



THE OAKS  
AT WOODFIELD

*A Trilogy Senior Living Community*

# Outlook

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!

March 03	Larry C.
March 16	Mary T.
March 17	Lee W.
March 18	Jessie E.

## Happy Hour

Happy Hour is every Friday at 3:00pm in Town Square. Come join us! Bring a friend!

March 06	Joe P.
March 13	Patrick C.
March 20	Elvis
March 27	Karaoke

## Save the Date

March 06: Employee Appreciation Day – Take a moment to thank the wonderful employees that serve daily to make a difference at The Oaks. Thank you!

March 14: “Pi” Day – Stop by The Oaks for a piece of “PI!”

March 17: Taste of Trilogy from 2:00-3:30pm in Town Square – See Life Enrichment or Dining Services for details.

March 25: Birthday Bash at 2:30pm in Health Care Dining Room – with Live Entertainment from The Paint Creek Boys!

## Live A Dream

Is there something you haven't done in a long time? With our “LIVE A DREAM” program, we can recreate those special moments. We can turn those dreams into reality. Do you have an idea or suggestion? Talk to a Life Enrichment Associate today. We would love to make more dreams come true.

## 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,  
*Kelly Kyllonen*  
Executive Director

## OUT AND ABOUT

Oaks residents enjoy getting out and about twice per week, as long as the weather cooperates! We have such a great time. Whether it's going out to eat, attending a local play, or simply going for rides in the van, we have fun! Our bus only seats 14, and spots are filled based on a first come, first served basis. So check your activity calendar for all the great events, talk to a Life Enrichment Associate for details.







# ACTIVITIES CORNOR



**Lifelong Learning** LifeShare is an innovative, easy-to-use service that helps keep residents connected and engaged by allowing you to view and send messages, view photos, view today's activities and menus, read news and weather reports, and play games! Come try some LifeShare games in Town Square. Also, each room has this service available. The Life Enrichment staff would love to help you learn about this wonderful service. LifeShare is a great way to keep in touch.

## Volunteer News

**SPRING IS COMING!!** Consider **SPRINGING** into action at The Oaks as a volunteer. It will put a "SPRING in your step" and a "SMILE on your face!" Nothing makes you feel more rewarded and useful than giving back to others. Whether you have a specific talent or passion to share or if you want to just come play, residents and staff alike would be delighted to have you! Join our amazing team of volunteers. Contact Lesa Carver for details 810.606.9950.



## Family Night

Our Hawaiian Luau Family Night at The Oaks hit a record high attendance. Families and residents enjoyed a Hawaiian inspired meal followed by a stellar performance by Tom Smela! Life Enrichment Associates kept the night lively by performing the Macarena with the residents. We had a ball! We are already planning for next year's Luau!

Our next Family Night will be Tuesday, May 12th, at 6:30 PM. We are welcoming back the fabulous "SPOONMAN." Don't miss a single beat. Mark your calendars and join us for a knee-slapping, toe-tapping good time!!! See Life Enrichment for details.



**Legacy Lane Spotlight** Meet Our Legacy Ladies' BINGO Club!!! Having a great time with friends at Bingo is what we love at The Oaks. Winning is great, but hanging with friends is even better!!!



## Sunday Brunch

### *Saint Patty's Day Delights*

Join us March 08 from 11:00am-1:00pm for brunch. Our dining staff will be preparing a wonderful selection of foods to bring out the "Luck of the Irish!" Each resident receives two complimentary meal tickets. Additional tickets may be purchased from the business office for \$7 each. Reservations are recommended to insure prompt seating. Select either the 11:00am or noon meal service. Please RSVP by Thursday, March 05. You'll have an amazing afternoon with good food and great friends. That's no blarney!

## Taste of Town

Our next Taste of Town is Friday, March 13. Every month residents enjoy having a local restaurant provide lunch. Have you been to a great restaurant in the area? Let us know. We would love to include them in our TASTE OF TOWN Program. Talk to Life Enrichment or Dining Services.



# THE OAKS AT WOODFIELD

*A Trilogy Senior Living Community*

**5370 East Baldwin Road**

**Grand Blanc, MI 48439**

**810-606-9950**

**theoaksatwoodfield.com |  **

*Kelly Kyllonen*  
**Executive Director**

*Lindsay Lloyd*  
**Director of Health Services**

*Judi Cottrell*  
**Customer Service Representative**

*Joe D'angelo*  
**Customer Service Specialist**

*Lori Bowie*  
**Rehabilitation Director**

*Lesla Carver*  
**Life Enrichment Director**

*Jennifer Flood*  
**Director of Social Services**

*Phillip Osmun*  
**Director of Food & Dining Services**

*John Smith*  
**Head Chef**

*Amanda Allen*  
**Environmental Services Director**

*Karen Goldstein*  
**Guest Relations**

*Kristy Watson*  
**Assisted Living 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](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.

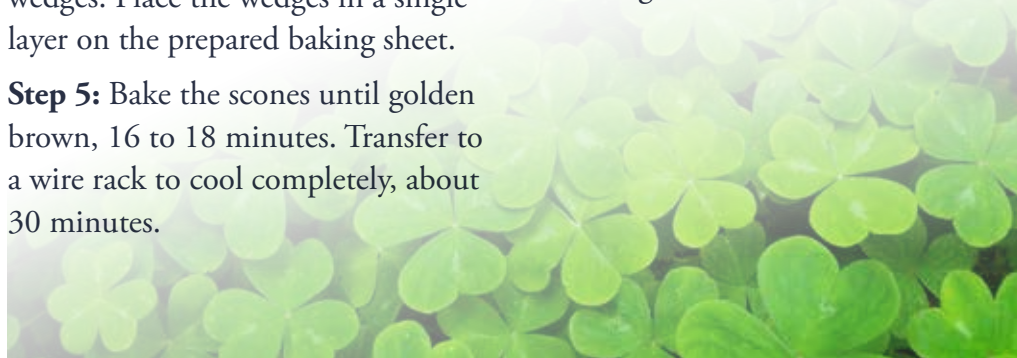
**Step 3:** Whisk buttermilk, maple syrup and egg in a medium bowl until blended. Add the wet ingredients to the dry ingredients and stir just until combined; do not overmix.

**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
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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  
CIRCLE  
CONNECTIONS  
DELICIOUS

DOUGH  
FAMILY  
FIBER  
GLAZE

HEALTHY  
IRISH  
PREPARE  
PROGRAM

RECIPE  
SCONES  
ST PATRICK  
TREAT