



Irish Soda Bread Scones Recipe

Enjoy your Saint Patty's Day with a delicious and healthy snack! Provided by [EatingWell.com](https://www.eatingwell.com), this recipe for Irish soda bread scones is a great source of fiber, and is worth its weight in gold for anyone looking to sweeten up their brunch. Whether you'll be spending the day with friends and family or plan on kicking back and enjoying the show, this is the perfect treat for any Saint Patrick's Day celebration.

Nutrition Facts:

Serving Size:

1 scone

Per Serving:

248 calories; 6.9 g total fat; 3.8 g saturated fat; 35 mg cholesterol; 433 mg sodium. 142 mg potassium; 41.8 g carbohydrates; 3.6 g fiber; 18 g sugar; 4.7 g protein; 223 IU vitamin A; 1 mg vitamin C; 5 mcg folate; 124 mg calcium; 1 mg iron; 9 mg magnesium; 11 g added sugar.

Ingredients:

Scones:

2 1/2 cups whole-wheat pastry flour
1 tablespoon baking powder
1 teaspoon baking soda
1/2 teaspoon salt
5 tablespoons of cold

unsalted butter, cubed
2/3 cup dried currants
3/4 cup low-fat buttermilk
1/4 cup pure maple syrup
1 large egg

Glaze:

1/2 cup confectioners' sugar
1 tablespoon orange juice

Directions:

Step 1: Preheat oven to 400°F. Line a baking sheet with parchment paper.

Step 2: Whisk flour, baking powder, baking soda and salt in a large bowl. Using a pastry cutter (or your fingers),

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Happy Birthday!

Residents

March 2	Dorothy H.
March 3	Janet H.
March 7	Malee D.
March 9	Susan R.
March 14	Willadene W.
March 20	Alice M.
March 23	Ron B.
March 24	Glenna S.

Volunteers Needed

The Life Enrichment Department is searching for volunteers on Mondays to paint nails during our "Pretty Nails" ladies time and on Wednesday and Saturday afternoons to call BINGO. As always, if you have a special skill that you would like to share with our residents, please contact Jeni Schnebelt, LED to set up time to visit our campus.

Did You Know...?

A Ladies Tea is hosted at Aspen Place each month and we are always on the lookout for volunteers who would like to share their talents with our residents.

Brunch is the fourth Sunday of each month from 11:00am – 1:00pm and is open to our family and friends.

A non-denominational worship service is held each Sunday at 11:00am and this is open to the public.



Executive Director Corner

Welcome to March!

It's hard to believe that

springtime is already on the horizon. It seems like just yesterday that we were ringing in the New Year, and now we're well into our journey through 2020. If you're sentimental like I am, ask a member of our team about our *Artisans* program, where regular scrapbooking can help you capture and cherish precious moments as they come.

Recently, we kicked off our Mystery Theme Year with our Willy Wonka Theme Week and Themed Dinner. From Oompa-Loompas to Gene Wilder doppelgangers, it was amazing seeing everyone take a tour of our campus-turned-chocolate factory. Getting to try the Gobstopper Cake with new and familiar faces was a personal highlight of mine, and has satisfied my sweet

tooth for the foreseeable future. Thank you to our Life Enrichment and Dining Services teams for putting together such an incredible event!

Finally, in honor of National Employee Appreciation Day (March 6th), please join me in thanking all our teams for their part in our recent Theme Week, and for always striving to make each day more memorable than the last. While seeing to your immediate needs will always be their highest priority, our employees also believe in hearing your stories, celebrating your passions, and filling your days with joy.

It's been a great year so far, and I can't wait for you to see what we have planned for the weeks and months ahead. Until then, if you ever need anything, you always know where to find me!

Yours in Service,

Shaun Steele

Executive Director

Smile of the Month

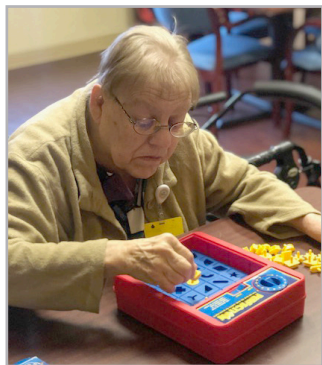
Tim McFarland has been providing our Aspen residents with compassionate service for 6 years! Tim recently returned to work from an extended leave and his smile was a welcome sight to see. You can find Tim in our dining services area where his delightful voice can often be heard singing as he works. THANK YOU, Tim, for all that you do to make our campus a better place.





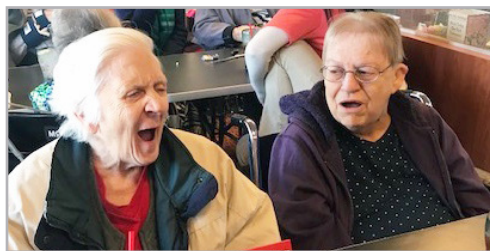
Activities Corner

Our residents enjoy learning new things. We have recently been introducing a couple of new games to them and teaching them how to play. It has been fun to watch their smiles as they keep their minds and hands busy playing Yahtzee and Perfection.



Best Friends

Best friends go out of their way for the people they care about. Best friends are thoughtful - a quality that deepens and strengthens any friendship. Best friends accept you and all your flaws. Best friends help one another navigate this thing called life. Best friends are mirrors who reflect back to you who you are to them.



Community Connections

The Indiana-Ohio Region of the American Red Cross hosted a blood drive at Aspen Place in February. Aspen knocked it out of the park by donating 28 total units collected from 24 donors, equaling about 84 lives saved.

Once again Aspen Place Health Center was voted the best of the following categories in the "Best of the Best in Decatur County;" BEST Nursing Home, BEST Rehabilitation Center, BEST Assisted Living, BEST Staff, and BEST Retirement Center. Thank you to everyone who voted for us and thank you to our staff for helping us be the BEST!

Outings

In between the snow, ice and cold weather residents were able to get out and enjoy our community and neighboring communities. February trips included Cracker Barrel, Dollar Tree, Strong's Sugar Shack, and Big Lots.

Customer Service Satisfaction Survey

The spring "Customer Service Satisfaction Survey" was mailed to you at the end of February. The scores you give on the survey are a reflection of the care we provide. If there are any areas where you feel you can't give us a high score, please let us know in the comments section. We base our action plans on these comments. If you would prefer to take your survey online – contact Tina Adams, Social Services Director.



ASPEN PLACE

HEALTH CAMPUS

A Trilogy Senior Living Community

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Greensburg, IN 47240

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aspenplacehc.com |  

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Tina Adams
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Matt Tatman
Director of Plant Operations

Tabra Garrity
Director of Food Services

Jeni Schnebelt
Director of Life Enrichment

Melissa Shook
Director of Environmental Services

Christy Scoggins
MDS Coordinator

Stay in the Loop

Keep up with latest campus news
and happenings by following
us on your favorite social networks!

*We strive to provide the best customer
service and quality care for our residents.*

*Our Department Leaders are here
to solve any concerns you may have.*

*In the event that you need further
assistance with any unresolved concerns,
we encourage you to call or email
our Compliance Hotline: 800-908-8618,
ext. 2800; or comply@trilogyhs.com*

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'Scones'

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work butter into the flour mixture until it resembles small pebbles. Add currants and toss to coat.

Step 3: Whisk buttermilk, maple syrup and egg in a medium bowl until blended. Add the wet ingredients to the dry ingredients and stir just until combined; do not overmix.

Step 4: Transfer the dough to a clean surface and, using floured hands, press into a 6-inch circle. Cut into 10 wedges. Place the wedges in a single layer on the prepared baking sheet.

Step 5: Bake the scones until golden brown, 16 to 18 minutes. Transfer to a wire rack to cool completely, about 30 minutes.

Step 6: Meanwhile, prepare the glaze: Combine confectioners' sugar and orange juice in a small bowl. Spoon the glaze onto the cooled scones and serve immediately.

Need a hand getting started? Talk to any member of our campus team for assistance, then ask about our **Connections** program, which offers our residents the opportunity to participate in cooking classes with their neighbors!



Word Search

I	A	Y	F	H	S	Y	E	Q	D	K	M	Y	Q	C	B	Z	F	L
M	J	Y	A	B	E	W	L	K	U	K	W	H	L	E	R	N	Y	T
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BRUNCH
CIRCLE
CONNECTIONS
DELICIOUS

DOUGH
FAMILY
FIBER
GLAZE

HEALTHY
IRISH
PREPARE
PROGRAM

RECIPE
SCONES
ST PATRICK
TREAT