



AVALON SPRINGS

HEALTH CAMPUS

A Trilogy Senior Living Community

Chronicle

March 2020



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 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),

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Happy Birthday!

Residents

03/01	Barbara J.
03/02	Jean M.
03/07	Isabel S.
03/10	Barbara H.
03/14	Thomas M.
03/17	Craig H.
03/19	Anna C.
03/19	Judy I.
03/23	Hubert D.
03/26	Barbara S.
03/26	Verna N.
03/31	Sue K.

Family Night

Family Night will be March 17th, 2020 at 5:00 pm. Residents are allowed to have two free guests, as well as purchase tickets for 3 additional guests at \$10.00 each. To purchase those tickets, please see Monica or Michelle in the Business office by March 10th, 2020.

Did You Know...?

That you can read the monthly newsletter on-line. Please follow the campus link avalonspringshc.com.

The Private Dining Room can be reserved for meals with your loved ones by calling Dining Services at 219-462-1778.

Happy Hour is weekly on Fridays at 3:30 pm in Town Square. Join us for an Hors d'oeuvre and refreshments.



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,

Crystal Wray, HFA
Executive Director

Volunteer News

We would like to introduce our newest pet visitors that come and share the snuggles and love with our residents. Their names are Teddy and Oreo! They are just the most adorable, snuggle-filled, bundles of joy a person could ask for.



Flora B. getting a pet visit from Teddy.



Marianne D. enjoying a pet visit from Oreo.

More Volunteer News

A few weeks ago, we had a wonderful business by the name of Blessings&Blooms (located here in Valparaiso, IN) come and give a complimentary Floral Arranging Workshop. We really appreciated your willingness to come serve our residents! It was a mutually beautiful and love-filled morning by both sides.

Thank you again to Blessings&Blooms owner, Kathy R., and her assistant for the day, Jessica R. We as a community truly appreciate your commitment to your community by leading with a servant's heart.

Pictured: Blessings & Blooms owner Kathy R. (right), and assistant Jessica R. (left), along with residents during the workshop.



Residents and their finished flower arrangements

Featured Department

We just wanted to thank our Life Enrichment Department as they celebrated Activity Professionals Week a few weeks back. They do so many wonderful things for the campus, such as providing daily activities, programs, scheduling special performances, outings, transportation when needed, and not to mention the hours they spend decorating (with help). Life Enrichment would like to thank Dining Services for the gifts, as well as those that lent a hand during Happy Hour. If you see one of these ladies, please be sure to thank them (as we should all our staff) for the joy they bring to the campus.



Avalon's Life Enrichment Staff! Top L-R; Suzie R and Stephanie H.

Bottom L-R; Sophie T, Barb A, and Emily B.

Not pictured Life Enrichment Director, Amy P.



Some of our Life Enrichment and Dining Services Staff exchanging gifts during Activity Professionals week.

Sunday Brunch

Sunday Brunch will be held on Sunday, March 8th, 2020 at 11:00 am. Residents are allowed to have two free guests, as well as purchase tickets for 3 additional guests at \$10.00 each. To purchase tickets, please see Monica or Michelle in the business office.

Themed Dinner

Themed Dinner was a candy filled, colorful, joy of a good time! Be sure to check out the photos on our social media accounts (Twitter @avalonspringshc and Facebook: Avalon Springs Health Campus) and in next month's newsletter.

Taste of Town

Taste of Town will be a Pi Day Celebration, held on March 13, 2020.

Resident Spotlight

We would like to recognize Daniela W.! Thank you for graciously offering to lead our exercise class for our Assisted Living and Healthcare residents as our regular exercise volunteers have flown south for the winter. If you are in need of a little "maintenance", be sure to come check out her class on Mondays and Wednesdays at 11:00 am in Town Square.

Pictured: Daniela W. (in front of left exit door) leading exercise class.





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2400 Silhavy Road

Valparaiso, IN 46383

219-462-1778

avalonspringshc.com |  

Crystal Wray
Executive Director

Kim Sheets
Director of Health Services

Amy Plumb
Life Enrichment Director

Jennifer Ruzbasan
Director of Dining Services

Heather Schlegelmilch
Community Service Representative

Monica Lacy
Business Office Manager

Todd Burnes
Director of Plant Operations

Maurice Ford
Director of Environmental Services

Ivana Krstevska
Social Service Director

Chad Abair
Therapy Program 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@vhs.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.

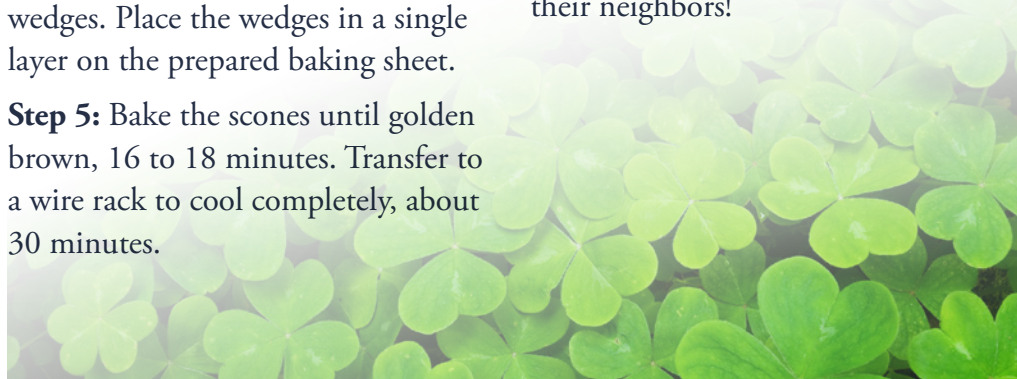
Step 3: Whisk buttermilk, maple
syrup and egg in a medium bowl until
blended. Add the wet ingredients to
the dry ingredients and stir just until
combined; do not overmix.

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
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
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BRUNCH
CIRCLE
CONNECTIONS
DELICIOUS

DOUGH
FAMILY
FIBER
GLAZE

HEALTHY
IRISH
PREPARE
PROGRAM

RECIPE
SCONES
ST PATRICK
TREAT