



THE VILLAGES
AT HISTORIC SILVERCREST
A Trilogy Senior Living Community

Herald

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!

Residents

Opal H.	March 01
Bonnie W.	March 02
Kay M.	March 10
Anne M.	March 11
Ramona C.	March 14
Pat. L	March 17
Norman H.	March 29

Staff

Liz N.	March 04
Christal S.	March 05
Alayna Q.	March 07
Sara H.	March 14
Drielle T.	March 15
Jamie J.	March 18
Josh T.	March 22
Alexes L.	March 25
Jenny B.	March 28
Linda M.	March 29
Diane V.	March 30
Donna H.	March 30
Shelby R.	March 31



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. Our first Family Night is scheduled for Thursday, March 5th.

We hope you'll join us!

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,

Carla Sieckert

Executive Director

Did You Know...?

The Private Dining Room can be reserved for birthdays, dinners, and other special events. Please contact us for reservations.

Happy Hour is at 3pm every Friday in the front lobby. Family and friends are more than welcome to join us!

Family Night

Please join us on Thursday, March 5, at 5:00 pm for Family Night! We're getting a jump on St. Patrick's Day, so don't forget to wear your green!

SMILES OF THE MONTH

Kay and Vera after lunch at Outback Steakhouse.



Out & About

We've been bowling, lunching at New Albanian Pizza, shopping at Target, taking in the Louisville Orchestra's performance of Brahms' Third at the Kentucky Center, and enjoying scenic drives. Next up, we're heading to Olive Garden and the Purrfect Day Cat Café in Louisville to... play with kittens!



*The Clarksville
Strike & Spare group*



*Joan and her daughter, Pam,
at the Kentucky Center*



*Ramona at the
Kentucky Center*

CHEF'S TABLE

Our Director and Assistant Director of Dining Services, Brad Houchins and Jamie Babcock, have been knocking it out of the park with Chef's Table, a very special, bi-monthly event in which dinner is prepared for 4 residents, tableside!



Jamie's exquisite Coffee Éclair



*Brad pan
searing
New York
Strip steaks
while
Doris and
Anne enjoy
their wedge
salad
with feta
crumbles
and
fresh cut
vegetables*

Live A Dream

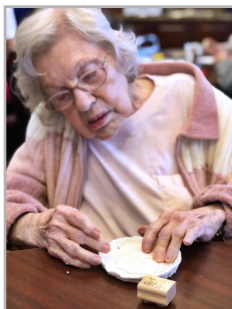
Thanks to the Live A Dream foundation for sending Trilogy campuses their very own Virtual Reality Headset! We can ride rollercoasters and visit penguins in Antarctica from the comfort of home!



*Ina walking through the
Sequoias of California*

Artisans

The creative juices are flowing! We've been painting, sculpting, decoupageing, and wreath-making. If you have a favorite art medium or craft project you'd like to share, please let us know!



*Martha sculpts
a jewelry dish*



*Laverne and her
Valentine wreath*

Intergenerational Fun

Luke, our newest addition to the Silvercrest Dining Services family, charms Pat!



Customer Service Moment

We have wonderful employees that go above and beyond every day for our residents. If you know of someone on our staff that has done so for your loved one, please share your story with us. We love to spotlight our employees that spread the love!

Taste of Town

Residents enjoy local restaurant fare that we bring to Silvercrest. We create the full experience with decorations and costumes! Upcoming is White Castle, Dock Sea Food, and William's Bakery!

Sunday Brunch

We host brunch the first Sunday of each month. Come join us at either 11:00 am or 12:30 pm. Please make reservations at the front desk by the Wednesday before brunch.



THE VILLAGES

AT HISTORIC SILVERCREST
A Trilogy Senior Living Community

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New Albany, IN 47150
812-542-6720
villagesatsilvercrest.com |

Carla Sieckert
Executive Director

Rebecca Bowling
Director of Health Services

Andy Griffin
Asst. Director of Health Services

Ashley Hoggatt
MDS Coordinator

Therese Casper
Social Services Director

Michelle Boso
Community Services Representative

Jenny Brown
Customer Service Specialist

Molly Rucks
Life Enrichment Director

Elisabeth Petty
Villa Lifestyle Director

Brad Houchins
Dining Services Director

April Alday
Therapy Program 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*

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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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BRUNCH
CIRCLE
CONNECTIONS
DELICIOUS

DOUGH
FAMILY
FIBER
GLAZE

HEALTHY
IRISH
PREPARE
PROGRAM

RECIPE
SCONES
ST PATRICK
TREAT