



OWEN VALLEY

HEALTH CAMPUS

A Trilogy Senior Living Community

Connection

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

Dixie W.	March 01
Phyllis W.	March 02
Helen F.	March 03
Alvin W.	March 09
Oma W.	March 22
Ruth A.	March 25
Lydia H.	March 30

Staff

Amanda C	March 05
Elizabeth G.	March 08
Jennifer L.	March 11
Deana R.	March 11
Roberta H.	March 13



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,

Perry Daugherty

Executive Director

Sunday Brunch

Day light savings time is the same day as our monthly brunch, so please be on time for our first spring brunch of 2020. Sunday March 8, 2020 from 11:00am -1:00pm. All is welcome to come and enjoy a beautiful meal with your loved ones!

Taste of Town

Tacos, Tacos and more Tacos! A soft tortilla shell, hamburger and cheese and the toppings of your choice. What a wonderful match! It makes me hungry just writing about them soft tacos. That is what our residents have chosen for Taste of the Town in March.

Living Arts

Let's get outdoors and do some painting, washing, and creating. We are not just going to sit around and let the beautiful spring leave without inspiring us to get outdoors. We will be preparing for our campus in color, do you have a green thumb? If so can we borrow it?

LIVE A DREAM

We have a lovely couple that has meet here in our facility and will be enjoying a date night to the Indiana Repertory Theater on March 5th at 7:30pm for a mystery of whodunit. They will be partaking in the thriller Agatha Christie's Murder on the Orient Express! Pictures to come next month. Is there anything that your loved one would like to do? Christy Mangin our LED would love to make something happen for them.

Legacy Lane Spotlight

As the weather gets warmer we will be enjoying the great outdoors. Getting ready for our Campus in Color, outdoor crafts and music, and just plain ol front porch sitting. Please feel free to come and join us. We have our BFF program going on and would love for you to come in and get a Best Friend Forever.

Smiles of the Month

Cotton candy in the winter time who would imagine that. Our residents that is who! They have such great smiles and memories when it comes to cotton candy. Check these pictures out from our Legacy residents enjoying cotton candy.



OUT AND ABOUT

We had such a great Walmart trip! Check out these pictures! But soon it will be Ready! Set! FISH! That is our goal @Owen Valley HC to get in as much fishing as we can, while the weather permits. Not to mention our field trips for this year. What is that you hear? Roars, splashing water, tweets from many kinds of birds, hollering monkeys. That's right you guessed it we will be going to the Indianapolis Zoo and you are welcome to come with us. The more the merrier!



Volunteer News

Do you have a servant's heart? Please come and share it with our residents here at Owen Valley Health Campus. It doesn't cost a thing, but could bring you more riches than you could imagine. Everyone needs a BFF! For more information, call Christy Mangin at 812-829-2331.

Did You Know...?

That you can read the monthly newsletter on-line. Please follow the campus link www.owenvalleyhc.com

Follow us on Twitter
@OwenValleyHC

Do not forget about Life Share, where your loved one can receive emails, pictures, videos, and play games right from their own TV in their room. Want to know more? Ask the Life Enrichment Director, Christy Mangin.

The Conference Room can be reserved for gatherings of family and friends, birthday parties, or any occasion. Please feel free to RSVP with any one from Owen Valley Health Campus.

Happy Hour is every Friday at 3:15pm we will be serving beer or a mixed drink of the month. Everyone is welcome to come and fellowship with their loved ones. Don't forget to laugh and smile, it is the best medicine.

The Trilogy Foundation grants wonderful things from employee tuition to Live a Dream for our residents. If you know of anything a resident would like to do for a Live a Dream, please let any staff member know. Thank you!



OWEN VALLEY

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Perry Daugherty
Executive Director

Kim Shay
Director of Health Services

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Ben Wingard
Therapy Program Director

Julie Hearth
Business Office Manager

Liz Gibbs
Director of Dining Services

TBD
Customer Service Representative

Brandon Jensen
Legacy Lane Coordinator

Ann Watkin
Director of Social Services

Daniel Browning
Director of Plant Operations

Heather McDaniel
Director of Environmental 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
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