



Irish Soda Bread Scones Recipe

Enjoy your Saint Patty's Day with a delicious and healthy snack! Provided by 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

3/05 Ruth G.

3/11 Barbara S.

3/20 Bessaline M.

3/31 Winifred M.

Staff

3/07 Olivia A.

3/09 Chris H.

3/17 Victoria G.

3/28 Kay C.



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,

Rachel Frye

Executive Director

Volunteers Needed

If you or someone you know is looking for a meaningful and fun volunteer experience, please consider volunteering at Mill Pond. To know more about volunteer opportunities please see the Life Enrichment Director.

Live A Dream

We are excited to make your loved one's dream come true! Please see the Life Enrichment director for details today about our Live a Dream program!

Artisan Program

We have ambitious hopes of starting a quilting club in March. Family and friends will be welcome to join us as well for this quilting bee.

Sunday Brunch

Every month we look forward to seeing families come together over a brunch here at Mill Pond. Our residents and staff always enjoy this time together. Please join us, March 15 from 11:00am -1:00pm. We hope to see you there!



LIVING ARTS

Our residents express their creative side with a variety of hands-on crafts while sharing their life stories with each other.



Evelyn smiling for a picture with her peacock named "Polly" during artisans.



Mary and Dani enjoy making snowflakes on a cold winter day.

Men's Group

Nothing better than an early morning outing for the guys of coffee and donuts at a local bakery.



There's nothing sweeter than seeing residents take care of one another and enjoy each other's company.

From Our Kitchen to Yours

Chef Darnell is making a delicious chocolate stout beer for the months of February and March.



Darnell prepping the chocolate stout beer for February and March.

Did You Know...?

That you can read the monthly newsletter on-line. Please follow the campus link <https://www.trilogyhs.com/senior-living/in/greencastle/mill-pond/lifestyle>. You can also find us on Facebook and Twitter.



The Private Dining Room can be reserved for family meals, gatherings, and visiting with loved ones.

Happy Hour is weekly from 3:00-4:00pm. This includes drinks and appetizers to celebrate the end of another great week.



MILL POND HEALTH CAMPUS

A Trilogy Senior Living Community

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millpondhc.com |  

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Executive Director

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Rita Howe
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Crystal Fortner
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Shannon Fitzpatrick
Business Office Manager

Sydney Gilliam
Life Enrichment Director

Jeannie Stinson-McLean
Director of Resident Services

Chris Young
Director of Plant Services

Darnel Tanner
Director of Food Services

Kandra Roberts
Environmental Services Director

Loren Ashcraft
Therapy Program Director

Amy Arthur
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*

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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.

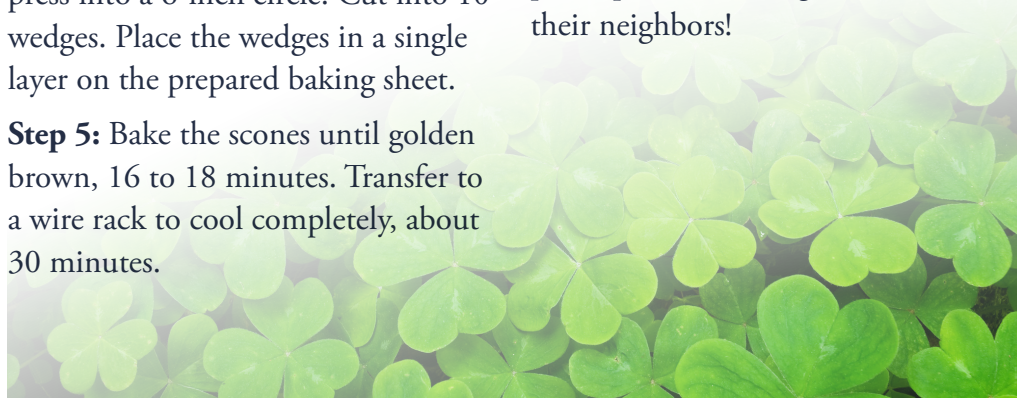
Step 3: Whisk buttermilk, maple syrup and egg in a medium bowl until blended. Add the wet ingredients to the dry ingredients and stir just until combined; do not overmix.

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
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BRUNCH
CIRCLE
CONNECTIONS
DELICIOUS

DOUGH
FAMILY
FIBER
GLAZE

HEALTHY
IRISH
PREPARE
PROGRAM

RECIPE
SCONES
ST PATRICK
TREAT