



STONEGATE
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 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

March 1	Wilma P. 95
March 3	Lawrence P. 55
March 3	Gerald B. 85
March 7	Lilly M. 77
March 8	Mark B. 66
March 14	Frederick B. 75
March 18	Virginia L. 90
March 23	Phyllis L. 97
March 27	Johnny M. 75
March 28	Rusty I. 63

Tender Heart Therapeutic Arts & Crafts

We have recently partnered with Tender Heart Therapeutic Arts & Crafts. They are a one of a kind, social worker-based company that brings individual and group therapy to residents using interactive tools. They use arts and crafts, games, and other therapeutic projects to work towards unique goals and objectives. Tender Heart will be here every Tuesday afternoon. Please contact the Life Enrichment team if you have any questions and are interested in joining the group!

Did You Know...?

We have started a new program for 2020! We have had so much fun trying Virtual Reality! Every Monday and Wednesday at 1pm we are experiencing fun new places around the world! With the Oculus VR headset we've soared over Bryce Canyon, took a Gondola ride in Venice, and even discovered Mars! The possibilities of Virtual Reality are endless! We can't wait to see what fun experience we discover next!

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,

Karen Marzec
Executive Director





Health Campus Spotlight: PEGGY S.

Peggy is a female resident here at Stonegate Health Campus. She was born in Osceola, Arkansas but grew up in Michigan. Her favorite memory from her childhood was just being with her mother and father. Later in life, she loved raising her children- David, Tonya, Randy Jamie, and Robert. Peggy's favorite food is Chicken and dressing and she loves listening to Elvis! Her favorite things are jewelry, flowers, and music. Peggy loves being a mother and she loves visiting with her kids.



Assisted Living Spotlight: BOB L.

Bob grew up in Lapeer on a farm on Morris Road and as a child, his family attended Hunter's Creek Church. He ended up going to Michigan State University where he met friends who liked to sing just as much as him. Bob decided to attend Moody Bible College for a music major but ended up studying the Bible. He found he loved God's word and teaching the Bible to others, in hopes of bringing them to salvation. He was a pastor at several churches including in Alpena, Ohio and Belding,

Michigan. Bob has 3 sons from his wife Elsie who passed away in 2012. He also has 6 grandchildren! Bob ended up selling his family farm and moved in to Stonegate in 2013, where he can be found leading Bible studies on Tuesdays!

Taste of Town

Stonegate Health Campus looks forward to bringing in the taste and spirit of many local restaurants in Lapeer to our residents. Taste of the Town is a monthly event where the campus chooses a local restaurant and arranges for a favorite meal to be brought to the campus for the residents to enjoy. Our next Taste of the Town will be sponsored by E.G. Nick's on March 24th! If you are a local restaurant owner or know of a local restaurant to suggest for Taste of Town, please let us know!

Sunday Brunch

March's Brunch will take place on Sunday, March 8th! Please invite family and friends to join us for some fun and fabulous food! Please make reservations. We hope to see you there!

Volunteer News

Why volunteer? Here are just a few benefits:

- Personal satisfaction
- Community involvement
- New, meaningful friendships
- Developing new skills
- Utilizing your skills to teach others

Suggested ways to volunteer include but are not limited to:

- Manicures (nail painting)
- Visiting with residents
- Leading an activity or teaching a skill, such as knitting or crocheting
- Reading to residents

Please contact us if you are interested in volunteering!



STONEGATE

HEALTH CAMPUS

A Trilogy Senior Living Community

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*Brandon Birkner
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Director of Plant Operations*

*Eric Schwark
Director of Dining Services*

*Ruthann Hicks
Director of Environmental Services*

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*Angie Howe
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Scheduling*

*Mistry Martin
AP/Payroll*

*Naomi Taylor
Director of Social Services*

*Adam Ahlgren
Director of Therapy*

*Breanna Patton
Guest Relations*

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
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
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R	D	M	E	W	E	T	R	Q	G	W	C	A	W	O	U	V	X	L

BRUNCH
CIRCLE
CONNECTIONS
DELICIOUS

DOUGH
FAMILY
FIBER
GLAZE

HEALTHY
IRISH
PREPARE
PROGRAM

RECIPE
SCONES
ST PATRICK
TREAT