



SPRINGHURST

HEALTH CAMPUS

*A Trilogy Senior Living Community*

# Sentinel

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 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),

*...continued on back page*

# Happy Birthday!

## Health Center

|          |             |
|----------|-------------|
| March 03 | Wilma G.    |
| March 04 | Dale K.     |
| March 14 | Robert B.   |
| March 15 | Verna L. B. |
| March 21 | Pauline M.  |

## Assisted Living

|          |                |
|----------|----------------|
| March 03 | Wilma A. G.    |
| March 04 | Dale L. K.     |
| March 06 | Mildred C.     |
| March 07 | Margaret P. Y. |
| March 11 | Betty L. R.    |
| March 25 | Irven W.       |
| March 25 | Marjorie J.    |

## Celebrity Birthdays

- Javier Bardem (actor)  
– March 1, 1969
- Ralph Ellison (novelist)  
– March 1, 1914
- Jean Harlow (actress)  
– March 3, 1911
- Catherine O'Hara (actress)  
– March 4, 1954
- Michelangelo (artist)  
– March 6, 1475
- Bobby Fischer (chess player) – March 9, 1943
- Diane Arbus (photographer)  
– March 14, 1923
- Albert Einstein (physicist)  
– March 14, 1879
- Katie Ledecky (swimmer)  
– March 17, 1997
- Nat King Cole (jazz musician) – March 17, 1919
- Queen Latifah (entertainer)  
– March 18, 1970
- Do Won Chang (retailer)  
– March 20, 1954
- Reese Witherspoon (actress)  
– March 22, 1976
- Céline Dion (singer)  
– March 30, 1968

## 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,

*Alyssa Holliday*  
Executive Director

## PHOTO HIGHLIGHTS





# More PHOTO HIGHLIGHTS



## Live a Dream

The Live a Dream program demonstrates our continued commitment to exceeding the expectations of our seniors and their families in everything we do. Live A Dream offers opportunities for seniors to enjoy activities that they used to do more often, but have since been unable to do so. This time, however, we make them extra special! Live A Dream not only grants these chances, such as skydiving, zip lining, or riding motorcycles, but we also grant priceless experiences that encourage us all to keep our dreams alive.

## Sunday Brunch

Join your loved one for brunch March 15, 2020. We offer two free tickets per resident, if needing more tickets the cost to purchase is only \$7.00 each

## Upcoming Outings

March 04, 2020

Daniel Daughters

Farmhouse Restaurant

March 11, 2020

Indiana Art Museum

March 18, 2020

Target

March 25, 2020

Cheddar's Scratch Kitchen

## Out and About

Bus Rides Every Friday

## Happy Hour

Every Friday at 3:00pm

## Time to Wake Up

March is the month that many hibernating animals wake up from their long sleep. Here are some cool facts about this winter rest:

- Animals that hibernate include bears, hedgehogs, bats, skunks, bees, frogs, squirrels, snails, turtles, and mice.
- Many animals have a heart rate of just 10 beats per minute while hibernating.
- Hibernating bats can go up to an hour between breaths.



# SPRINGHURST

HEALTH CAMPUS

*A Trilogy Senior Living Community*

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Greenfield, IN 46140

317-462-7067

springhursthc.com |  

*Alyssa Holliday*  
Executive Director

*Alissa White*  
Director of Health Services

*Teri House*  
Community Services Rep.

*Angie Brooks*  
Life Enrichment Director

*Dana Kirkpatrick*  
Director Resident Services

*Lori Wagner*  
Director of Food Services

*Angie Janes*  
Director of Environmental Services

*Lindsey Bruce*  
MDS Coordinator

*Deb Vetter*  
Legacy Neighborhood Director

*Jean Wuerch*  
Villa Lifestyle Director

## 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)*

*Newsletter Production by PorterOneDesign.com*

# 'Scones'

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work butter into the flour mixture until it resembles small pebbles. Add currants and toss to coat.

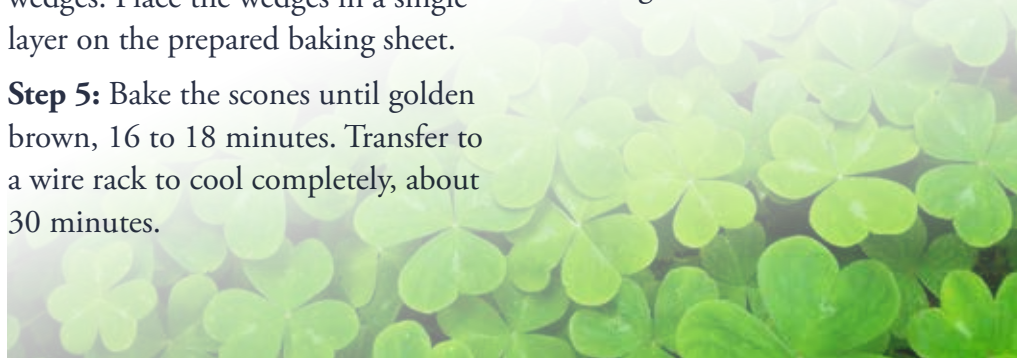
**Step 3:** Whisk buttermilk, maple syrup and egg in a medium bowl until blended. Add the wet ingredients to the dry ingredients and stir just until combined; do not overmix.

**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

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
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| 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 |
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| 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 |
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BRUNCH  
CIRCLE  
CONNECTIONS  
DELICIOUS

DOUGH  
FAMILY  
FIBER  
GLAZE

HEALTHY  
IRISH  
PREPARE  
PROGRAM

RECIPE  
SCONES  
ST PATRICK  
TREAT