



## 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

Phil G.	March 08
Bridget G.	March 14
Norma L.	March 18
Maruice L.	March 19
Margaret F.	March 21
Gene V.	March 27
Virginia R.	March 29
Evelyn J.	March 29

## Sunday Brunch

Join us for brunch on  
Sunday, March 08 from  
11:00am – 1:00pm.  
Reservations are requested.

## Smile of the Month

The Time Slips program is an outreach program of the Jackson District Library and an opportunity for residents to assist with the telling of a story that is prompted by pictures that the facilitator, Theresa, brings with her. They give their input and she reads the completed story back to them. At the end of each quarter she delivers booklets to each participant and it is joyful to see the residents accept them and to be proud of their participation.

## Did You Know...?

Happy Hour is held weekly  
on Fridays at 3:00pm.

## 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,  
*Dee Cramer-Smith*  
Executive Director

## Independence from Hunger Fundraiser

We have already begun to fundraise for the Independence from Hunger Food Drive that ends in July. Our newest creation to raffle was a Willy Wonka Candy Tower that included a pass to the movies, lottery tickets and plenty of candy. The Life Enrichment Staff was assisted by 2 young volunteers that had plenty of input on how the candy should be arranged. Thank you to all of you that purchased tickets to help us to reach our goal!



Willy Wonka Candy Tower were created with our volunteers.





## Living Arts

Our BFFs are very creative. They created all of the separate pieces and then put them together for a beautiful centerpiece for our Willy Wonka Theme Week.



*Our BFFs are proud of their Artisan Project.*



## Volunteer Spotlight

Betty enjoys putting the treat bags together for the animal shelter.

## BE MY VALENTINE



## Themed Dinner

Our Willy Wonka and the Mystery of the Stolen Golden Ticket theme week was a huge success! We all had opportunity to join in the fun and search for the Golden Ticket and other movie related activities. The dietary department created delicious snacks, meals and dessert including Gobstopper Cake with Snozzberries to finish off the week!

## Out and About

March 03:  
Suburban Lanes – O  
Men's Group Bowling

March 05:  
Golden Girls – O

March 06:  
Community Fish Fry 4-6pm

March 08:  
Brunch 11:00am – 1:00pm  
Make your reservation today!

March 10:  
Jackson 10 Movie – O

March 12:  
Ella Sharp Museum – O  
My Sky Exhibit

March 14:  
Family Pi Day – 2:30pm  
Pie Tasting and Games

March 17:  
Dollar Store – O

March 19:  
Burger and a Ride – O

March 24:  
Cascade Park – O  
Kite Flying

March 26:  
JoAnn's – O

March 30:  
Frosty Boy – O



## RIDGECREST

HEALTH CAMPUS

*A Trilogy Senior Living Community*

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Jackson, MI 49203

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ridgecresths.com |  

*Dee Cramer-Smith*  
Executive Director

*Marlene Bowen*  
Director of Health Services

*Ashley Howland*  
Community Service Rep/Mkt.

*Diane Espinoza*  
Business Office Manager

*Lori Lowder*  
Life Enrichment Director

*Stephen Hickman*  
Director of Food Services

*Lura Briggs*  
Guest Relations

*Justice Wozny*  
Therapy Program 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](mailto:comply@trilogyhs.com)*

*Newsletter Production by PorterOneDesign.com*

# 'Scones'

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work butter into the flour mixture until it resembles small pebbles. Add currants and toss to coat.

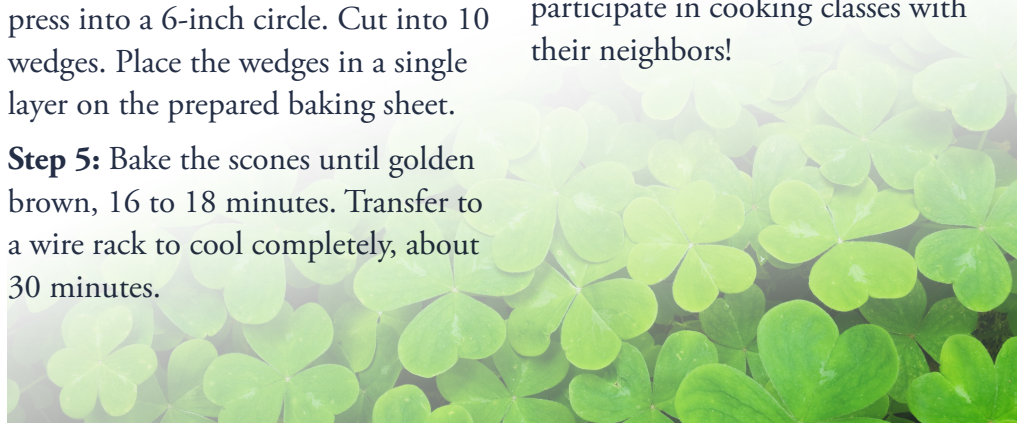
**Step 3:** Whisk buttermilk, maple syrup and egg in a medium bowl until blended. Add the wet ingredients to the dry ingredients and stir just until combined; do not overmix.

**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
X	W	C	L	G	I	W	J	P	R	Y	S	S	C	P	C	H	Z	X
E	E	C	Y	C	B	T	Z	I	L	S	D	O	U	G	H	F	T	Q
R	Y	K	I	L	E	N	P	T	P	Y	U	K	W	T	P	C	T	B
S	P	D	T	R	R	S	E	V	C	D	X	U	J	T	R	Z	T	T
H	I	R	Y	Q	C	R	I	Q	P	H	D	G	P	M	O	G	U	D
Y	D	P	H	E	A	L	T	H	Y	R	D	L	S	M	G	Y	U	E
Z	Q	E	T	P	E	R	E	D	T	R	E	A	T	N	R	S	Q	L
C	W	T	E	B	Z	B	A	F	A	U	U	Z	P	W	A	H	M	I
F	P	R	F	K	D	V	Q	M	P	A	A	E	A	T	M	B	D	C
N	P	R	T	Y	M	K	G	S	I	M	N	Z	T	A	R	M	W	I
N	Q	E	A	A	C	Y	D	W	S	S	N	T	R	R	M	I	N	O
J	F	H	U	A	N	C	O	N	N	E	C	T	I	O	N	S	V	U
K	G	L	G	K	L	J	Z	L	D	V	V	N	C	Y	B	H	H	S
M	S	L	T	M	G	Y	Z	B	W	I	R	W	K	D	Q	I	K	B
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