



## 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 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

03/03	Ann B.
03/04	Dorothy R.
03/06	Colleen D.
03/09	Sylvia B.
03/09	Lorraine S.
03/10	Margaret L.
03/19	Robin M.
03/20	Martha M.
03/21	Gene D.
03/21	Betty E.
03/21	B. J. V.
03/22	Barbara E.
03/26	Mark B.
03/27	Wanita W.

## Staff

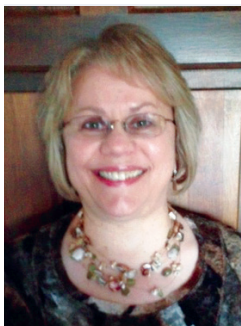
03/01	Tara R.
03/05	Dawn F.
03/09	Cole B.
03/13	Andrew Y.
03/14	Justi S.
03/14	Cassie C.
03/14	Pam M.
03/18	James P.
03/21	Janae C.
03/24	Jill U.
03/25	Veronica K.
03/26	Kristin S.
03/29	Marie C.

## Special Outings

03/04	Menards
03/09	Texas Roadhouse
03/16	Szechaun Garden Chinese Restaurant
03/18	Goodwill
03/25	Big Lots

## Upcoming Special Events

03/05	Customer Satisfaction Survey Return Party
03/13	Taste of Town
03/15	Sunday Brunch



## Executive Director Corner

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. We've been busy this year with care enhancements for our residents. On February 4th we rolled out the Avera eCare Senior Care Long-Term Care program to offer telemedicine for our health center residents.

The addition of Avera eCare supports our clinical team and the attending physician to ensure our residents receive the highest level of care and comfort, and all at no cost to our residents! Our staff nurses already love the service, which allows them access to high quality care, in partnership with the primary care physician. Avera eCare provides access round-the-clock to a team of medical providers, right in the room with our resident. This helps ensure monitoring of chronic care needs and collaboration with your primary care physician when necessary, with a goal of assisting to reduce transfers to the emergency room or hospital that are often uncomfortable and upsetting

to the resident.

On February 28th our semi-annual Customer Satisfaction Surveys (CSS) were mailed to each designated family member or resident. We encourage you to complete the survey to provide confidential feedback and ideas for improvement. As you reflect on the past six months of service we hope you will see that our staff have worked very hard to meet your family member's needs. Despite bad weather and often fatigue from caring for their own family, they were here compassionately serving.

Our scoring grid utilizes a 1-10 scale, with 10 being the best. A 10 on our survey doesn't mean we are perfect – it means we are meeting your expectations. If at any time we are not meeting your expectations in any area, please don't wait for our survey process to inform us. Contact us immediately and we will work to implement corrective actions.

Enjoy a fun St. Patrick's Day! Looking forward to sharing spring with you soon!

*Gail Baldwin*  
Executive Director





# VOLUNTEER NEWS

We would like to thank Jerry, Mike & John for volunteering your time each week at bingo! Thanks guys!

Volunteers give the gift of time. Over 3,600 people presently serve as volunteers within Trilogy campuses. Families also make great volunteers! As a volunteer, you are part of the Trilogy team. So why volunteer?

Here are just a few benefits:

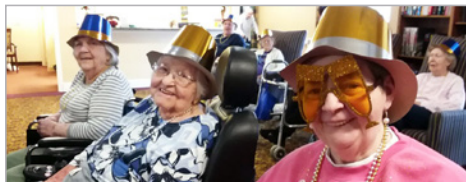
- Personal satisfaction
- Community involvement
- New, meaningful friendships
- Developing new skills
- Utilizing your skills to teach others

Suggested ways to volunteer include but are not limited to

- Manicures
- Visiting with Residents
- Leading an activity or teaching a skill, such as knitting or Men's Group
- Reading to residents
- Helping residents get to and from activities and meals
- Photography for special events

**Transportation** — We offer scheduled transportation to medical appointments on Tuesdays, Thursdays & Fridays. Please inform your nurse of the appointment and they will schedule with Transportation.

## Thanks to all of our volunteers that came out for MLK Day of Service!



## Everybody had a great time ringing in the New Year



**LIVE A DREAM** — If you have a dream (big or small) something you have always wanted to do or maybe something you've already done but dream to do it again, please let someone in Life Enrichment know. Let us help you make that dream come true!

## Calendar Changes

All Activity Calendars are subject to change. Please check out the Community Share TV's for any changes made to the calendar.

## A Note from Erin



Can you believe we are 1/4 of the way through 2020? I know I can't, but as I look into the rest of the year

as to what we have scheduled I am very excited! March brings us many changes; we say goodbye to winter and hello to spring and we will be planning a lot of outings towards the end of the month for summer! This March we plan to mix it up a bit! Knitting Club is now called Craft Club! Anyone is welcomed to come knit, paint, color or do whatever craft you like! Join us on the 2nd and 4th Fridays of every month at 10:30 am. On March 6 we will play a game of Charades during Happy Hour and we will be going out for dinner on March 9 to Texas Roadhouse!

I continue to have an Inspired Committee meeting every month on the 2nd Tuesday. I hope you can join me each month as we discuss current and upcoming activities calendars, events and outings. This is also a place that you can come to give your suggestions, concerns or even compliments about Activities. Family members are also welcomed to join!

*Erin Hoon,*  
Life Enrichment Director



# CUMBERLAND POINTE

HEALTH CAMPUS

*A Trilogy Senior Living Community*

**1051 Cumberland Avenue**

**West Lafayette, IN 47906**

**765-463-2571**

**cumberlandpointehc.com |  **

*Gail Baldwin*  
**Executive Director**

*Michelle Thompson*  
**Director of Health Services**

*Laura Haston*  
**Assistant Director of Health Services**

*Molly Loveland*  
**Customer Service Representative**

*Kim Stouder*  
**Business Office Manager**

*Erin Hoon*  
**Life Enrichment Director**

*Meghan Stillabower*  
**Director of Social Services**

*Sean Booher*  
**Director of Plant Operations**

*Megan Hall*  
**Director of Food Services**

*Karen Poe*  
**Environmental Services Supervisor**

*Sara Hardesty*  
**Assisted Living 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'

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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
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
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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
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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  
CIRCLE  
CONNECTIONS  
DELICIOUS

DOUGH  
FAMILY  
FIBER  
GLAZE

HEALTHY  
IRISH  
PREPARE  
PROGRAM

RECIPE  
SCONES  
ST PATRICK  
TREAT