



THE VILLAGES
AT OAK RIDGE

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!

Residents

Virigina S	3/3
Gladys T	3/3
Margaret J	3/10
Doris B	3/22
Deborah K	3/27
Georgia H	3/28

Staff

Amy P	3/11
Katie V	3/17
Erta B	3/20
Virginia K	3/22
Jacy F	3/26
Tonia L	3/29
Lyric B	3/31

Did You Know...?

We have Happy Hour every Friday from 3-4 PM in the Health Center Activity Room! Family and Friends welcome!

Bowling

Staying active keeps us young! Bowling is one of our favorite activities- we like to go as often as we can! The King Pin here in Washington is always so wonderful to us and we enjoy ourselves each and every time. The food is great, the staff are helpful, and we always feel so welcomed. We are already looking forward to our next trip!



Sam bowling!



Patty G. bowling



Linda H. bowling



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,

Tonia Davis, HFA
Executive Director

MI PUEBLO LUNCH TRIP

It's 5 o'clock somewhere! Margaritas are a favorite around here! Thanks to Mi Pueblo for hosting our lunch outing this month. We had so much fun! Laughing, telling jokes, spending time together, and enjoying great food- nothing beats that.



Bill and Chris at Mi Pueblo



Cathie, Shirley, and Emma at Mi Pueblo



Group photo at Mi Pueblo

Artisans Program

"Art enables us to find ourselves and lose ourselves at the same time." –Thomas Merton

We've been really enjoying discovering new ways to create. Think a lot and look deep within yourself or don't think at all...art is amazing.



Eva painting



Group photo of everyone painting

Winter Wonderland Happy Hour Party



Activity Room Decorations



Virginia enjoying some punch at Happy Hour



Jim and Natalie at Happy Hour

Happy hour with a twist! We had a Winter Wonderland themed Happy Hour last month! We made a winter punch and decorated the activity room. We can't wait to show you what we've got planned for next month's themed Happy Hour. Come join us!



THE VILLAGES AT OAK RIDGE

A Trilogy Senior Living Community

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villagesatoakridge.com |  

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Executive Director*

*Kori Pinkstaff, RN
Director of Health Services*

*Toni Matthewson
Community Service Representative*

*Amanda Christian
Community Service Specialist*

*Terri Rainey
Business Office Manager*

*Natalie Walker
Life Enrichment Director*

*Michael Cullivan
Director of Plant Operations*

*Don Schaeffer
Director of Food Services*

*Tracy Bennington
Director of Environmental Services*

*Destiny Hernandez
Director of Assisted Living*

*Diana Turpin, LSW
Social Services Director*

*Kris Morrison
Legacy Lane 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.

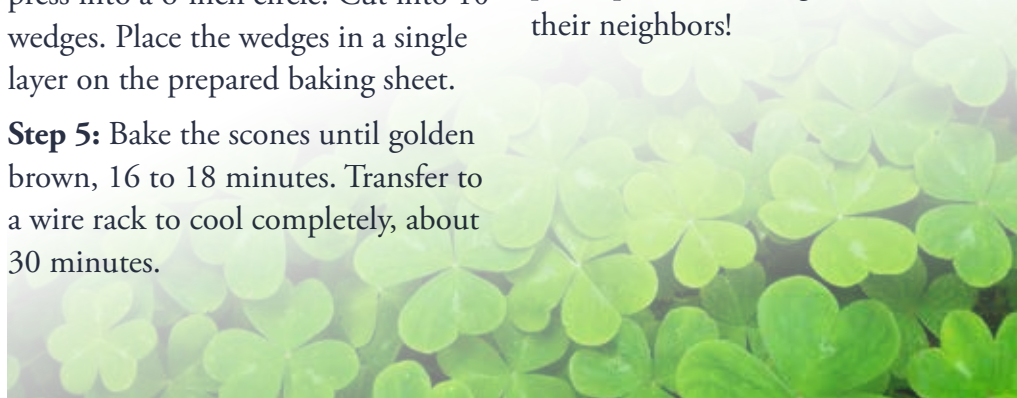
Step 3: Whisk buttermilk, maple syrup and egg in a medium bowl until blended. Add the wet ingredients to the dry ingredients and stir just until combined; do not overmix.

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
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
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BRUNCH
CIRCLE
CONNECTIONS
DELICIOUS

DOUGH
FAMILY
FIBER
GLAZE

HEALTHY
IRISH
PREPARE
PROGRAM

RECIPE
SCONES
ST PATRICK
TREAT