



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

March 03	Katherine F.
March 14	Sylvia K.
March 23	Janet I.
March 24	Jeanenne W.

Entertainment

Our Happy Hour is growing and so is the list of new entertainers! Join us every Friday at 3:00pm for delicious snack, cold drinks, and great music!

Family Night

On Tuesday, March 10 at 5:00pm we invite you all to join us for Family Night. We will provide a delicious dinner prepared by our culinary team. The Life Enrichment Department is offering free family photographs!

Outings

Our residents have plenty of opportunities to get "Out and About". We have monthly shopping trips, lunch outings, scenic drives, and our favorite...a trip to the animal shelter!

Did You Know...?

Residents are traveling to far out places via our new Virtual Reality Oculus. The Oculus can transport residents to outer space, allow them to see African Elephants up close in their natural habitat, or feel the thrills of riding a rollercoaster!



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,

Zach Krumwied
Executive Director

Chef's Corner

Residents and families enjoyed quite a spread for our Super Bowl Themed Happy Hour! We filled up on cheese and crackers, potato salad, popcorn chicken, roast beef sliders, and chocolate eclairs.



ARTISAN PROGRAM

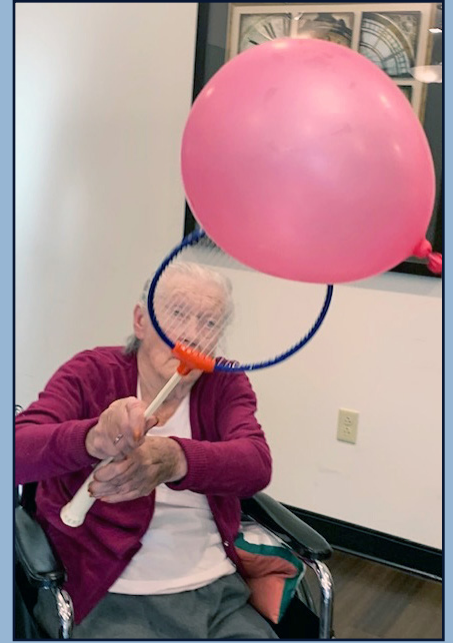
Not only do we love when families visit, but we love family participation! In this three generation photo our Life Enrichment Team captured Sue with her daughter and granddaughter. Together on a snowy Sunday afternoon they made this fancy snowman!



Vitality Program

Balloon Tennis is a great vitality exercise for our residents.

The slow fall of the balloon gives our residents plenty of time to respond and hit the ball with their racket!



BFF PROGRAM SPOTLIGHT

Our BFF's were excited for Superbowl Happy Hour! We welcomed entertainer John Bahler, "The Singing Cowboy", who always gives us a wonderful performance.





PADDOCK SPRINGS

A Trilogy Senior Living Community

2695 Sheldon Street

Warsaw, IN 46582

574-658-9455

paddocksprings.com |  

Zach Krumwied
Executive Director

Erica Emley
Director of Health Services

Christine Hanson
Assistant Director of Health Services

Jaclyn Warren
Business Office Manager

Kari Wilkinson
Life Enrichment Director

Holly Bickel
Legacy Lane Coordinator

Keith Denlinger
Director of Plant Operations

Jessica Degiulio
Director of Dining Service

Sarah Meyer
Environmental Service Director

Karissa Bowser
Guest Relations

Kaleigh Collins
Director of Social Services

Tom Ross
Director of Therapy Services

Melissa Strickler
Human Resources

Kim Baney
Community Service Representative

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