



COVERED BRIDGE

HEALTH CAMPUS

*A Trilogy Senior Living Community*

# On Campus

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),

*...continued on back page*

# Happy Birthday!

## Residents

03/02	Sherron B.
03/14	Doris V.
03/18	Linda A.
03/20	Nancy C.
03/24	Earl B.
03/29	Wilma N.

## Staff

03/01	Heather K.
03/06	Lacy H.
03/12	Linda W.
03/13	Karla S.
03/13	Josie S.
03/22	Sheila J.
03/26	Sherry S.
03/29	Coleigh H.
03/30	Kinda C.
03/31	Rachael R.

## Welcome to Covered Bridge!

### Residents

Kathleen J.	Patricia D.
Clifton K.	Brenda K.
Dorothy A.	Janice R.
Minnie J.	Marvin H.

### Staff

Laura-Lei C.	Matraca G.
Matti H.	Haidy R.
Josie S.	Anna T.
Maria V.	



## 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,

*Angela Short*

Executive Director

## INTERGENERATIONAL FUN

The SMS Student Council came in to call and play Bingo with the residents.



## Did You Know...?

That you can read the monthly newsletter and calendar of activities online? Please follow the link: [www.coveredbridgehc.com](http://www.coveredbridgehc.com)

# PHOTO HIGHLIGHTS



## Vitality

The Residents have been enjoying the Tai Chi program.



## ARTISAN PROGRAM

Residents enjoyed making Valentine's DIY wall décor during February's Crafty Creations Class!



## Taste of Town

Our Taste of Town for March will be on March 5th. We will be having Blondie's Pizza for dinner.

## Sunday Brunch

Our March brunch will be on March 15th, from 11am-1pm. We will be having a CSS Celebration. Please RSVP by Thursday, March 12th at 4pm.

## Follow Us

Please follow us on Social Media to see all of the amazing things we are doing here at the campus!!! Follow us on Twitter @CoveredBridgeHC and on Facebook! Here you can see our upcoming events and daily activities of our residents and much more!!



# COVERED BRIDGE

HEALTH CAMPUS

*A Trilogy Senior Living Community*

1675 W. Tipton Street

Seymour, IN 47274

812-523-6405

coveredbridgehc.com |

*Angie Short*  
Executive Director

*Alexa Ulrey, RB, BC/BSN*  
Director of Health Services

*Missy Robinson*  
Assistant Director of Health Services

*Marsha Rieckers*  
Community Service Representative

*Mike Craig*  
Business Office Manager

*Matraca Gilbert*  
Life Enrichment Director

*Erika Muhlbach*  
Director of Social Services

*Cody Schwade*  
Director of Plant Operations

*Sheila Joy-Haws*  
Director of Food Services

*Debbie Redmond*  
Environmental Services Supervisor

*Dr. Neil Strait Hill*  
Medical Director

*TBD*  
Legacy Lane 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](mailto:comply@trilogyhs.com)*

*Newsletter Production by PorterOneDesign.com*

# 'Scones'

*...continued from cover*

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

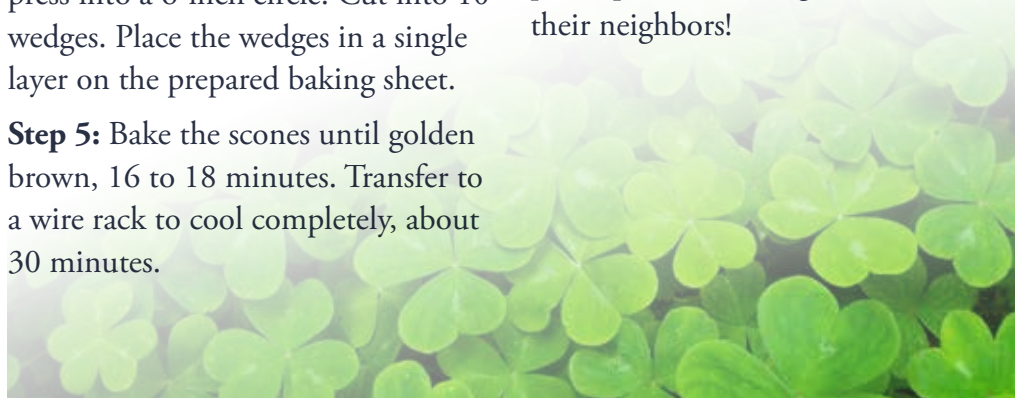
**Step 3:** Whisk buttermilk, maple syrup and egg in a medium bowl until blended. Add the wet ingredients to the dry ingredients and stir just until combined; do not overmix.

**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
Y	D	P	H	E	A	L	T	H	Y	R	D	L	S	M	G	Y	U	E
Z	Q	E	T	P	E	R	E	D	T	R	E	A	T	N	R	S	Q	L
C	W	T	E	B	Z	B	A	F	A	U	U	Z	P	W	A	H	M	I
F	P	R	F	K	D	V	Q	M	P	A	A	E	A	T	M	B	D	C
N	P	R	T	Y	M	K	G	S	I	M	N	Z	T	A	R	M	W	I
N	Q	E	A	A	C	Y	D	W	S	S	N	T	R	R	M	I	N	O
J	F	H	U	A	N	C	O	N	N	E	C	T	I	O	N	S	V	U
K	G	L	G	K	L	J	Z	L	D	V	V	N	C	Y	B	H	H	S
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      | DOUGH  | HEALTHY | RECIPE     |
| CIRCLE      | FAMILY | IRISH   | SCONES     |
| CONNECTIONS | FIBER  | PREPARE | ST PATRICK |
| DELICIOUS   | GLAZE  | PROGRAM | TREAT      |