



## Irish Soda Bread Scones Recipe

Enjoy your Saint Patty's Day with a delicious and healthy snack! Provided by [EatingWell.com](http://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

Bob S.	March 6th
Paul T.	March 8th
Vernon B.	March 8th
Wilma T.	March 9th
Bobby L.	March 11th
Betty P.	March 16th
Anna R.	March 28th
Wilma T.	March 31st

## Staff

Wesley N.	March 4th
Kacey T.	March 5th
Kris C.	March 9th
Taylor L.	March 14th
Lindsey H.	March 24th

## Upcoming Events

A Red Carpet Affair Family Night will be on March 12th. Residents will be dressed and ready for an elegant evening of dining, music and plenty of photo opportunities that will be a night to remember.

## Did You Know...?

Family members are encouraged to volunteer for 1 hour a month. Can you.... help play Bingo? Meet us on a road trip? Lead a devotion or read an interesting article? Help staff with scheduled crafts or just bring residents to a scheduled activity? **THAT IS VOLUNTEERING!** Please see Crystal in Activities to find out more and get signed up.



## Executive Director Corner

Greetings from Cedar Ridge Health

Campus! As winter winds down, I hope you are just as excited as I am to get back outside. One of our favorite things to do at our campus is taking trips to our favorite spots around town, and many of these are best enjoyed in the spring sunshine. A little Vitamin D does wonders for curing the winter blues.

Speaking of vitamins, it is our goal to provide food that nourishes our residents' taste buds, as well as the rest of their bodies. I personally invite you to come to the Dining Room. Our Dining Rooms are open for breakfast anytime 7am-9am, and lunch and dinner, please refer to posted times for each Dining Room. In addition to the nourishing meal, twice weekly we have a salad bar and each weekday we offer the additional menu selection of a homemade soup. You can also provide input into our campus menus by attending Chef Circle meetings with Mary, Director of Dining Services. Check your calendar and LifeShare for the next Chef Circle.

Please invite your friends and family to experience the

Trilogy difference, and dine with us either during our Sunday Brunch this month or during our next Family Night!

The Customer Satisfaction Surveys are coming your way! The team and I would greatly appreciate your support on the survey with a "10"! A score of "10" does not mean we are perfect, however that you believe we are doing the best we can and that we are better than the "typical" nursing home experience. A "10" also lets our home office know that we are doing a good job here in Cynthiana, so we greatly appreciate your high scores and comments!

It is truly our pleasure to care for our residents. If you have any special requests or need anything at all, please speak to a member of our leadership team. We are here to serve you! Leaders are present in the campus Monday-Friday 7am-6pm, and on weekends as well, after these hours, a leader is always on call for your needs and questions, so never hesitate to let us know how we can help!

Yours in Service,

*Somer Hurston*

Executive Director

## Chef's Corner:

Mary and her amazing kitchen staff work hard to make sure you are served meals that tickle the taste buds and please the eye. If you have any questions or concerns with the entrees or the café items please talk to anyone on the kitchen staff. Mary is happy to listen to any new suggestions you may have. You may also attend the Chef's Circle time during our monthly Resident Council meetings.





# Family Night

We had a great “Kick Off” for a year of fun with our families. The Harrison County High School Cheerleaders and football players joined us for our first 2020 Family Night. They cheered and mingled with residents and families. These teens were so delightful and respectful. The residents wish to have them back for more events and visiting.



*Anna R.*



*Carole S.*



*Cheerleaders and football team*



*Paul T.*

## Out and About

With such a mild winter we have continued to enjoy weekly road trips. We've made a trip to the Dollar tree, Wal Mart and Bon Worth for shopping. We ate at local dives such as JJ's restaurant, The Cheese Store and the Asian Garden. Our “Just the Guys” group took a trip to Georgetown to feast at Cracker Barrel and enjoyed the ride on the open road.

*Pictured left: Wilma T. at JJ's; Right: Don L.*



## Creative Corner

You will find that we have been busy throughout the Cedar Ridge campus. We have created sock snowmen, snowflakes and snow painting without a real snowflake in sight. So we decided to get a bit more bright with our templates and paint a tropical sunset. Don't they look great? Feeding the birds has become a priority with us so we made a colorful birdfeeder as well as seeded cones to hang out for our feathered friends.

*Left: Betty makes a birdfeeder*

*Right: Ester L's painting*



## Eagle Award

Emily C. is a wonderful nurse on our Health Care unit.

She always goes the extra mile to assist a resident or a co-worker. This lady knows what she's doing. She has a love and passion for caring for people. We are very fortunate to have her.





# CEDAR RIDGE

## HEALTH CAMPUS

*A Trilogy Senior Living Community*

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Cynthiana, KY 41031

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cedarridgehs.com |  

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Executive Director

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Director of Health Services

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Assistant Director of Health Services

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*Rosetta Tolson, CRCA*  
Legacy Lane Coordinator

*Kris Cunningham*  
Director of Social Services

*Becky Northcutt*  
Therapy Program Manager

### 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](mailto:comply@trilogyhs.com)*

*Newsletter Production by PorterOneDesign.com*

## 'Scones'

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

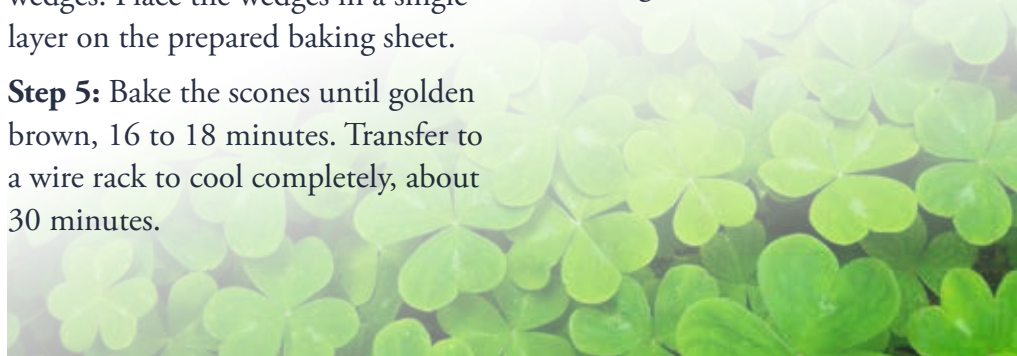
**Step 3:** Whisk buttermilk, maple syrup and egg in a medium bowl until blended. Add the wet ingredients to the dry ingredients and stir just until combined; do not overmix.

**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
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F	P	R	F	K	D	V	Q	M	P	A	A	E	A	T	M	B	D	C
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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