



THE SPRINGS
OF MOORESVILLE

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, 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!

March 07

Norma P.

Senior Exec. Club

Senior Executive Club will be on March 05 this month at 2:00pm. Join us for a complimentary chef-prepared brunch, great conversation with local seniors and a special guest speaker. Please contact Tiana Community Services Rep. for more information.

Taste of Town

Taste of town this month will be on March 10. Taste of Town features a local restaurant each month that is delivered to the facility for our residents to enjoy at lunch! If you have any suggestions, please feel free to inform the Director of Food Services.

Volunteer News

The Life Enrichment team is always working on improving our programming for our resident! One way we are looking to enhance the senior life style experience is by inviting families, friends, and members of our community to volunteer and share a hobby that you are passionate about! We are asking you to donate one hour of your time to programming of your choice. If you are interested in volunteering or have questions about what programming may be right for you please see the Life Enrichment Director Sarah Wilde!

Out on the Town

It's always a treat to get out and grab some lunch with good food and great friends!

Departmental Discussions

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!

CSS Return Party!

Please join us on March 13 for our extended Happy Hour CSS Return Party! Come enjoy food, music, and drinks as we celebrate you and your feedback that help us to serve you better!

TASTE OF TRILOGY

As we prepare for the Culinary Olympics here at Trilogy we want showcase our amazing culinary team's skills to our wonderful residents first! We will have you sampling many items that show the finesse and skill it takes to win and with your feedback and help we are sure to take home a prize.

UPCOMING OUTINGS

We are excited and looking forward to another month of fun outings at The Springs of Mooresville! Our outing for March will include **3/04-** Mooresville Movies, **3/05-** Dollar Tree, **3/11-** Gray Brother's Cafeteria, **3/12-** Country Drive, **3/18-** AL-Shopping Trip, **3/19-** HC-Shopping Trip, **3/25-** White River Butterfly Gardens, **3/26-** Country Drive. If you are interested in attending, volunteering or questions, please feel free to contact a member of the Life Enrichment Team!

Smile of the Month

Joe Anne is March's smile of the month! Thank you for making our days a little warmer with your smiles!



Crafting Corner

Our residents enjoying fellowship while making beautiful creations!



Sunday Brunch

Sunday Brunch will be held on March 15 starting at 11:00am. We would like to invite and encourage family members and friends to attend and enjoy a wonderful Chef prepared brunch. The first two brunch tickets are complimentary! Please RSVP by March 11 or see the Business Office with any questions.

Did You Know...?

That you can read the monthly newsletter on-line. Please follow the campus link: www.springsofmooreville.com. You can also find us on Facebook and Twitter.

The Private Dining Room can be reserved for family events and private dining with friends and loved ones. It seats up to 8 people comfortably! Reservations can be made at the front desk.

Happy Hour is weekly at 3:00pm every Friday until 4:00pm at the Pub. Please join us for some Friday fun and enjoy appetizers, drinks, and music!

Families can access LifeShare from a mobile app called "Life Share Family" on your phone using the community access pin springsofmooreville-hc and springsofmooreville-al.

If you would like to set up a family manager account or would like more information, please see Sarah Wilde the Life Enrichment Director.



THE SPRINGS OF MOORESVILLE

A Trilogy Senior Living Community

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Mooresville, IN 46158

317-831-9033

springsofmooreville.com |  

TBD

Executive Director

Kristy Scott

Director of Health Services

Sara Reese

Assistant Director of Health Services

Tiana McGhee

Community Services Representative

Haley Worden

Customer Service Specialist

Brandi Miller

Business Office Manager

Sarah Wilde

Life Enrichment Director

Tommy Hausz

Director of Plant Operations

Grace Brown

Assitant Director of Dinning Services

Amanda Jenkins

Director of Environmental Services

Jennifer Stierwalt

Care Coordinator

Harsh Naik, PT, MS, CLT

Therapy Program Director

Brandon Hislope

Social Services 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*

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

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BRUNCH
CIRCLE
CONNECTIONS
DELICIOUS

DOUGH
FAMILY
FIBER
GLAZE

HEALTHY
IRISH
PREPARE
PROGRAM

RECIPE
SCONES
ST PATRICK
TREAT