



THE SPRINGS  
AT LAFAYETTE

*A Trilogy Senior Living Community*

# News

March 2020



## Irish Soda Bread Scones Recipe

Enjoy your Saint Patty's Day with a delicious and healthy snack! Provided by [EatingWell.com](http://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),

*...continued on back page*

# Happy Birthday!

## Residents

Betty G.	March 09
Larry H.	March 10
Justine C.	March 15
Don H.	March 19
Jack S.	March 29
Arevia S.	March 29
Meredith W.	March 30

## Staff

Chelsea T.	March 03
Victoria S.	March 04
Mandi B.	March 10
Roxie S.	March 14
Keaireana M.	March 15
Martha H.	March 17
Mandy O.	March 23
Linda K.	March 24
Tia W	March 26
Lu Anne M.	March 27

## 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,

*Justin Rife*  
Executive Director

## Save the Date

- National Oreo Day 03/06
- Daylight Savings Time Begin 03/08
- National Pie Day 03/14
- St. Patrick's Day 03/17
- First Day of Spring 03/20

## Family Night

Thursday, March 12th

## Brunch

Sunday, March 8th



## PHOTO HIGHLIGHTS

*We love our "BFF" here at the Springs*



## Smile of the Month: *Sharon H.*



## MORE PHOTO HIGHLIGHTS



*Saturday watercolor art class*



*Everyone loves to get their nails done with our wonderful "neat nail" volunteers*



*Friday happy hour dance session*

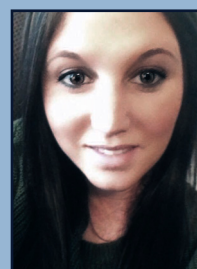


*We love our "BFF" here at the Springs*

## Entertainment

Wildcat Creek	03/06
Jeff Anderson	03/13
Mike Almon	03/20
Malachi J.	03/27
Creature Comforts	03/37

## A Note from Life Enrichment



Hello everyone!  
It's March  
which means  
you should be  
getting your  
CSS surveys  
in the mail.

As always, we are asking for those "10". Please be reminded that "10" doesn't mean we are perfect but that we are meeting your needs. I would also like to remind you as you are filling out your survey that 10=A, 9=B, 8=C, and anything less that means we are failing. If for any reason we are not meeting your needs please let us know so we can fix any issues you may be having. A great way to do so is by joining our monthly resident council meetings. You can find those dates on your monthly activity calendar. We are very excited about our upcoming CSS return family night March 12th. Be on the lookout for more fun details to come. Your opinions matter so be sure to turn those in. Now let's have a wonderful March! Spring is just around the corner!

Warmly,

*Amber McCall*  
Life Enrichment Director





# THE SPRINGS AT LAFAYETTE

*A Trilogy Senior Living Community*

**2402 South Street  
Lafayette, IN 47904  
765-446-9229**

**springsatlafayette.com |  **

*Justin Rife  
Executive Director*

*Joni Quinn  
Director of Health Services*

*Emily Cook  
Assistant Director of Health Services*

*Lisa Botka  
Business Office*

*Amber McCall  
Life Enrichment Director*

*Sylvia Gates  
Director of Social Services*

*Jina Harris  
Director of Food Service*

*CeCe Johnson  
Director of Plant Services*

*Larry Albright  
Director of Plant Operations*

*Barb Chumley  
Director of Environmental Services*

*Molly Nabholz  
Community Services Manager*

*Diana Stetler  
MDS Coordinator*

## 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'

*...continued from cover*

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
Y	D	P	H	E	A	L	T	H	Y	R	D	L	S	M	G	Y	U	E
Z	Q	E	T	P	E	R	E	D	T	R	E	A	T	N	R	S	Q	L
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
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
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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