



THE WILLOWS  
AT EAST LANSING  
*A Trilogy Senior Living Community*

# Monthly

March 2020



## Irish Soda Bread Scones Recipe

Enjoy your Saint Patty's Day with a delicious and healthy snack! Provided by [EatingWell.com](http://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!

March 01	Susan K.
March 04	Alan A.
March 09	Marilyn C.
March 13	Marvel A.
March 20	Geraldine M.
March 21	Alyne G.
March 22	Perry M.
March 26	Bessie M.
March 27	Marguerite S.
March 27	Audrey K.

## Volunteer News

What would we do without our volunteers? They enrich our lives with every moment, gesture, and kind word they offer. Whether it's for an hour, once a month, weekly, or more, your time is always valued here! We have enjoyed volunteers playing bingo and euchre with us, leading religious inspiration groups, doing manicures, and more. We have enjoyed the love and talent they offer and we welcome your talents as well! Contact our Life Enrichment Team and we will help find you a meaningful volunteer role. We LOVE our volunteers!

## Sunday Brunch

Our next Sunday Brunch will be held on March 1st from 11:00-1:00pm. Join us for a fun time with family and friends as our culinary team creates and serves only the very best! Please be sure to RSVP to ensure there is table space for your entire group.

## 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.

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,  
*Frederick Massoll*  
Executive Director

## Smile of the Month

Everyone meet Arne, he is a current resident in Legacy. He is charismatic, kind, and a great listener! Arne makes everyone smile each and every day. Thanks Arne for spreading your love and joyfulness to those around you.





# Legacy Spotlight

We had a fantastic time at our recent family night. Friends and family gathered to create a beautiful art project, eat tasty food, and spend quality time with one another. Here are just a couple of highlights, and we want to thank each and every person for making it so special! We are already counting down the days until our next family night!



## OUT AND ABOUT

Residents have spent the last couple of months out & about in the community. We have been to the Casino, Hibachi Grill, Chapulere Pastries and Coffee, Cracker Barrel and Sweetie-Licious Pie Shop! Residents had a fantastic time tasting new food and spending time with friends. We go out twice a week and always value new ideas for places to visit! Contact a member of our Life Enrichment team not only to share your ideas but to reserve your spot for outings.



## Live A Dream


Here at The Willows, we want to show our love by treating individual residents to special days or special events. Sometimes a “dream” isn’t something extravagant but something incredibly meaningful. We are searching for residents that have a “dream” they wish to come true. In the past, we have thrown anniversary dinners, went on hot air balloon rides, plane rides, and even professional baseball games! If you or somebody you know is interested in living out a wish, please let any Life Enrichment team member know!



# THE WILLOWS

AT EAST LANSING

*A Trilogy Senior Living Community*

**3500 Coolidge Rd.**  
**East Lansing, MI 48823**  
**517-203-4042**  
**willowsateastlansing.com |  **

*Frederick Massoll*  
**Executive Director**

*Brandi Miller*  
**Director of Health Services**

*Staci Fillingham*  
**Community Service Representative**

*James Davis*  
**Director of Plant Operations**

*Kendall Seiler*  
**Life Enrichment Director**

*Jason Dombrowski*  
**Director of Environmental Services**

*Cheryl Workman*  
**Business Office Manager**

*Kelly Tackett*  
**Legacy Neighborhood Director**

*Brenda Ruddy*  
**Social Service Director**

*Christine Gutierrez*  
**Director of Food Services**

## 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](mailto:comply@trilogyhs.com)*

*Newsletter Production by PorterOneDesign.com*

# 'Scones'

*...continued from cover*

work butter into the flour mixture until it resembles small pebbles. Add currants and toss to coat.

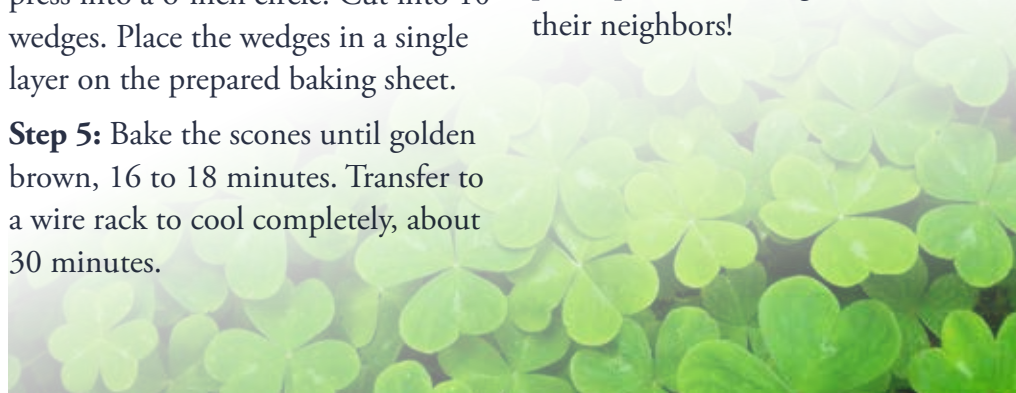
**Step 3:** Whisk buttermilk, maple syrup and egg in a medium bowl until blended. Add the wet ingredients to the dry ingredients and stir just until combined; do not overmix.

**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  
 CIRCLE  
 CONNECTIONS  
 DELICIOUS

DOUGH  
 FAMILY  
 FIBER  
 GLAZE

HEALTHY  
 IRISH  
 PREPARE  
 PROGRAM

RECIPE  
 SCONES  
 ST PATRICK  
 TREAT