



CREASY 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),

...continued on back page

Happy Birthday!

Residents

3/1	Lu Alice H.
3/3	Judith C.
3/4	Robert H.
3/6	Inez S.
3/7	Judith S.
3/8	Ruth T.
3/11	Joan P.
3/12	Joanna Y.
3/12	Marcella F.
3/12	Stanley G.
3/18	Sara R.
3/22	Adrienne E.
3/22	Bernice B.
3/25	Shirley B.
3/27	Lucinda S.
3/28	Carl F.
3/28	Mary W.

Staff

3/1	Karmin B.
3/1	Abigail S.
3/8	Skyler S.
3/23	Hollie A.
3/25	Robert Y.
3/28	Keisha M.
3/30	Nate G.



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,

Justin Rife

Executive Director

Volunteer News

Volunteers give the gift of time. Over 3,000 people presently serve as volunteers within Trilogy campuses. Families make great volunteers!! As a volunteer, you are part of the Trilogy team. Suggested ways to volunteer include but are not limited to

- Manicures (nail painting)
- Visiting with Residents
- Leading an activity or teaching a skill, such as knitting or crocheting
- Reading to residents
- Helping residents get to and from activities and meals
- Photography for special events

Meal Tickets

A normal meal ticket can be purchased at the business office or with the CSS for \$5.00 a piece.

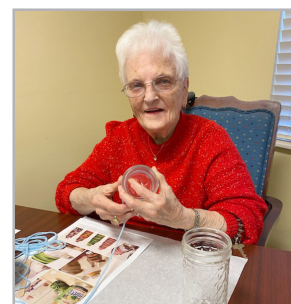
PHOTO HIGHLIGHTS



All of our BFF's went to lunch for the last time at MCL



Mary H. working on her painting with Art with A Happy Heart



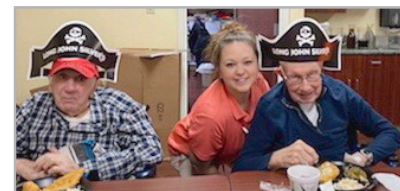
Lois working on her yarned vase



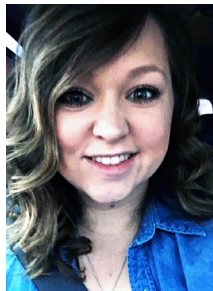
Betty is concentrating on her painting



Morna's Great Grandson loves coming in to help push his GG around the halls



Linsey w/ the guys at Men's Lunch. We had Long John Sailors



A Note from Linsey

HAPPY MARCH EVERYONE!

I hope everyone enjoyed their Willy Wonka evening in February. It was fun

seeing watching staff and residents join in on dressing up and helping make it a fun night. Our next Theme Dinner will be in May, and it will be a Robin Hood mystery theme.

Residents and families, mark your calendars for April 8th at 6:30 PM. Life Enrichment would like the grandkids to come out for an Easter egg hunt! I will send post cards to families, but please RSVP with me or a Life Enrichment Associate so we can have a head count of how many children will be coming to join in on the fun.

It's that time of the year again for our Customer Service Surveys to come out. As always, we are striving for a 10! Giving us a 10 is not saying we are perfect, we know that no one is perfect. Giving our staff a 10 is saying you are happy with the care you or your loved one are receiving here at Creasy Springs and you are giving them a letter grade of an A.

Look at the scale as a grading scale, 10=A, 9=B, 8=C, 7=D. Please fill out this survey and mail it back in. We always look forward to see how we are doing as a whole campus. If you have any comments or suggestions, or would like to recognize any employee, please make sure you write those on the survey.

If you have any ideas for our activities department, please see me. I am always looking for new ideas to better our department. Crafts, games, outings, etc., they all are welcome! Although we are providing opportunities for your loved ones at our group activities, we are beyond privileged to offer "one on one visits" for those residents that are unable to, or choose not to attend group activities.

As always, I am here to serve. Please continue to share your comments, suggestions and concerns, to assist us in our commitment to compassionate care. I am thankful for the opportunity to grow and become an outstanding Life Enrichment Director at Creasy Springs for your loved ones.

Compassionately committed since 2012

Linsey Conde,
Life Enrichment Director

Outings

3/4 - Lunch at Wendy's

3/11 - Tour of St. Mary's Cathedral

3/18 - Lunch at Nine Irish Brothers

3/25 - Shopping at Walmart

Special Events

3/8 - Brunch

3/9 - Our MOMS group will be here at 10AM w/ the kids and to do a craft

3/13 - Catholic Mass at 10AM

3/15 @ 3:45PM in the Café - Irish Folk music w/ Hickory family

3/25 - Purdue Christian Fellowship will be here for crafts at 6:30pm

3/27 - Catholic Mass at 10AM

Welcome to Spring!

Welcome to spring! Here at the Legacy we are so excited for warmer days and outdoor fun. We have loved being inside and sharing hot cocoa and cookies with our BFF's however, the excitement of all things springs is invigorating. We have enjoyed so many special moments this winter and the pictures say it better than words. Inside snowball fights were a huge success, our entertainer's livened our days and evenings with the comfort of music and our fireside chats have really proved a nighttime favorite. It is time for our Customer Satisfaction Surveys! Be on the look out of for a yellow envelope. Kindly fill out and return the survey by mail or be watching for an invitation to a return party where you can bring in your prefilled surveys. We value your opinion and as a reminder we are asking for a 10! A 10 doesn't mean we are perfect but that we continue to strive for excellence in all that we do. We have Sunday Brunch on March the 8th from 11am-1pm. Please be sure to RSVP by March 3rd. The first two guests are complimentary and additional guests are \$10 each. If you have not attended brunch, you should! It is a great time for visiting your family as well as enjoying a spectacular meal. Thank you from all of us here at Legacy for allowing us to sincerely serve your loved one.

Kind Regards, *Debi Sanders*, Legacy Neighborhood Manager



BFFs Artisan time. Winter hats and scarfs



Our BFFs enjoying an inside snowball fight



Our Team, Happy to Serve



Singing and making melody in their hearts

Sunday Brunch

Brunch is on 3/8/2020 at 11AM-1PM. The first 2 meal tickets are free and any more will be \$10 each.

Transportation

We offer scheduled transportation to medical appointments on Monday's, Tuesday's and Thursdays. Please inform your nurse of any upcoming appointments.



CREASY SPRINGS

HEALTH CAMPUS

A Trilogy Senior Living Community

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Lafayette, IN 47905

765-447-6600

creasyspringshc.com |  

Justin Rife

Executive Director

Summer Day

Director of Health Services

Angela Poole

Business Office Manager

Linsey Condo

Life Enrichment Director

Gregory Peterson

Director of Plant Operations

Tammy Taylor-Walden

Director of Therapy

Jodi Hollingsworth

Director of Food Services

Beth George

Social Service Director

Amy Barnett

Environmental Services Director

Nancy Crowder

MDS Coordinator

Debbie Sanders

Legacy Neighborhood Manager

Kathy Hyman-Andersen

Villa Lifestyle 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*

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
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BRUNCH
CIRCLE
CONNECTIONS
DELICIOUS

DOUGH
FAMILY
FIBER
GLAZE

HEALTHY
IRISH
PREPARE
PROGRAM

RECIPE
SCONES
ST PATRICK
TREAT