



FOREST PARK

HEALTH CAMPUS

A Trilogy Senior Living Community

Press

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),

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Happy Birthday!

Residents

Shirley M.	3/3
Lela T.	3/4
Zane B.	3/9
Mary B.	3/12
Eveline W.	3/14
Dorothy L.	3/19
Leland P.	3/19
John H.	3/25
Virginia S.	3/26
Audrey B.	3/27
Joanna M.	3/30
Mary M.	3/31

Staff

Chris C.	3/2
Melissa W.	3/11
Treasa J.	3/13
Cindy M.	3/15
Jamie G.	3/17
Jennifer S.	3/27
Rita D.	3/30

Sunday Brunch

We look forward to seeing you on Sunday, March 8, 2020 from 11:00 AM to 1:00 PM... It is IMPORTANT to make Reservations with us by Friday, March 6, 2020. We allow 2 guest to eat FREE and all other guests with be charged \$7.00 per guest.

Family Night

Attention all Families of Residents of Residents at Forest Park. We are going back to the basics with our Family Fun Nights. If you didn't make it to the Family Fun Night in January, you missed out on a great time. We look forward to serving you more Family Fun Night once a Quarter.

Taste of Town

Our next Taste of Town is Culver's on Friday, March 20, 2020.

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,

Gary Griffin
Executive Director

Family Night Chili Cook Off





More... Family Night Chili Cook Off

Volunteer News

Keep Your eyes open for our ANNUAL Volunteer Appreciation Banquet Invitations. The PARTY is set for Tuesday, April 21, 2020 at 6:30 PM located on Assisted Living Dining Area at Forest Park Health Campus.



Smile of the Month

Smile of the Month comes from Marilyn K. from the Big Little town of Boston IN where she worked in the local post office for many years. Marilyn enjoys engaging in our Campus life, she has already become a bingo queen. If you have the opportunity to meet Marilyn, greet her with one of our warm Forest Park Family smiles and help us make her feel at home with us.



LIVE A DREAM

We were able to grant a Live a Dream for Quentin W., his wife Ruth and a family friend to the Wayne County Soil & Water Conservation District Meeting where Quentin & wife Ruth were given the Conservation Merit Award. He was transported by our services and assisted by our staff member Lloyd Murphy, LEA.

We are looking forward to granting so many more Live a Dreams this year or the next! If you have a suggestion for a Live a Dream for one of our residents, please share it with the Life Enrichment Director, Heidi Rhodus.





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A Trilogy Senior Living Community

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Richmond, IN 47374

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forestparkhc.com |

Gary Griffin
Executive Director

Becky Smith
Director of Health Services

TBD
Customer Service Representative

Christine Cela
Business Office Manager

Heidi Rhodus
Life Enrichment Director

Kendra Lester
Director of Social Services

Chuck Berry
Director of Food Services

Nikki Kemp
Therapy Program Director

Jean Varner, LPN
MDS 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

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'Scones'

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

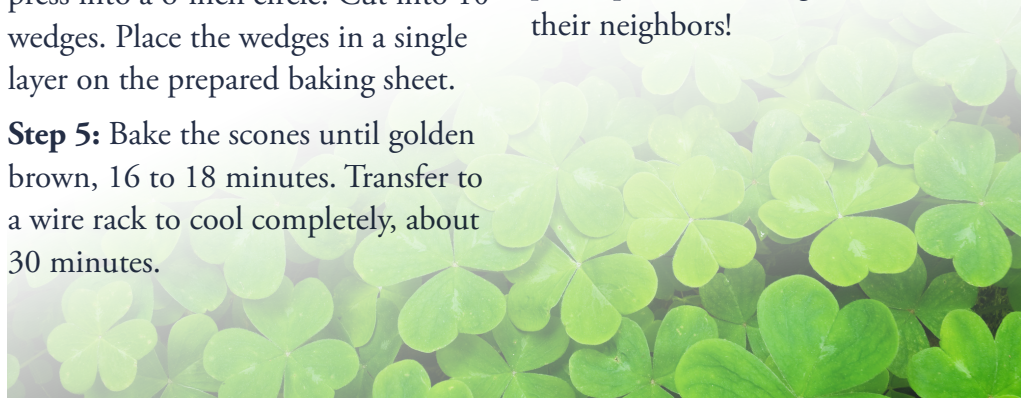
Step 3: Whisk buttermilk, maple syrup and egg in a medium bowl until blended. Add the wet ingredients to the dry ingredients and stir just until combined; do not overmix.

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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J	F	H	U	A	N	C	O	N	N	E	C	T	I	O	N	S	V	U
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BRUNCH

DOUGH

HEALTHY

RECIPE

CIRCLE

FAMILY

IRISH

SCONES

CONNECTIONS

FIBER

PREPARE

ST PATRICK

DELICIOUS

GLAZE

PROGRAM

TREAT