



SMITH'S MILL

HEALTH CAMPUS

A Trilogy Senior Living Community

News

March 2020



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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Outings

We love doing activities here at Smith's Mill, but it is nice to get out into the community. We are looking forward to doing lots of fun outings in New Albany and the Columbus area.



COMMUNITY CONNECTIONS

Football, food, funny commercials, drinks and lots of excited people helped make a great Super Bowl party here at Smith's Mill Health Campus. We had lots of people come in from the New Albany community to watch the game and check our campus.



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,

Jessica Kline, LNHA
Executive Director



Activities Corner

We have lots of animal lovers in our community and we really enjoy the visits we get from our furry friends. George looks forward to seeing his buddies Roxie and Gracie. They bring smiles to everyone in our community.



Smile of the Month

Our very first resident Jackie has been really busy here at Smith's Mill Health Campus. She has been giving our staff baking lessons, playing bingo and reminiscing with our staff. Her kind heart and warm smile brightens our day and we are glad she is part of the Smith's Mill family.



ARTISAN PROGRAM

Our new Life Enrichment Assistant Sia assisted Jackie in making some beautiful bracelets for herself and her daughters. They had a great time and look forward to making more in the future.



Did You Know...?

You can read the monthly newsletter on-line. Please follow the campus link smithsmillhc.com

The Private Dining Room can be reserved by families for birthday parties and other special events. Please contact the campus to reserve the space when needed.

Happy Hour is held every Friday afternoon at 3:30pm. Please join us for some great appetizers, beverages and fun!

The Trilogy Foundation grants Live a Dreams to those residents who wish to experience something they have always wanted to do and/or relive an experience from their past. Contact the campus if your loved one has a dream so we can help make it reality!



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7320 Smith's Mill Rd
New Albany, OH 43054
614-245-1060
smithsmillhc.com |

Jessica Kline, LNHA
Executive Director

Teri Lones, RN
Director of Health Services

Amy Wissinger, RN
Assistant Director of Health Services

Nick Thompson
Community Services Representative

Regan Campbell
Customer Service Specialist

Christine Pringle
Life Enrichment Director

Reid Bailey
Director of Plant Operations

H. Tom Grubbs
Director of Food Services

Allen Lifer
Business Office Manager

Abby Holland, DPT
Program Director

Amy Schmit
AP/Payroll Coordinator

Courtney Starr
Director Social Services

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@trilogybs.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.

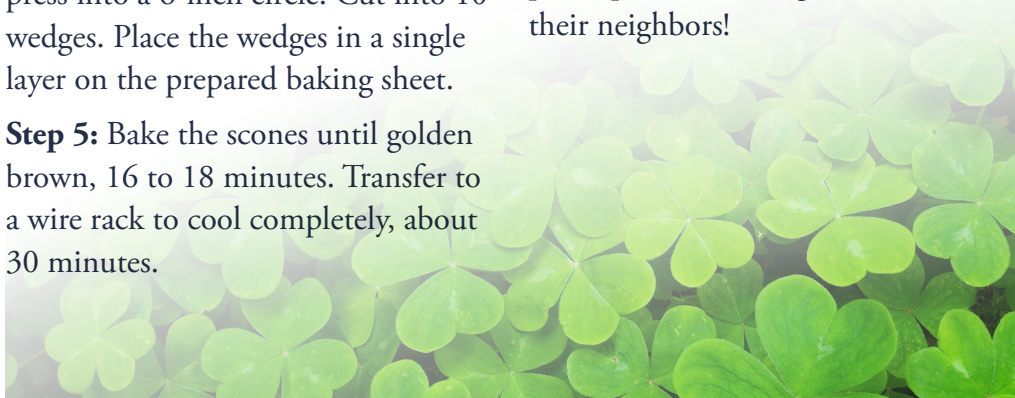
Step 3: Whisk buttermilk, maple syrup and egg in a medium bowl until blended. Add the wet ingredients to the dry ingredients and stir just until combined; do not overmix.

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
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BRUNCH	DOUGH	HEALTHY	RECIPE
CIRCLE	FAMILY	IRISH	SCONES
CONNECTIONS	FIBER	PREPARE	ST PATRICK
DELICIOUS	GLAZE	PROGRAM	TREAT