



THE SPRINGS
OF LIMA

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](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

Norm C. (AL)	March 01
Jean B. (LL)	March 04
Rosemary S. (LL)	March 11
"Lonnie" L. (HC)	March 12
Connie K. (LL)	March 28
"Bob" L. (HC)	March 29
Tony F. (HC)	March 31

Staff

Rob E.	March 01
Corey R.	March 07
Jessica T.	March 08
Kelly G.	March 09
Candice B.	March 10
Manny B.	March 11
Pat R.	March 12
Haley H.	March 17
Mariah M.	March 17
LaTonda F.	March 26
Lenka K.	March 30

Did You Know...?

You can keep up to date with the happenings at The Springs by connections with us on Facebook and through Twitter.

That your family member can sign up for The Lima Public Library and have books delivered to the facility every month? Contact Leslie Jenkins, LED for details.

That Happy Hour is every Friday night at 3:00 - 4:00pm in the Assisted Living Activity Center. Hot appetizers are served and family members are welcome to join us!



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!

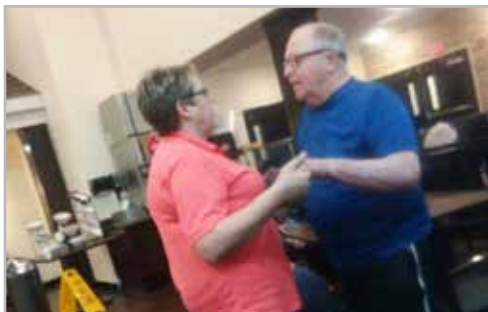
Finally, in honor of National Employee Appreciation Day (March 6th), please join me in thanking all our teams for their part in our recent Theme Week, and for always striving to make each day more memorable than the last. While seeing to your immediate needs will always be their highest priority, our 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,
Jessica Trinko
Executive Director

ENTERTAINMENT

We have entertainment several times a month at The Springs of Lima. I try to get a variety of different types of entertainers because we have such a variety of residents with differing tastes but, once in a while you find an entertainer that seems to please everyone. Whenever Chuck Summers is in our building everyone has a smile on their face.



LEA, Donna, and her dance partner Dave D.



Larry B. and his wife Jan

Live A Dream

When The Springs of Lima opened in the Fall of 2018, Tony F. jumped at the opportunity to move back home to Lima. He mentioned one day that he always enjoyed seeing the Lima Symphony Orchestra perform and that that was something he had missed when he was living out of town. The Life Enrichment team heard about Tony's comment and started to build his Live A Dream. They acquired tickets, bought him a new outfit, and arranged with the Symphony Staff to have Tony's picture taken with the visiting Maestro, Brian Eads. Tony was so excited. He and LEA, Julie, attended Mozart by Candlelight at St. John's Catholic Church. They finished out the evening with dinner at Applebee's. He said the show was amazing and couldn't stop talking about the beautiful church.



Save the Date

- Brunch- March 8 from 11:00-12:30
- Family Casino Night- March 19 from 6:30-8:00pm



Marlene L. and Chris W. display their sunflower paintings.

LIVING ARTS

It's always fun to get time to craft but it's even more fun when you get time to get together with friends and craft. We have been busy crafting inside on days it's just too chilly to get out and about. We try many different types of arts and crafts throughout the year. I enjoy when the residents bring me new ideas to try in our Artisans sessions.



Marlene L. finishing up her wine bottle light.



Shirley H. shows her tissue paper wine bottle light.

Smile of the Month

Richard S. proudly displays the plaque he was awarded during a special Veterans Ceremony.





THE SPRINGS OF LIMA

A Trilogy Senior Living Community

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Lima, OH 45807

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springsoflima.com |  

Jessica Trinko
Executive Director

Jennifer Holmes
Director of Health Services

Mary Kales
Assistant Director of Health Services

Caylee Rickert
Customer Service Representative

Alexis Rayl
Customer Service Specialist

Brandi Wireman
Business Office Manager

Leslie Jenkins
Life Enrichment Director

Ellen Diemer
Director of Social Services

Bill Erickson
Director of Plant Operations

Justin Daley
Director of Food Services

Terri Williamson
Environmental Services Supervisor

Julia Desenberg
MDS Coordinator

Michaela Fitzgerald-Ryan
Medical Records & Scheduling

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.

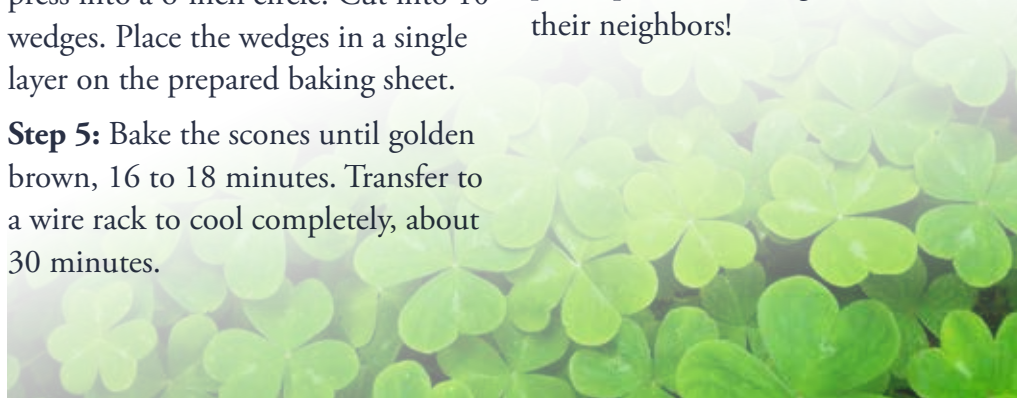
Step 3: Whisk buttermilk, maple syrup and egg in a medium bowl until blended. Add the wet ingredients to the dry ingredients and stir just until combined; do not overmix.

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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Q	W	S	I	K	F	Y	D	O	M	I	U	G	F	O	N	R	W	U
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BRUNCH
CIRCLE
CONNECTIONS
DELICIOUS

DOUGH
FAMILY
FIBER
GLAZE

HEALTHY
IRISH
PREPARE
PROGRAM

RECIPE
SCONES
ST PATRICK
TREAT