

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

| | |
|---------|------|
| Ruth M. | 3-2 |
| Max J. | 3-14 |
| Gene K. | 3-21 |

Staff

| | |
|--------------|------|
| Heather S. | 3-1 |
| Kauren H. | 3-5 |
| Lora L. | 3-9 |
| Kim B. | 3-9 |
| Brinttney P. | 3-11 |
| April R. | 3-16 |
| Susan M. | 3-16 |
| Margie B. | 3-22 |

Smile of the Month

Simple joys! Bonnie and Dalphine holding hands and smiling.



Therapy Spotlight

Resident Naomi A. pumps iron in the therapy gym to stay healthy for her active lifestyle.



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,

Tammy R. Nelson

Executive Director

Living Art

Residents Bernice and Leslie getting ready for Valentine's Day by making Mosaic heart décor.



OUT AND ABOUT



Residents Jeanie C. Marilyn F. & Dorothy P. went bowling in January. The residents enjoy it so much they are going to challenge our Sister Campus to a bowling tournament.



Residents toured the Basketball Hall of fame at the end of January. They go in outings twice a week family members are always welcome to come.



Generations & Pet Therapy

Along with our monthly visit with our Kindergarten friends from Westwood in January, the residents and kids got to visit with some very furry lovable new friends named Alvin and Griffey. Alvin and Griffey are certified therapy dogs. They are Leonberger breed and Glen Oaks have begun a great relationship Alvin and Griffey will start making monthly visits to our Campus to help brighten everyone day. So look for them when they are in the building. They love to visit.



New Programming

Spirit School is where residents are learning the skills of mixing drinks. "They are mostly virgin drinks" that are prepared.





GLEN OAKS HEALTH CAMPUS

A Trilogy Senior Living Community

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glenoakshc.com |

Tammy Nelson
Executive Director

Amie Groce
Director of Health Services

Michelle Hacker
Assistant Director of Health Services

Laura Titara
Community Service Representative

Anna Selvidge
Business Office Manager

Ann Knott
Life Enrichment Director

Kathleen Chaney
Director of Social Services

David McMullen
Plant Operations

Phillip Wright
Director of Food Services

Briana Harter
Environmental Services Director

Renee Madden
Care Plan/Assessment Coordinator

Phillip Wright
Director of Food Services

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.

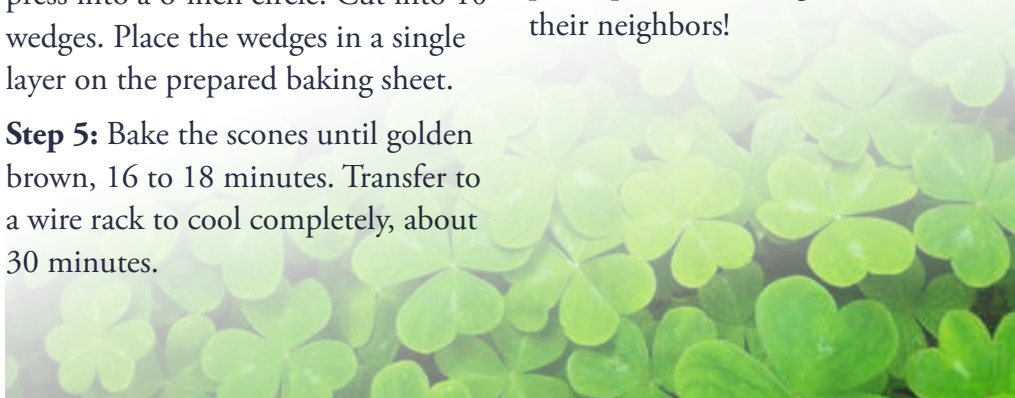
Step 3: Whisk buttermilk, maple syrup and egg in a medium bowl until blended. Add the wet ingredients to the dry ingredients and stir just until combined; do not overmix.

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

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|-------------|--------|---------|------------|
| BRUNCH | DOUGH | HEALTHY | RECIPE |
| CIRCLE | FAMILY | IRISH | SCONES |
| CONNECTIONS | FIBER | PREPARE | ST PATRICK |
| DELICIOUS | GLAZE | PROGRAM | TREAT |