



SENIOR LIVING AT
FOREST RIDGE

A Trilogy Senior Living Community

Leaflet

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 A; 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

Nancy B. March 02

Staff

Paige F. March 18

Stacey B. March 25

Welcome to new Residents

Elizabeth M. and Levi M.

Welcome to Senior Living at Forest Ridge The staff and residents would like to extend our warmest welcome. Thank you for choosing us!

Did You Know...?

You can read the monthly newsletter online rather than receiving it in the mail? Please follow the campus link www.seniorlivingatforestridge.com and let Norma know if you would like to discontinue the newsletter by mail.

Social Hour is weekly at 4:00pm. Come enjoy live entertainment, drinks, and appetizers!

Join us on the 4th Sunday of every month for our Family Brunch at 11:00am-1:00pm. Please call our business office at 765-521-4740 and let us know that you will be joining us!



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 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,

Laura Lisa Stamper
Executive Director

LIVING ARTS

Over the winter season, residents have been exploring the artesian world. We started by making white sock snowmen, which are decorative for this time of year. In addition, we also created a winter scene by having Windy Acres Ceramics host a painting party and residents painted their own ceramic snowmen. Currently, the residents have started to create Valentine wreaths and have baked Valentine cookies, for the season of love.



OUT AND ABOUT

Our residents took time off from the cold weather to eat at the Iron Kettle Restaurant in Sulphur Springs and the Steak –N- Shake restaurant in New Castle. As the month progressed, our residents ventured further away to Anderson and visited the Hoosier Park and Casino, Olive Garden Italian Restaurant, and the Pizza Hut. Everyone's food was delicious and we hope to travel further out, as the weather gets progressively warmer.



Fundraiser Update

We would like to thank everyone who donated to our Hope for the Holidays Charity in 2019. We raised \$1,535.00 for Kiwanis' "Shoes for Kids" and we plan on raising even more money for the Independence from Hunger Food Drive in 2020.



Volunteer News

In appreciation for National Law Enforcement Month our Sheriff's Deputy, Josh Smith, spoke with our residents about local news and charity events in our county. Afterwards, to show their gratitude, residents gave Josh homemade cookies to share with his family. We would also like to thank our Mayor, Greg York, for his presentation at our monthly Social Society Event. Greg did a fantastic job by giving our residents updates on road construction and current business interests for New Castle. Wrapping up the month of January, we hosted a "Dress up Your Pet" Day and many family members volunteered their time to parade their animals around for our community. We would like to thank each and everyone one of our volunteers who has given their time and energy for our residents. Everyone greatly appreciates everything our volunteers do for our campus.



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A Trilogy Senior Living Community

2800 Forest Ridge Parkway

New Castle, IN 47362

765-521-4740

seniorlivingatforestridge.com



LauraLisa Stamper
Executive Director

Vickie Taylor
Business Office Manager

Norma Kriner
Resident Activity Director

Stacey Bonwell
Director of Food Services

Lori Thompson
Director of Environmental Services

Chuck Riley
Director of Plant Operations

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