



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!

Mary M.	March 11th
Stella C.	March 20th
Kestutis C.	March 29th

Sunday Brunch

This month our Sunday Brunch will be March 8th. It is required you RSVP for our Sunday Brunches so we can best serve each guest. There are two seating times for brunch- 11:00am and 12:00pm. Each resident gets two guests free of charge and each one after that is only \$10.00 for a wonderful meal. This will be a fun filled afternoon with your loved ones! Please talk to our guest relations for more details.

Taste of Town

Our taste of the town this month will be held on March 9th. This month we are having some amazing sub sandwiches from Jersey Mike's!

Family Night

This month we will be having a family night on March 12th from 5:00-7:00pm. Feel free to come join us some wonderful food, fun, and entertainment!

Out and About

Sign up for outings in the Assisted Living Activity Room next to the Life Enrichment Office. There are a limited amount of spots so sign up today! Due to severe weather conditions, look for outings to be rescheduled.



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,

Tim Reardon

Executive Director

LIVE A DREAM

Here at Novi Lakes, we want to show our love by treating individual residents to special days or special events. In the past year we have been able to grant dreams! Sometimes a "dream" isn't something especially noteworthy or fantastical but something small and personally meaningful. We are looking for residents that have a potential "dream" they wish to be granted! In the past, we have thrown special anniversary dinners, taken people on hot air balloon rides, plane rides, professional baseball games, swimming at a local therapy pool, and many more! If you or someone you know is interested in living out a wish, please let any of our Life Enrichment staff members know!

Photo Highlights

Trying out our new VR headset!



Transportation

We can gladly set up transportation for your loved one for an appointment if needed. We offer transportation through our campus on Mondays and Wednesdays. Families are highly encouraged to attend. If you want transportation arranged for you please stop by a nurses station and fill out a Transportation Request form for them to hand in to the LED Rachelle.

LifeShare

Did you know LifeShare is connected to every TV at Novi Lakes HC? To access it, all you have to do is press the input button on your remote control. LifeShare is a great tool to use during family visits. Did you know you can email your loved one pictures of your family, vacations, pets, or anything else going on in your life? It is so simple and it is something you can come back to the campus and show your loved one. This is a great way to have a meaningful visit!

ARTISANS PROGRAM



Look at our cute penguins we made during arts and crafts!



Valentine's Day Crafts!

ER3 Highlights

January OGO-
Katrina Shepherd

Volunteer News

Please see your Life Enrichment Department today, if you or someone you know are interested in volunteering. There are so many different opportunities for volunteering. You can go visit room to room with residents, paint nails for the ladies, run bingo, etc. You can also come showcase your talents for the residents too- musical talents, arts/crafts, exercise, and/or other hobbies you may have.

Did You Know...?

The Private Dining Room can be reserved for family events and/or meetings as long as it doesn't interfere with normal dining times.

Happy Hour is weekly at our Simon's Ice Cream Parlor on every Friday 3:00-4:00pm.



NOVI LAKES

HEALTH CAMPUS

A Trilogy Senior Living Community

41795 Twelve Mile Road

Novi, MI 48377

248-449-1655

novilakeshc.com |  

Tim Reardon
Executive Director

Andrew Agosta
Director of Health Services

Jessica Littlejohn
Assisted Living Director

Alissa Burnett
Customer Service Representative

Alvetta Needom
Business Office Manager

Rachelle Roemer
Life Enrichment Director

Jed Feilert
Director of Plant Operations

Jayson Bogota
Director of Food Services/Chef

Cindy Feilert
Director of Environmental

Subburman Sivakumar
Medical Director

Rajeev Joseph
Rehab Program Manager

Catherine Sobel
Director of Social 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.

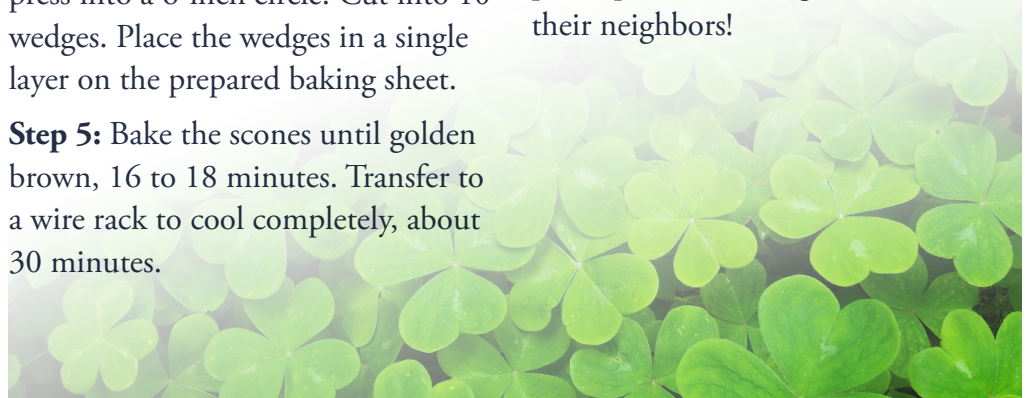
Step 3: Whisk buttermilk, maple syrup and egg in a medium bowl until blended. Add the wet ingredients to the dry ingredients and stir just until combined; do not overmix.

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

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