



## 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

|            |         |
|------------|---------|
| Amy W.     | Mar. 03 |
| Tammy F.   | Mar. 07 |
| Rita C.    | Mar. 09 |
| Mark M.    | Mar. 15 |
| Mark B.    | Mar. 19 |
| Meladie W. | Mar. 23 |
| James S.   | Mar. 25 |
| Gail A.    | Mar. 30 |

## Staff

|            |         |
|------------|---------|
| Jamie C.   | Mar. 04 |
| Amber S.   | Mar. 09 |
| Marie H.   | Mar. 11 |
| Donna Z.   | Mar. 19 |
| Destiny D. | Mar. 22 |
| April T.   | Mar. 26 |

## Taste of Town

Each month CCHC selects a restaurant or caterer to bring a special treat to the residents. This month's Taste of the Town will be from The Grand Traverse Pie Company. Residents will be served this special meal during lunch on Friday, March 6!

## Current Month's Events

March 5 - Taste of Trilogy- 6pm

March 6 - Taste of Town-  
The Grand Traverse Pie  
Company - 12pm

March 27 - Caregiver  
Day Out- 10am-1pm



## 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,

*Nikki Griffith*

Executive Director

## Legacy Lane Spotlight

We had an informative Family Forum last month and we hope you can join us for our next meeting in April. If you know a caregiver that may need a day to run errands or just a break from giving care to their loved one, please tell them about our upcoming Caregiver Day Out. Community members are invited to make reservations for their loved one to spend the day on our Legacy Lane. They will be able to enjoy our Daily Rhythms programming and lunch will be provided. Our event is planned for Friday, March 27, 2020 from 10am-1pm. Please call Amber S. to make reservations. Our BFFs had fun making gnomes to decorate our Lane this month. If you have a talent or hobby that you would like to share with our BFF's on the Legacy Lane, please give us a call. *(Continued on next page)*



## More from Legacy Lane Spotlight



*Harold C. poses for a picture, while having a great time during our Artisans program.*



*Robert D. making his own gnome!*



*Connie W. loved personalizing her gnome!*

## Go Red Day

Last month, we celebrated Go Red Day with a full day of activities for our residents, family members, and staff. We helped raise awareness for Women's Heart Health by wearing red and hosting a Heart Walk and other exercises throughout the day for prizes. Our culinary chefs prepared a Heart Healthy smoothie for everyone to enjoy and we also had some fun with a Go Red Photo Booth! We always have a great time with our campus celebrations and look forward to our future events!



*Jerry and Susan at our Heart Walk.*



*Dora B. walking at 107 years young!*



*Bob & Rita C. loved partaking in Go Red Day.*



*Our Heart Walk Participants*



*Amanda W. & Tammy F. at our Go Red Photo Booth.*



*Clara D. & Kylie K. pose for a picture.*



*Left: Dana M. hula hooping for Go Red Day.*



*Right: Aileah S. doing a wall squat for a healthy treat!*

## Sunday Brunch

Please join us Sunday, March 8 from 11am-1pm for a buffet. All family members and friends are invited to attend. Each resident is allowed 2 complimentary guests; additional guests will be charged \$7 each. Our reservation policy for brunch is that any resident or family member can call and reserve a room or table for their group. We ask that a time of 11am-12pm or 12pm-1pm be chosen for reservations. If you plan to make a reservation, please call the campus ahead of time at 812-232-0406.

## Social Media

To keep up with all of the fun events and everything going on at the campus like us on Facebook at Cobblestone Crossings Health Campus and follow us on Twitter at @CobblestoneCHC!



# COBBLESTONE CROSSINGS

HEALTH CAMPUS

*A Trilogy Senior Living Community*

1850 E. Howard Wayne Dr  
Terre Haute, IN 47802  
812-232-0406  
cobblestonehc.com |

*Nikki Griffith*  
Executive Director

*Debbie Haag*  
Director of Health Services

*Jessica Bailey*  
Assistant Director of Health Services

*Jennifer Roberts*  
Customer Service Representative

*Erin Campbell*  
Business Office Manager

*Bree Sparks*  
Life Enrichment Director

*Kim Palmer*  
Director of Resident Services

*Brad Elder*  
Director of Plant Operations

*Terrie Pine*  
Director of Dining Services

*Jamie Couthen*  
Environmental Services Director

*Addisson Pearson*  
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@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

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BRUNCH  
CIRCLE  
CONNECTIONS  
DELICIOUS

DOUGH  
FAMILY  
FIBER  
GLAZE

HEALTHY  
IRISH  
PREPARE  
PROGRAM

RECIPE  
SCONES  
ST PATRICK  
TREAT