



NORTH RIVER
HEALTH CAMPUS

A Trilogy Senior Living Community

News

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 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

Bob. N	3/01
Eva L.	3/07
Bruce F.	3/12

Staff

Hailey M.	3/01
Lora P.	3/02
Allen A.	3/03
Lucy G.	3/07
Erika W.	3/07
Derek G.	3/18
Charlotte K.	3/28



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,

Nicci StClair
Executive Director

Save the Date

March 08:
Daylight Saving Time Begins

March 08:
Sunday Brunch

March 14:
Pi(e) Day

March 17:
St. Patrick's Day

March 24:
Taste of the Town

Campus In Color

March means springtime is here and with the spring comes our annual Campus in Color competition! North River's patios and gardens will be up against stiff competition from our 11 other divisional sister campuses. Dust off our green thumbs and join us as we select our plants, flowers and garden themes for this year's competition! Look out for more information as we "grow" near to our start date!

Lifelong Learning – Armchair Travel

Travel to a far-off land without ever leaving the comfort of your chair! Join us on Saturday Mornings at 10:00am as we travel to a new country and learn about their culture, customs and features.





Activities Corner- Working with Clay

Our residents have been channeling their inner Michelangelo while sculpting bowls, figures and coasters from blocks of clay. Residents have the opportunity to design their own piece at their own pace in this relaxed atmosphere. Are you interested in creating something yourself? Join us on Wednesdays at 10:30am in the Assisted Living Activity Room!



FEATURED RESIDENT

Millard is a World War II Veteran who loves to play the trumpet and entertain his friends and family. Millard was chosen by the Quilts of Valor program, an organization which creates quilts for veterans in order to honor them for their service to our country. Millard's blanket features photos of the ship Millard was stationed on. Thank you for your service Millard!



NORTH RIVER

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A Trilogy Senior Living Community

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Evansville, IN 47725

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nriverhc.com |  

Nicci StClair
Executive Director

Vicky Harpenau
Administrator

Patsy Denny
Director of Health Services

Delores Ellis
Assistant Director of Health Services

Julie Vandever
Community Service Representative

Lisa Whitten
Customer Service Specialist

Michelle Bailey
Business Office Manager

Katelin Bradley
Life Enrichment Director

Mike Peak
Director of Plant Operations

Jeremy McKinney
Director of Food Services

Christine Lickey
Environmental Services Director

Megan Miller
Social Services Director

Olivia Day
Staffing Coordinator

Jennifer Reeb
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*

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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.

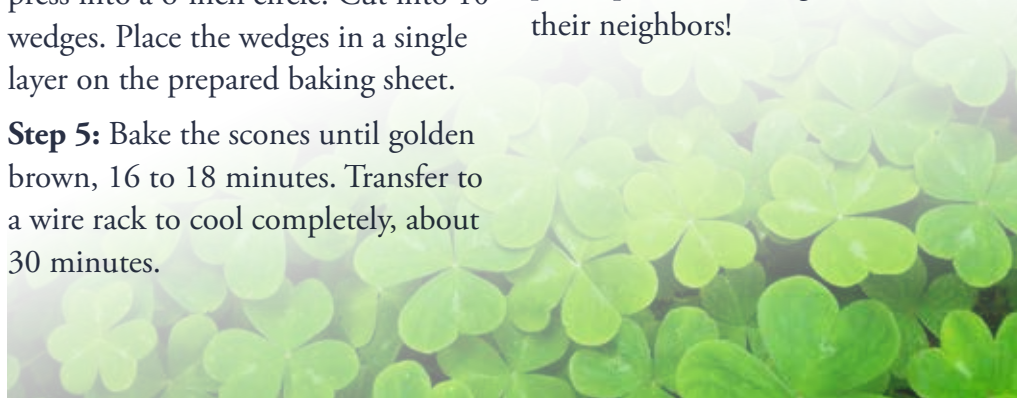
Step 3: Whisk buttermilk, maple syrup and egg in a medium bowl until blended. Add the wet ingredients to the dry ingredients and stir just until combined; do not overmix.

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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BRUNCH
CIRCLE
CONNECTIONS
DELICIOUS

DOUGH
FAMILY
FIBER
GLAZE

HEALTHY
IRISH
PREPARE
PROGRAM

RECIPE
SCONES
ST PATRICK
TREAT