



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!

March 04	Wayne A.
March 25	Nancy F.
March 27	MaryBelle H.
March 31	Donna J.

Upcoming Events

3/14 Pi Day Activities

3/15 Sunday Brunch

3/31 Taste of Town Lunch

Sunday Brunch

Sunday Brunch will be held on Sunday March 15, 2020. If you would like to reserve a table please RSVP to guest relations.

Did You Know...?

Happy Hour is weekly!
Every Friday at 3:30pm!

Out and About

When the days are shorter and the temperatures are lower it's only natural to want to stay inside! But here at Silver Oaks we did not let Old Man Winter keep us down! There are plenty of fun places to visit in the winter. We went to Doughnut Central, Brown County Music Center for a Live a Dream Concert, to the Columbus Community Lights Tour, and enjoyed leisurely cruises around town. We can't wait to see where we can go next!

Executive Director Corner

Greetings from Silver Oaks Health Campus. March is upon us, and spring is just around the corner! I hope that each of you had a cozy winter, and that you are ready to get outside and participate in the variety of fun events and activities that spring has to offer. Stay tuned to our campus Facebook and Twitter pages for updates on what's going on at Silver Oaks. We'll be posting pictures, as well as information about events where you can join in on the fun!

With March being National Nutrition Month, I would like to take this time to highlight our outstanding Dining Services Team. This group of men and women work tirelessly to provide our residents (and oftentimes, family members) with made-from-scratch, healthy meals every day. As with all of the services we offer, our meals are based on the needs and preferences of our residents. Programs such as our Chef's Circle ensure that

the suggestions of those we serve are taken into account when creating our menu. At Silver Oaks it's not unusual to see a resident recipe featured at breakfast, lunch, or dinner!

By now, you probably have received one of our CSS Surveys in the mail. At our campus, we know there is always room for improvement, and we welcome your feedback and suggestions through our spring Customer Satisfaction Survey. As you complete the survey, please know that a score of '10' is not an indicator of perfection. Rather, by scoring us a '10', you are indicating that we have exceeded your expectations for the last six month period. We look forward to hearing your feedback!

I hope that you have a wonderful March. As always, it is a pleasure to serve you!

Yours in Service,
Pamela Cole
Executive Director

Mens Lunch



THESE SMILES ARE A TEN!



National Wear Red Day!

This year we participated in the National Wear Red Day Event!! Why Go Red? Heart disease and stroke cause 1 in 3 deaths among women each year, killing approximately one woman every 80 seconds. Fortunately, we can change that because 80 percent of cardiac and stroke events may be prevented with education and action.

Here at Silver Oaks Staff & Residents alike supported this cause by wearing red, and promoting a heart healthy lifestyle!





SILVER OAKS

HEALTH CAMPUS

A Trilogy Senior Living Community

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Life Enrichment Director

Shawn Burge
Director of Food Services

Jordan Brumett
Assistant Director of Food Services

Melissa Hacker
Director of Therapy

Lindsay Eldridge
Social Services Director

Ashley Harbaugh
Community Services Representative

Stay in the Loop [t](#) [f](#)

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.

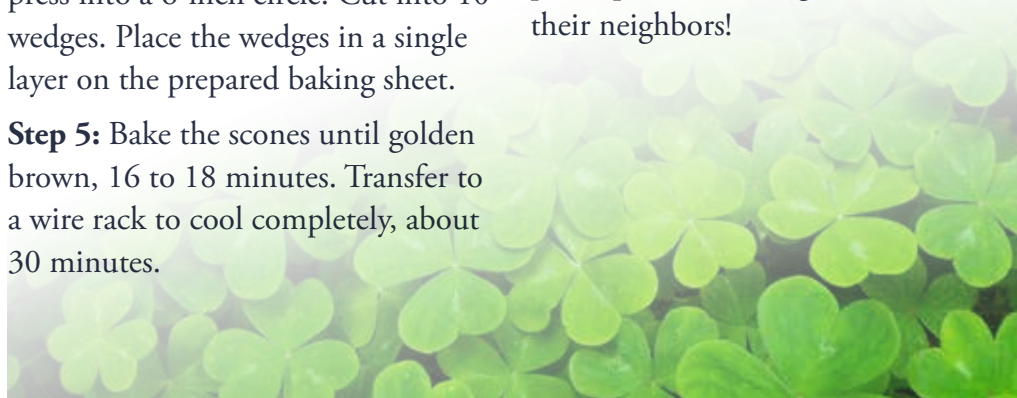
Step 3: Whisk buttermilk, maple syrup and egg in a medium bowl until blended. Add the wet ingredients to the dry ingredients and stir just until combined; do not overmix.

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