



AUTUMN WOODS

HEALTH CAMPUS

A Trilogy Senior Living Community

Journal

March 2020



Irish Soda Bread Scones Recipe

Enjoy your Saint Patty's Day with a delicious and healthy snack! Provided by 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 an iu; 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),

...continued on back page

Happy Birthday!

Residents

Rose D.	March 7
Bonnie J.	March 18
Charles D.	March 24
Garnett A.	March 30

Staff

Elaine C.	March 8
Brianna H.	March 9
Taylor P.	March 17
Emma S.	March 20
Joe A.	March 22
Jasmine W.	March 25
Shiree R.	March 26
Keyeria W.	March 28
Cathy C.	March 29
Josh W.	March 30

Out and About

We go on weekly outing to area local eateries and shopping. Please consider joining us on our next outing, if the weather is nasty we will stay in!

Volunteer News

We had several volunteers and community members visit our campus during the holiday season. We love our volunteers! If you or someone you know is interested in volunteering, please contact a member of our Life Enrichment Team.

Fish Fry!!!!

We will be hosting a "Fish Fry" on Friday, March 20th from 4-6pm. Dinner will be \$7 a box, which includes fish, hush puppies, fries and dessert. All proceeds will benefit Hope Southern Indiana.



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,

Kristi Noah

Executive Director

BFF Bird Feeding - Edna, Taylor and Bev



Adaptive Friends



Photo Highlights



Jean with Emma



Natalia with Hashbrown Casserole



Jerry S.



Mary J. with Elaine



Ruth J. and Elaine

Taste of Town

We will feature "Frisch's" delicious pies on March 11th during our lunch.

Did You Know...?

Happy Hour is hosted every Friday in our Main Living room at 3:00 pm. Please join us!

You can reserve one of our gathering areas for your own private party.

Sunday Brunch

Our Sunday Brunch is an opportunity to share a special meal with your loved ones. Our next Sunday Brunch will be on the 8th from 11:30-1pm. Each resident may have two family members join them for brunch. Any additional family members will be asked to pay \$7. Please RSVP to our Sandy with guest relations.

Activities Corner

The month of March is filled with many special musical performances so please consider joining your loved one and making some memories!

3/4 Performance by Mike on Accordion beginning at 10am in the TDR

3/9 Performance by "Sue Loy" on LL

3/10 Performance by "The Country Sounds Band 2 in the TDR beginning at 2pm

3/11 & 3/25 Musical Interactions with Tyler in the small dining room beginning at 10am

3/11 Performance by Felecity beginning at 2:30 in the TDR

3/12 Performance by "Here by Grace" at 6pm-MLR

3/13 Performance by Curtis beginning at 2pm in the TDR

3/18 Performance by Susie G 9:30am on LL & 10:40am

3/19 Performance by Allen beginning at 6pm in the TDR.

3/24 Performance by the "Merry Melodies" at 2pm

3/28 Performance by "The Country Boys beginning at 6pm in the MLR

Live a Dream

Calling all Dreamers! Is there something that you have always wanted to do; going in a hot air balloon, going down a water slide, flying in an airplane? These are just a few of the dreams that we have granted through our Live a Dream program. Please let a member of our Life Enrichment team know if you have a dream!



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New Albany, IN 47150

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Kristi Noah

Executive Director

Camille Wilkerson

Director of Health Services

Tammy Barger

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Natalie Foushee

Business Office Manager

Bobbie Jo Adams

Life Enrichment Director

Amanda Rusk

Director of Rehab Services

Christine Burke

Legacy Lane Coordinator

Vincent Gray

Director of Food Services

Don Lear

Director of Plant Operations

Melissa Nance

Social Service Director

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'

...continued from cover

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
F	J	C	M	P	V	S	C	O	N	E	S	D	E	P	U	L	T	W
Q	W	S	I	K	F	Y	D	O	M	I	U	G	F	O	N	R	W	U
X	W	C	L	G	I	W	J	P	R	Y	S	S	C	P	C	H	Z	X
E	E	C	Y	C	B	T	Z	I	L	S	D	O	U	G	H	F	T	Q
R	Y	K	I	L	E	N	P	T	P	Y	U	K	W	T	P	C	T	B
S	P	D	T	R	R	S	E	V	C	D	X	U	J	T	R	Z	T	T
H	I	R	Y	Q	C	R	I	Q	P	H	D	G	P	M	O	G	U	D
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M	S	L	T	M	G	Y	Z	B	W	I	R	W	K	D	Q	I	K	B
R	D	M	E	W	E	T	R	Q	G	W	C	A	W	O	U	V	X	L

BRUNCH
CIRCLE
CONNECTIONS
DELICIOUS

DOUGH
FAMILY
FIBER
GLAZE

HEALTHY
IRISH
PREPARE
PROGRAM

RECIPE
SCONES
ST PATRICK
TREAT