



PARK TERRACE

HEALTH CAMPUS

A Trilogy Senior Living Community

Times

March 2020



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

Patty B. March 13
Helen L. March 15
Emma V. March 20
Happy 100th Birthday

Janette L. March 24

Staff

Chef Paul March 12
Heather R. March 13
Dot P. March 17

Family Night Celebration

Join us for our Family Night Celebration Thursday, March 05 at 6:00pm in the 1st floor café. Be sure to bring in your Customer Service Survey! We value your feedback. We rely on your comments and suggestions to guide us in our quest to offer services and programs that are meaningful to our residents and families. Giving us a 10 doesn't mean we are perfect. A 10 means we are the best in our community!

Volunteer News

Park Terrace is always looking for volunteers! We are happy to welcome family members, friends and the community to volunteer your time and talents with our residents. Not only do our residents benefit, but our volunteers find they do as well! Please contact our Life Enrichment Director Susan English Crider for further details and ideas for volunteer opportunities.



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,

Kevin Foote

Executive Director

LIVE A DREAM

We love our Live a Dream program! We arranged for Marilyn Monroe to have a candlelit dinner with our beloved resident Harold. As he entered the room Marilyn asked him "What do you think of all this?" Harold replied "I guess I died and went to Heaven." Chef Paul prepared Harold's favorite dinner, a delicious prime rib with seasoned green beans, twice baked potatoes and his favorite red velvet cake.





LIVING ARTS

Our residents enjoy exercising their creativity through our exciting Artisan's programming that includes a variety of media! Our door is always open, so feel free to come visit and participate in our life enriching programming!

We love to create! Here we are creating beautiful yarn scarves to show off around the campus and showing off our Pet Portraits.



Chef's Circle

The residents look forward to Chef Paul making recipes with them at our Chef's Circle. Here they are creating beautiful Valentine cookies for everyone to enjoy! Thanks Chef

Paul for sharing your talent as well as making them laugh.



Taste of Town

Our residents love our Taste of the Town lunch! Last month they enjoyed Marks Feed Store BBQ. This month we are excited to treat them to the local restaurant Mike Linnigs. Yum!

Happy Hour Happy Hour is weekly on Fridays from 3:00pm to 4:00pm in our 1st floor cafeteria. Please come join us for this fantastic community event. Finger foods and mixed drinks are served. We feature live entertainment every week and Elvis is in the building every month. We put the Happy in Happy Hour! Music enriches our resident's lives.

Legacy Lane Spotlight

Bettye is so proud of her talented son, Las Vegas magician Mac King. So we shared his show via the internet for all of the BFFs to enjoy. It was a special time for her to be able to celebrate her pride and joy with all her Best Friends.



Sunday Brunch

We always look forward to mingling with our residents and their families and friends during our Sunday Brunch March, 24 from 11:00am to 1:00pm. Each resident can invite up to 2 guests free of charge. Additional tickets may be purchased for \$10 from the business office.

If you anticipate bringing a large group, reservations are accepted up to three days in advance. As Chef Paul is always serving up delicious home-cooked recipes, make sure to come hungry!





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parkterracehc.com |  

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Executive Director

Crystal Combs
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Shirley Manner
Environmental Services Director

Julie McGillvary
Therapy Program Director

Allison Haley
Business Office Manager

Paul Burckle
Dietary Food Services Director

Kathy Umfleet
HR & AP

Susan English Crider
Life Enrichment Director

Heather Richey
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.

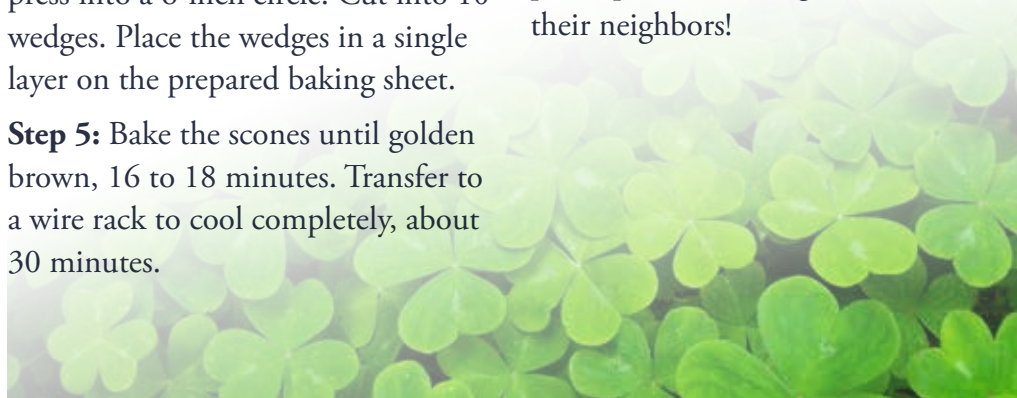
Step 3: Whisk buttermilk, maple syrup and egg in a medium bowl until blended. Add the wet ingredients to the dry ingredients and stir just until combined; do not overmix.

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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Q	W	S	I	K	F	Y	D	O	M	I	U	G	F	O	N	R	W	U
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R	D	M	E	W	E	T	R	Q	G	W	C	A	W	O	U	V	X	L

BRUNCH
CIRCLE
CONNECTIONS
DELICIOUS

DOUGH
FAMILY
FIBER
GLAZE

HEALTHY
IRISH
PREPARE
PROGRAM

RECIPE
SCONES
ST PATRICK
TREAT