



THE MEADOWS
OF KALIDA

A Trilogy Senior Living Community

Messenger

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),

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Happy Birthday!

Residents

3/01	Norene R.
3/02	Ann B.
3/10	Carol R.
3/11	Agnes H.
3/17	Robert S.
3/19	Phillip G.
3/23	Eleanor S.
3/30	Deloris G.

Sunday Brunch

Our next Family Brunch will be held on Sunday, March 08 from 11:00am until 12:30pm. The first two members of your family are complimentary, with each additional family member being \$10.00. Please RSVP when on campus or by calling 419-532-2961.

Senior Exec.Club

Senior Executive Club is scheduled for Tuesday, March 17 at 1:00pm. Please RSVP to Leigh or Taylor by Monday, March 16. We hope to see you here!

Did You Know...?

You are able to view our latest edition of The Meadows of Kalida Messenger as well as our current Life Enrichment Calendar on our website www.meadowsofkalida.com.



Executive Director Corner

Welcome to March!

It's hard to believe

that springtime is already on the horizon. My daughter did not get to make a snowman this year, so that was a little disappointing. But after years of northeast Ohio winters I will gladly accept a mild winter. I want to personally thank everyone for the warm welcome I have received and it has been a pleasure to meet such a caring group of people.

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 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 all of the wonderful things each team member does everyday, 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,

Jim Melia

Executive Director

JANUARY'S FAMILY BRUNCH



Roger L. and family enjoying Sunday Brunch.



Alice P. and family enjoying Sunday Brunch.

ARTISANS



Our monthly painting class always results in a wonderful creation! This month we enjoyed painting a winter fox! (left- Carol E., right- Ron K.)



Helen S., Esther H., Rosemary M. and Pauline O. spent time recently making a cozy blanket.

Out and About: Legacy Lane Library Trip



Our residents spent the morning enjoying all that the Putnam County Library has to offer! (left- Marelese S., right- Courtne and Arvilla H.)

Entertainment

We are happy to have the following live entertainment on campus this month:

Friday, March 20 at 3:00pm

Mark "The Trombone Guy"

Friday, March 27 at 2:00pm

Alan "The Guitar Guy"

Save the Date

In April we will be hosting
Brunch with the Easter Bunny on
Sunday, April 05 from 11:00am-
1:00pm. More details to come!



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Kalida, OH 45853

419-532-2961

meadowsofkalida.com | [t](#) [f](#)

Jim Melia

Executive Director

Donna Schnipke

Director of Health Services

Alexandria Luttfriing

Assistant Director of Health Services

Leigh Kreinbrink

Community Service Representative

Shannon Geise

Life Enrichment Director

Deanna Brinkman

Director of Social Services

Chris Rump

Director of Plant Operations

Joe Wardzala

Director of Dining Services

Pam Halker

Environmental Services Director

Stay in the Loop [t](#) [f](#)

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.

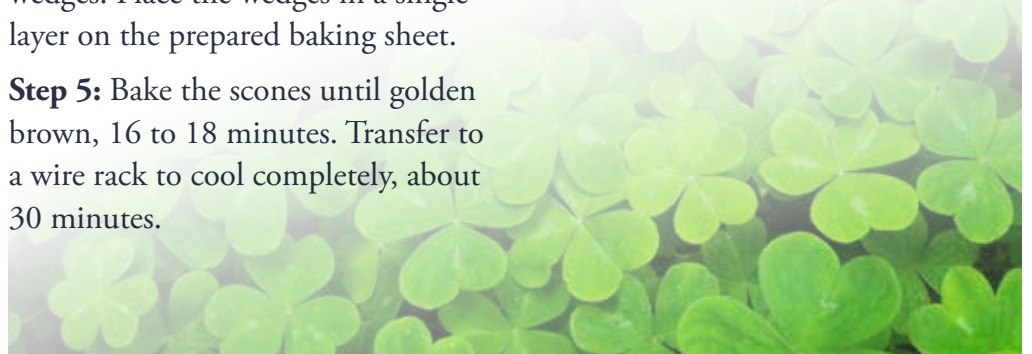
Step 3: Whisk buttermilk, maple syrup and egg in a medium bowl until blended. Add the wet ingredients to the dry ingredients and stir just until combined; do not overmix.

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
X	W	C	L	G	I	W	J	P	R	Y	S	S	C	P	C	H	Z	X
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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
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J	F	H	U	A	N	C	O	N	N	E	C	T	I	O	N	S	V	U
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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
CIRCLE
CONNECTIONS
DELICIOUS

DOUGH
FAMILY
FIBER
GLAZE

HEALTHY
IRISH
PREPARE
PROGRAM

RECIPE
SCONES
ST PATRICK
TREAT