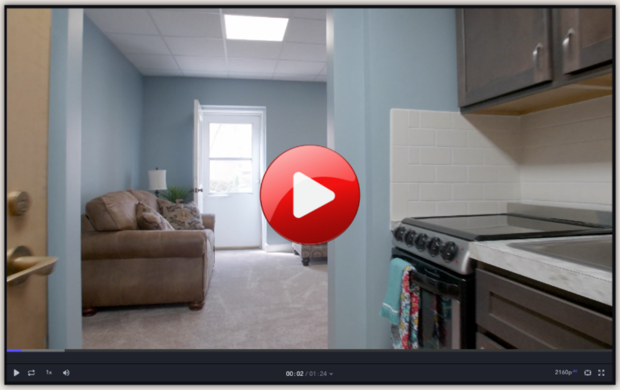
Copeland Oaks 2024 Highlights!

In 2024, the residents of Copeland were treated to a variety of fun and community-centered events that brought everyone together for memorable moments. Here's a look back at some of the highlights:

- **Solar Eclipse Party:** We kicked off spring with an exciting Solar Eclipse Party, where residents gathered to witness the spectacular celestial event while enjoying the company of their neighbors.

- **Prom:** The community celebrated a glamorous Prom night, allowing residents to enjoy an elegant evening of dancing and socializing, reminiscent of high school days.
- **Fireman's Festival Parade:** The annual Fireman’s Festival Parade was a vibrant tradition, showcasing local heroes, parade floats, and a sense of unity as the streets filled with spectators.
- **Summer BBQ:** Copeland’s Summer BBQ was the perfect opportunity to savor delicious grilled food, enjoy live music, and connect with friends.
- **Annual Car Show:** Car enthusiasts had the chance to admire classic cars at the much-anticipated Annual Car Show, which also served as a great way to meet fellow residents with similar passions.
- **Akron Zoo:** A fun-filled trip to the Akron Zoo allowed residents of all ages to explore wildlife and enjoy a day of discovery and fun.
- **Rubber Ducks Game:** The community enjoyed a night at a Rubber Ducks game, experiencing the excitement of minor league baseball together in a lively atmosphere.
- **Wellness Day:** A special Wellness Day offered an opportunity for residents to focus on health and fitness, with various activities and resources to encourage a healthy lifestyle.
- **Veterans Day Lunch:** In recognition of the sacrifices made by veterans, Copeland residents came together for a heartfelt Veterans Day Lunch to honor local heroes.
- **Oktoberfest:** This community event was filled with traditional German music, delicious food, and great company.
- **Founder’s Day:** Copeland was honored to announce Villa residents, Ron and Corliss, as the 2024 recipients of the Copeland Oaks Distinguished Service Award. This award is given each year at our annual Founder’s Day celebration. Ron and Corliss not only bring light to our Copeland community, they embody everything this award stands for: dedication, kindness, and an undeniable zest for life!

In addition to these incredible events, residents also had the chance to enjoy the newly updated **Wellness Center** – which became a hub for fitness and relaxation – making 2024 a year full of connection, celebration, and health.



A Look Inside Copeland: Room Tours

Get a virtual tour of our living options at Copeland Oaks! Check out our room tours showcasing our studio, large apartment, and villa options by clicking on the photo or the button below. All of our living options are catered to the needs of each resident.

View Room Tours

Copeland on Film

We could never get tired of showcasing the beauty of Copeland! Here's a sneak peek at what our facilities have to offer, including spacious living areas, accessible bathrooms, and kitchens fully equipped with up-to-date appliances. Perfect for when you want to try out the recipe below!

Click Here For More Photos

What's Cooking at Copeland?

Slow Cooker Pot Roast

Try out this tasty dish to warm up this winter!

Ingredients:

- 1 whole (4- to 5-lb.) boneless chuck roast
- 5 tsp. kosher salt, divided
- 2 1/2 tsp. black pepper, divided
- 4 Tbsp. olive oil, divided
- 2 Tbsp. tomato paste
- 1 c. beef broth
- 2 tsp. Worcestershire sauce
- 6 thyme sprigs
- 3 rosemary sprigs

- 6 garlic cloves
- 1 yellow onion, cut into 1-inch wedges
- 1 lb. baby yellow potatoes, halved if large
- 3 large carrots, peeled and cut into 1-inch pieces

Directions:

1. Sprinkle the chuck roast all over with 4 teaspoons of the salt and 2 teaspoons of the pepper.
2. In a large skillet, heat 2 tablespoons of the olive oil over medium-high. Place the meat in the skillet and sear it until browned on all sides, 12 to 16 minutes total. Transfer the meat to a 6 1/2-quart slow cooker.
3. Reduce the heat under the skillet to medium-low. Add the tomato paste and cook, stirring constantly, until slightly darkened in color, 30 seconds to 1 minute. Add the broth and cook, stirring constantly to loosen the browned meat bits from the skillet and dissolve the tomato paste, about 1 minute. Pour the beef broth mixture over the roast in the slow cooker. Add the Worcestershire sauce, thyme, rosemary, and garlic to the broth mixture.
4. In a large bowl, toss together the onion, potatoes, carrots, remaining 2 tablespoons of olive oil, 1 teaspoon of salt, and 1/2 teaspoon of pepper. Pile the onion mixture on top of and around the roast in the slow cooker.
5. Cover and cook on high until the roast is fork tender, 6 to 8 hours (or on low for 8 to 10 hours). Serve the roast with the vegetables and a drizzle

of sauce from the slow cooker.

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.

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