



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

March 13	Pat C.
March 23	Nelda H-F.
March 27	Velma W.
March 27	Beth C.

Staff

March 01	Gabby A.
March 04	Jessica P.
March 07	Gwen R.
March 08	Betty S.
March 13	Jeff W.
March 14	Anita M.
March 14	Brittany A.
March 15	Iva Mc.
March 22	Ashlee K.
March 23	Paige W.
March 24	Kim D.
March 24	Kim B.
March 26	Rylee B.
March 28	Dawn C.
March 28	Alexandra P.
March 31	Paige R.

Smile of the Month

Ruth and Mary share their beautiful smiles.



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.

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 have fun with the themed activities and food throughout the entire week. Getting to try the Gobstopper Cake with Snozzberries 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 being 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,

Gwen Reverman

Executive Director

LEGACY NEIGHBORHOOD

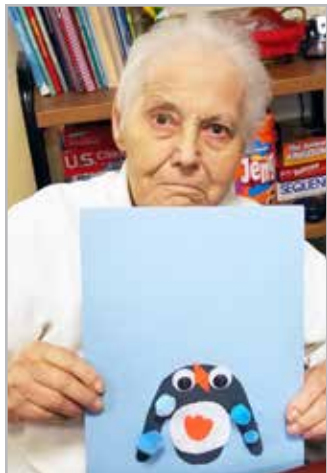


BFFs Annie and Paige work together on an artisan project



Eugene and his BFF create a beautiful flower together

Around Campus



Pat created a penguin during a winter themed artisan



Todd shows Eddie a magic trick during Just The Guys



Out and About

Martha and Terry enjoyed our lunch outing to LaRosas.

CHEF'S CORNER

Spring is in the air! It is time to move the clocks forward and get out and do some yard work. Let's kick off March with a little baseball fun and hit TEN's out of the park for CSS! Dietary staff has a Concession Stand Menu planned for our CSS Family Brunch on Sunday, March 08 from 11:00am to 1:00pm, including Chef Abby's Fried Chicken.

Bring in your completed survey's and you will be entered for a chance to win a Cincinnati Red's Basket including tickets to a Red's Game. Please call me at (812-537-5700) or email (abby.siebert@ridgewoodhs.com) to reserve your seat today. It's going to be a HUGE event and we want to make sure we have a spot for you. Oh, and did I mention that we will have a special guest from the Cincinnati Reds?

That's not all we have planned for March, let's continue the celebrations, drink some green beer and enjoy some Irish Style Food for St. Patrick's Day. "Life isn't Burger King; you can't always have it your way." We will be enjoying Burger King for the Taste of Town this month.

As always, come join us at Chef Circle on Thursday, you never know when food samples will be there. Thanks again for all of your input as we look forward to seeing your completed Survey's with lots of 10's to show how awesome we serve each and every one of you. We know how much you enjoy it! Show us, and help us become that number one campus.

Family Brunch

Wear your Cincinnati Reds gear and join us from 11:00am – 1:00pm on March 08! There will be a VERY special guest from the Cincinnati Reds!

CSS Spring Survey

A chance to win Cincinnati Reds tickets! The Spring Customer Satisfaction Survey has been sent! Please check your email for the survey, or watch for the yellow envelope in the mailbox! Please bring your completed survey to the campus or let us know it was filled out and sent via email for your chance to win! We strive for 10's...not because we are perfect, but because we meet your expectations! Your feedback is very important to us! The survey deadline is March 25.

Did You Know...?

The Private Dining Room, Riverboat Cafe, or activity room can be reserved for families to come and enjoy a birthday party, get together, or to share a meal with their loved one.

Certified Massage Therapist
Appointments are available every other Monday to residents and their family members. Contact Ashlee Owens for more information.

HAPPY HOUR: Every Friday at 3pm. Come and join us!

The Trilogy Foundation grants wishes for our residents through Live A Dream. If you can think of something that your loved one would enjoy doing, please contact Life Enrichment. (812) 537-5700.



RIDGEWOOD

HEALTH CAMPUS

A Trilogy Senior Living Community

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Lawrenceburg, IN 47025
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ridgewoodhs.com | [t](#) [f](#)

Gwen Reverman
Executive Director

Bonnie Burnham
Director of Health Services

Rhonda McCrory
Assistant Director of Health Services

Makaila Bible
Social Services Director

Ashlee Owens
Business Office Manager

Lori Schwipps
Life Enrichment Director

Kellee Couch
Legacy Neighborhood Director

Abby Siebert
Director of Food Services

Tonda Denton
Customer Service Representative

Milly Rich
MDS Coordinator

Adam Clark
Director of Plant Operations

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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.

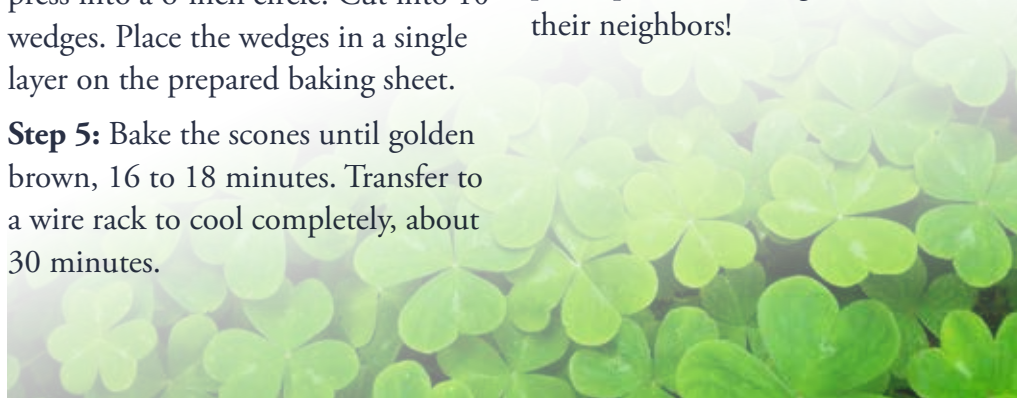
Step 3: Whisk buttermilk, maple syrup and egg in a medium bowl until blended. Add the wet ingredients to the dry ingredients and stir just until combined; do not overmix.

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