



ST. ELIZABETH
HEALTHCARE CAMPUS

A Trilogy Senior Living Community

Elizabethian

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

Carolyn A.	03/04
Donald M.	03/05
Margaret B.	03/06
Pearl G.	03/21

Staff

Shannon S.	3/10
Lileigh B.	3/13
Deb B.	3/14
Catherine S-B.	3/15
Deb B.	3/17
Bonny M.	3/18
Erin B.	3/19
Erinn C.	3/24
Abbee F.	3/30

Taste of Town

Residents enjoyed eating from Chili's in the month of January.

Live a Dream

Please let a Life Enrichment team member know if you have a live a dream you would like us to fulfill. We would be honored to help with this.

Sunday Brunch ►

Our next Sunday Brunch will be held on Sunday, March 15, 2020. We will be celebrating many things this day, Taste of Trilogy, having our Spring Bazaar/Community Easter Egg Hunt and entertainment. Come enjoy time with your loved one while enjoying delicious food prepared by our wonderful dietary department. Please RSVP ahead of time, as always two guests eat free all other guests is \$7.00 for the meal.



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,

Shelly Dyrek
Executive Director

Our next Family Night will be held on Tuesday, May 12, 2020 at 5:00pm.



Entertainment

Along with all of the Happy Hour entertainment, we also enjoyed Piano with Shirley, the Columbian Park Zoo, the Lockport Church, the Cutler Band, the Mennonites, Hymns with the Nana's and Papa's and the Delphi United Methodist Church Wesley Weds group, just to name a few.



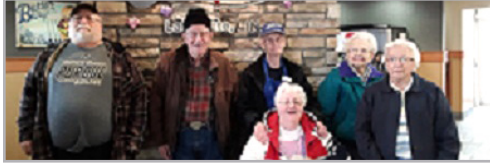
Crazy 8 Game

Customer Satisfaction Survey

It is that time again and we cannot wait to hear from you! Surveys have been mailed out and we would appreciate your input on how we are doing. Please remember that a 10 does not mean that we are perfect, it means that we are meeting your expectations. If you do not believe in a 10, please write in the comment section why so that we can get our score to the 10 we want it to be. Thank you!

OUT & ABOUT

We were happy to get out and about in the month of January! Residents enjoyed going on scenic drives, our monthly trip to White Oaks for fun and games, shopping at the Lafayette Walmart and Gordmans. We also enjoyed going to lunch at Treeces in Rossville, the Lafayette IHOP, the Lafayette Culvers and going to our church lunch and bingo.



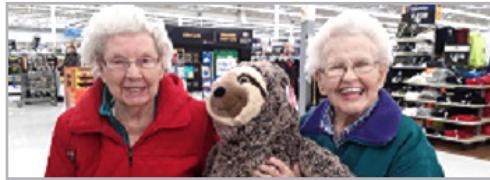
Culvers



Gordmans Shopping



IHop



Shopping at Walmart

Intergenerational Fun

We love having the Delphi Community Elementary School third graders come every Tuesday! We enjoyed the Columbian Park Zoo with them, playing bingo, doing winter crafts and enjoying a snack.



Adams Class



Kitchel 3rd grade

ACTIVITY PHOTO HIGHLIGHTS



Activity Staff



Art Class



Ball Toss Fun



Cooking Class



Chinese New Year

In January, we enjoyed entertainment with Lee H., Jeff A., Sam P., and John B. We also celebrated our January birthdays during one of our Happy Hours.

LifeShare

If you or your loved one would like to know more about LifeShare, please contact our Life Enrichment Department today.

Volunteer News

We love our volunteers! We are always looking for ways to enrich the lives of our Residents. If you would like to become a volunteer, please visit our Life Enrichment team to discuss the possibilities. In addition, when you see our volunteers please thank them for their time. Thank you!

Senior Exec. Club

March is a month full of excitement and life. Whether it is the March Madness of college basketball, the thought of St. Patrick's Day or the beginnings of spring, March promises lots of fun and excitement. Speaking of fun and excitement, we here at St. Elizabeth Healthcare Campus are bringing the fun this month as well. As always, we are holding our Senior Executive Club on Wednesday, March 18th at 1:30pm in our Harvest Café. This event is for seniors 55 years young and up and who are looking for an afternoon of food, fun and education. Stay tuned for more information on this fun springtime event. Annual Spring Bazaar and Easter Egg hunt is scheduled for Sunday, March 15th. If you have any questions please feel free to contact me and be sure to make your reservation by March 15th.

Amber Beatty

Customer Service Representative



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Shelly Dyrek

Executive Director

Cheryl Wise

Director of Health Services

Katelyn Allen

Assistant Director of Health Services

Amber Beatty

Community Service Representative

Tammy Krpan

Business Office Manager

Amber Lantz

Life Enrichment Director

Dr. Li, MD

Medical Director

Kelly Best

Director of Social Services

Cindy Fisher, RN, BSN

MDS Coordinator

Sarah Hoss

Customer Service Specialist

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
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BRUNCH
CIRCLE
CONNECTIONS
DELICIOUS

DOUGH
FAMILY
FIBER
GLAZE

HEALTHY
IRISH
PREPARE
PROGRAM

RECIPE
SCONES
ST PATRICK
TREAT