



THE GLEN

A Trilogy Senior Living Community

Gazette

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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Happy Birthday!

Residents

Russell F	3/15
Randy B	3/21
Ruth W	3/31

Staff

Shelby F	3/2
Valerie W	3/7
Anne A	3/9
Jenny T	3/14
Charlene M	3/21
Carrie B	3/28
McKayla J	3/28

Volunteer News

Do you have a hobby or activity that you enjoy, that you would like to share with our residents?

We are currently looking to grow our volunteer program in activities, such as Bingo, painting nails, lifelong learning, arts/crafts projects, gardening, pet visits, outings, in-room visits, etc. Please contact a member of our Life Enrichment team if you or someone you know would be interested in giving the gift of time.



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,

Valerie Wallen
Executive Director

LIVE A DREAM

Swimming with sea turtles, climbing Mt. Everest, exploring the Grand Canyon... You name it, and our new Virtual Reality goggles can take you there! We have been having so much fun exploring the world from the comfort of our homes.



Artisan Program

Artisans is one of our favorite groups here at The Glen! It helps to keep our brains sharp, initiates creativity, and builds friendships.



Trilogy Fit

Staying active, while also having fun is very important here at The Glen! We love getting together and playing balloon volleyball.



Legacy Lane Spotlight

We have been having fun and keeping busy here at Legacy Lane! We have shared some good moments together this past month and are looking forward to more to come.



ACTIVITY FUN

One of our residents shared the wonderful idea of playing “Hungry, Hungry Hippos” at the Inspired Living Committee. Her wish came true and we played last month! It was so much fun and the laughter was endless.



Sunday Brunch

Please join us for our next Sunday Brunch on March 15th, from 11:00am-12:00pm OR 12:30-1:30pm. Please RSVP with number attending to Mary Cales, the Life Enrichment Director. The first two guests are complimentary, any additional will be \$10.

Theme Dinner

Join us for our first Theme Dinner of the year! This will take place on February 20th starting at 4:00pm. We will have live entertainment and delicious food! The theme for this dinner is “Willy Wonka”, so please feel free to dress up. This is something you will not want to miss!

Did You Know...?

That you can read the monthly newsletter and calendars on-line. Please follow the campus link www.theglensl.com.

The Private Dining Room can be reserved for private parties, family dinners, birthday dinners and any other special event. Please contact the Life Enrichment Director, Mary for reservations.

Happy Hour is held weekly on Friday at 3:30pm.

The Trilogy Foundation grants Live a Dreams to residents wishing to experience something they have always wanted to do, or relive an experience they have enjoyed in the past. For more information please contact the Life Enrichment Director, Mary.



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theglensl.com |  

Valerie Wallen
Executive Director

Jenny Lowell
Director of Health Services

Chelsie Gray
Assistant Director of Health Services

Andrea Garton
Staff Development Coordinator

Erin Cecil
Customer Service Representative

MDS Coordinator
Krista Harmon

Earleen Cox
Business Office Manager

Mary Cales
Life Enrichment Director

Carla Young
Director of Resident Services

William Russell
Director of Plant Operations

Adam Jennings
Director of Dining Services

Christie Jennings
Therapy Program Director

Preston Robinson
Environmental Services 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*

'Scones'

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

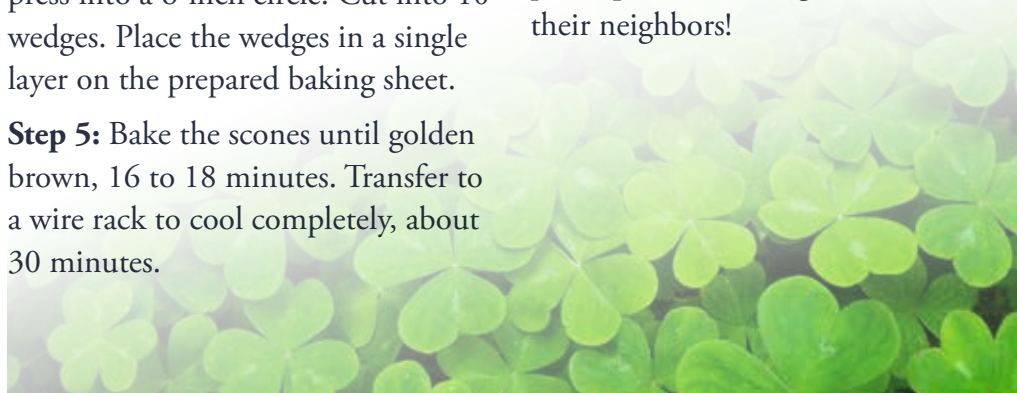
Step 3: Whisk buttermilk, maple syrup and egg in a medium bowl until blended. Add the wet ingredients to the dry ingredients and stir just until combined; do not overmix.

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