



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

March 15 Marjorie W.
March 15 Ortencia V.
March 31 Rick S.

Staff

March 03 Hykeem S.
March 03 Shyheem S.
March 07 Mackenzie H.
March 10 Anna D.
March 14 Cheryl C.
March 17 Jessica G.
March 24 Vickie D.
March 29 Emily D.



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,

Brian Loos

Executive Director

Volunteer News

Volunteers give the gift of time. Over 3,000 people presently serve as volunteers within Trilogy campuses. Families make great volunteers! As a volunteer, you are a part of the Trilogy team. So 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 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
- Helping residents get to and from activities and meals
- Photography for special events

Out and About

We had some spare time so we headed to Fairlanes Bowling Center. It was right up our alley!





CUSTOMER SATISFACTION SURVEY

The Oaks at Cascade is a “10”!
Customer Satisfaction Surveys are due by March 25th. We value your feedback, and we are dedicated to continuous improvement. Thank you!

Happy Hour Entertainment

March 06 – Dave Strumfeld

March 13 – Marty Zyla

March 27 – Bing Higbee



Love is in the Air

February was a month of love! We enjoyed sharing love advice and all the Valentine's Day and love-inspired festivities.



Veterans Honor Wall

If your loved one has served in the military, please bring us an 8x10 photograph of them in uniform so that we can include them on our wall of heroes. If you prefer it, we're more than happy to make a copy of the photo and return the original to you. Thank you as always for joining our family. We're honored to have the opportunity to serve you, and we're thankful for all the ways in which our veterans have served us.

Sunday Brunch

Our next Brunch will be on Sunday, March 15 from 11:00am – 1:00pm in the dining room. Two complimentary guest tickets are provided. Each additional ticket is \$7 per guest. Please RSVP at the front desk or with the Life Enrichment Team!



THE OAKS AT CASCADE

A Trilogy Senior Living Community

**1157 Medical Park Dr. SE
Grand Rapids, MI 49546
616-949-7310**

theoaksatcascade.com |  

*Brian Loos
Executive Director*

*Traci Ruddle
Director of Health Services*

*Jennifer Masters
Assistant Director of Health Services*

*Emily D'Imperio
Director of Social Services*

*Becky Gibson
Business Office Manager*

*Jesse Foster
Director of Plant Operations*

*Kaitlyn Mulvey
Life Enrichment Director*

*Stephanie Mason
Director of Food Services*

*Travis MacArthur
Director of Environmental Services*

*Sarah Baldes
Therapy Director*

*Jamie Austin
Community Service Representative*

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.

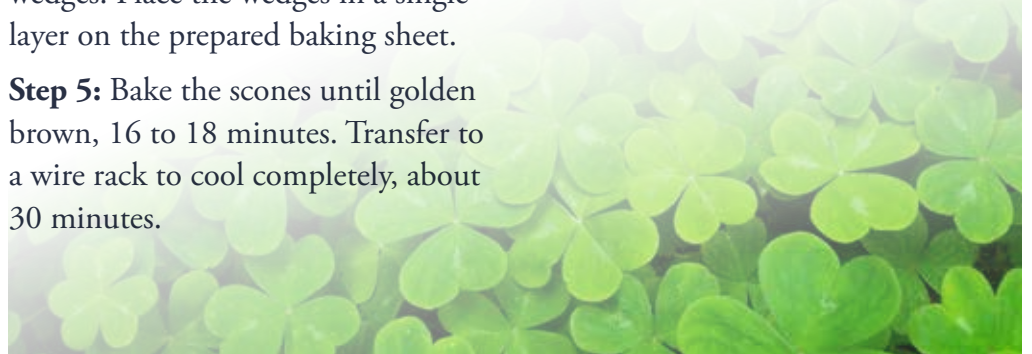
Step 3: Whisk buttermilk, maple syrup and egg in a medium bowl until blended. Add the wet ingredients to the dry ingredients and stir just until combined; do not overmix.

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