



THE SPRINGS  
OF RICHMOND

*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),

*...continued on back page*

# Happy Birthday!

## Residents

William L.	March 12
Max B.	March 17
Barbara I.	March 18
Dwight M.	March 20

## Staff

Jordan H.	March 05
Kayla B.	March 06
Patty C.	March 07
Ila S.	March 10
April B.	March 13
Erin U.	March 15
Kelly D.	March 16
Kaylee W.	March 18
Michelle	March 21
Keisha A.	March 21
John H.	March 25

## The Luck of March

Lucky Color: Green

Lucky Day: Sunday

Lucky Letter: E and M

Lucky Animal: Lamb

Lucy Plant: Tulip

Flower: Daffodil

Birthstone: Aquamarine

Tree: Maple

## Volunteer News

Make a difference! If you are interested in volunteering to serve the aging in a lovely setting with compassionate staff, Contact the Life Enrichment Director at 765-935-0135 or via email at Teresa.Baker@springsofrichmond.com.



## 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,

*Keshia Atwood*, HFA, MBA  
Executive Director

## Turtle Ice Cream



# FEATURED RESIDENT: RUTH M.



Ruth was born in Swanton Ohio in 1944, graduated from Swanton High School. After high school she attended IU and Purdue. She raised three children and now has five grandchildren. Ruth has traveled to Spain, France and Ireland along with several other places. Her favorite place she has been is Ireland and would love to go back there soon. The Springs of Richmond is her first choice in the care when needed, she said The staff here at The Springs is phenomenal!

## Artisans

Our ladies were having such a wonderful time with the little helper that showed up!



## Sunday Brunch

Come in and enjoy our Sunday Brunch March 8, 11:00 to 1:00. Residents are welcome to invite as many guests as they wish! Each resident will receive 2 free meal tickets for Sunday Brunch. Any guests after 2, may purchase a meal ticket for \$7.00 each. Meal tickets may be purchased in the Business Office Monday thru Friday 9:00 a.m. 4:30 p.m.

Guest Please R.S.V.P. by Wednesday, March 1 at 3:00 p.m.

## Taste of Town

Fazoli's at 5 p.m. on March 27

## Out and About

- 3/03 #9 Restaurant
- 3/05 Meijer's
- 3/10 Richmond Mall
- 3/12 Library
- 3/17 Bob Evans
- 3/19 Joseph Moore Museum
- 3/24 Family Diner
- 3/26 Dairy Queen

## Did You Know...?

That you can read the monthly newsletter on-line. Please follow the campus link: [springsofrichmond.com](http://springsofrichmond.com)

The Private Dining Room can be reserved just call The Springs.

Happy Hour is weekly every Friday from 3:00 to 4:00pm in the Pub! One of our most attended activities and events in the campus; we would like to see everyone show up for this good time! Live entertainment will have your feet stomping, hands clapping and your head bopping! Enjoy snacks at the Pub and a glass of wine if that is your flavor! Hope to see you there!



# THE SPRINGS OF RICHMOND

*A Trilogy Senior Living Community*

400 Industries Road  
Richmond, IN 47374  
765-935-0135

springsofrichmond.com |

*Keshia Atwood*  
Executive Director

*Gina Robinson*  
Director of Health Services

*Christina Falcone*  
Assistant Director of Health Services

*Jamie Martin*  
Business Office Maager

*Teresa Baker*  
Life Enrichment Director

*Melissa Bryant*  
MDS Coordinator

*Tabatha Woolwine*  
Director of Socail Services

*Sindy Henson*  
Director of Environmental Services

*Jeremiah Mitchell*  
Director of Plant Ops

*Matthew Huffman*  
Director of Food Services

*Angie Sallee*  
AP/Payroll

## 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@trilogybs.com](mailto:comply@trilogybs.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.

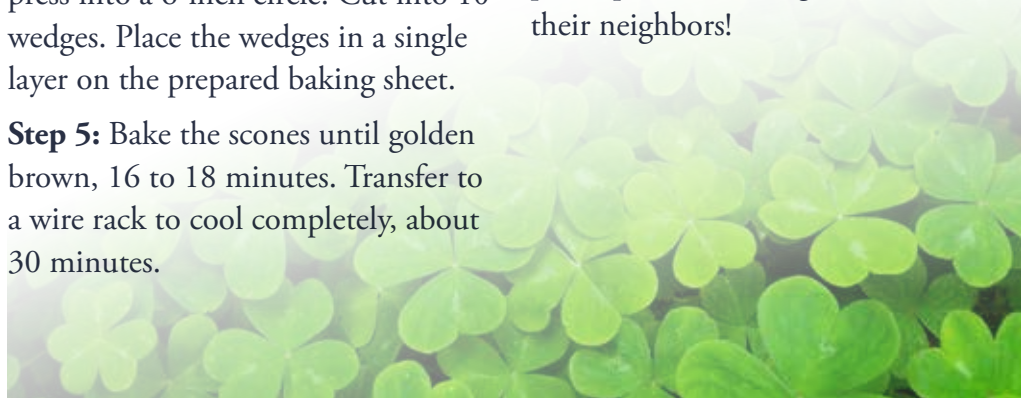
**Step 3:** Whisk buttermilk, maple syrup and egg in a medium bowl until blended. Add the wet ingredients to the dry ingredients and stir just until combined; do not overmix.

**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
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
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      | DOUGH  | HEALTHY | RECIPE     |
| CIRCLE      | FAMILY | IRISH   | SCONES     |
| CONNECTIONS | FIBER  | PREPARE | ST PATRICK |
| DELICIOUS   | GLAZE  | PROGRAM | TREAT      |