



SHELBY CROSSING

HEALTH CAMPUS

*A Trilogy Senior Living Community*

# Connection

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!

March 02	Pierina P.
March 05	Judith H.
March 05	Willie O.
March 12	Floyd W.
March 16	Agnes H.
March 21	Lida L.
March 22	Jean L.
March 23	Virginia K.

## Did You Know...?

That you can read the monthly newsletter on-line. Please follow the campus link at <http://trilogyhs.com/browse-locations/item/shelby-crossing-health-campus>

Happy Hour is weekly at 3:00. We serve beer, wine, and a drink of the week, along with light snacks. Please see the activity calendar to note whether or not there will be entertainment.

Each week, we go on outings on Tuesdays and Thursdays. Please see the activity calendar or talk to the Life Enrichment Department for more information. Please be aware outings may be cancelled due to weather conditions, especially in the winter months. Please look to LifeShare and the Assisted Living Nurses Station for updates. You may also sign up for the outings at the Assisted Living Nurses Station.

We hold a weekly ice cream social from 2:00-3:00 in Town Square every Monday, while our Resident Lloyd plays the accordion. We also hold 'Wine down Wednesday' every Wednesday from 2:00-3:00. Please look to Activity Calendar to note whether or not there will be entertainment.

## 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,

*Karen Monday*  
Executive Director

## DANCING THERAPY

We enjoy small dance breaks throughout the day whenever we get a chance!







# More DANCING THERAPY

## Live a Dream

"I've always wanted to..." Don't we all have wishes we wish we would have pursued? The Trilogy Foundation grants funds to help residents achieve their dreams! What is your dream? Do you have a friend or loved one who has a wish? In the past, we've granted dreams to ride a hot air balloon, to attend a favorite sports game, to travel out of state to visit a brand new grandchild, and more! Please see your Life Enrichment Team for details!



## VOLUNTEER SPOTLIGHT

Every Tuesday our volunteer, Lance, takes time out of his day to come and play chess with the Residents in Town Square. Don't know how to play? He is always willing to teach you! We would like to thank you Lance for taking the time each week to come in and spend time with the residents here. We really appreciate you!



## Sunday Brunch

Sunday Brunch will be held on March 15th at 11:00 AM. If you will be joining your loved one with a large group of guests, please contact the Dietary department to reserve a table. We will take room reservations up until the Tuesday before brunch. Just a reminder – each resident is able to have two complimentary guests in addition to themselves. Any additional visitors will be charged \$10.00 per adult in advance and \$12.00 day of and \$5.00 for children ages 7-12. Payments for brunch can be made in cash or check or charged to the resident's room by being in contact with the business office. This standard is pertinent to Assisted Living, Health Campus, and Legacy residents.



# SHELBY CROSSING

HEALTH CAMPUS

*A Trilogy Senior Living Community*

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Shelby Township, MI 48315

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shelbycrossinghc.com |

*Karen Monday*  
Executive Director

*Marcus Badia*  
Administrator in Training

*Leah Klauss*  
Director of Health Services

*TBD*  
Assistant Director of Health Services

*Kathryn Leonhard*  
Legacy Neighborhood Director

*Amanda Schwark*  
Life Enrichment Director

*Chris Solomon*  
Director of Plant Operations

*Patrick Ridgell*  
Director of Environmental Services

*Laicee Laforet*  
Director of Social Work

*Coral Karpinski*  
Director of Food Services

*Caitlyn Marsh*  
Community Services Representative

*Colleen Balla*  
Therapy Director

*Kelly Mattox*  
Business Office Manager

## 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)*

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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
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
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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