



STONEBRIDGE

HEALTH CAMPUS

*A Trilogy Senior Living Community*

# On Campus

March 2020



## Irish Soda Bread Scones Recipe

Enjoy your Saint Patty's Day with a delicious and healthy snack! Provided by [EatingWell.com](http://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!

## Residents

Lena W.	March 4
Patrick J.	March 17
David L.	March 17
Larry B.	March 19
Doris F.	March 19
Roger C.	March 19
Jewell S.	March 22
Nellie P.	March 25
Betty P.	March 30

## Sunday Brunch

This month's Sunday Brunch will be held on Sunday, March 8th from 11:00 until 1:00. In continuing our effort to better serve our residents and families, please RSVP by Thursday, March 5th to assure seating. Each resident will have 2 complimentary guest meals. Each meal after will be \$7.00. If you have any questions, please contact the campus. We look forward to seeing everyone!

## Live A Dream

Please help us discover what dreams your loved one has. What is something special that your loved one would love to do again, has always wanted to do, or thought it would be impossible to do? *Your Life Enrichment Department is only a phone call away and they are waiting to make dreams come true.*

## Did You Know...?

That you can read the monthly newsletter on-line. Please follow the campus link at [Stonebridgehs.com](http://Stonebridgehs.com)

The Private Dining Room can be reserved for Resident birthdays or special occasions?

Happy Hour is weekly on Fridays from 3:00-4:00pm



## 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,

*Sara Kelley*

Executive Director

## Photo Highlights

*Doris F., Alex K., and Flornce C. - Mardi Gras* ▶



*Marilyn O. and Laurie N. Mardi Gras*



*Flora H. Mardi Gras*



*Jessie H. creating a beautiful piece of art.*

# VOLUNTEER NEWS

Many times our volunteers have skills and talents that staff members do not, such as singing or playing a musical instrument. Nothing makes our residents' day or provides a sense of community like enjoying these forms of entertainment.

For more information or to sign up as a volunteer, please contact Laurie Neel at 812-278-8195 or email [laurie.neel@stonebridgehs.com](mailto:laurie.neel@stonebridgehs.com)



*Volunteers Bonnie and Stacy come every Sunday, plus one Tuesday evening a month to sing and play music for our residents.*



*Deacon Dave provides Catholic Service for our residents.*



*Ty V. comes every week to call Bingo and play scrabble with our residents.)*

## *LifeShare*

Each resident room is equipped with LifeShare, an internet based program that helps families stay connected with their loved ones through emails and text messages. Pictures can also be sent. The residents can play various games and listen to music right on their TV screen through this program. Each resident is assigned an email address when they arrive. It will usually be structured: `firstname.lastname@lifesharemail.com` Website is [www.lifesharetech.com](http://www.lifesharetech.com) Or you can ask your Life Enrichment Associate for details when you visit.

## Family Night

Please join us for Family Night with your loved one on Thursday, March 12 @ 5:00 pm



*Business Office Manager, Anita S. serving up some of the great food at one of our Family Nights.*

## Employee of the Month: Renae



Renae is a wonderful part of our StoneBridge Family. Her

compassion and commitment to our residents and their families is obvious each and every day. Renae has a kind spirit and calming presence that makes Stonebridge a better place to live and work. We are so thankful for her.



# STONEBRIDGE

HEALTH CAMPUS

*A Trilogy Senior Living Community*

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812-278-8195

stonebridgehs.com |

*Sara Kelley*  
Executive Director

*Katie Kleber*  
Director of Health Services

*Sonya Miller*  
Assistant Director of Health Services

*Tammy Baily*  
Community Service Representative

*Laurie Neel*  
Director of Life Enrichment

*Amy Stewart*  
Director of Assisted Living

*Sasha Probasco*  
Legacy Lane Coordinator

*Cindy Carver, LPN*  
Director of Resident Services

*Amanda Happel*  
Director of Dietary Services

*Tessa Hayes*  
Therapy Program Director

*Donna Burgess*  
Environmental Services Supervisor

## 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.

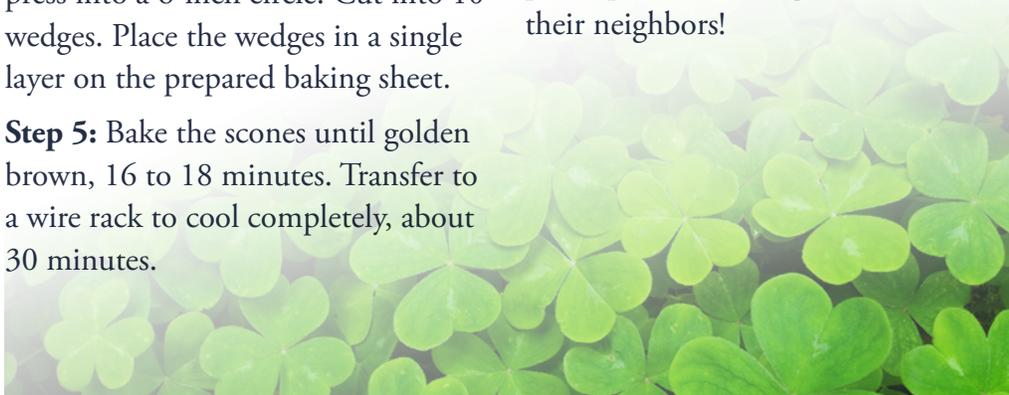
**Step 3:** Whisk buttermilk, maple syrup and egg in a medium bowl until blended. Add the wet ingredients to the dry ingredients and stir just until combined; do not overmix.

**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

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
Z	Q	E	T	P	E	R	E	D	T	R	E	A	T	N	R	S	Q	L
C	W	T	E	B	Z	B	A	F	A	U	U	Z	P	W	A	H	M	I
F	P	R	F	K	D	V	Q	M	P	A	A	E	A	T	M	B	D	C
N	P	R	T	Y	M	K	G	S	I	M	N	Z	T	A	R	M	W	I
N	Q	E	A	A	C	Y	D	W	S	S	N	T	R	R	M	I	N	O
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

DOUGH

HEALTHY

RECIPE

CIRCLE

FAMILY

IRISH

SCONES

CONNECTIONS

FIBER

PREPARE

ST PATRICK

DELICIOUS

GLAZE

PROGRAM

TREAT