



THE WILLOWS
AT FRITZ FARM

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](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),

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Happy Birthday!

Residents

Irene H. March 04

Zoe P. March 31

Staff

Ali Y. March 01

Ali N. March 04

Isabel P. March 10

Frank G. March 26

Cristy S. March 30

Rhaven D. March 31

Miranda 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. 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,

Beth Blair

Executive Director

Sunday Brunch

Please join your loved one for Brunch the second Sunday of the month for Brunch. Each resident may have 2 guests at no charge and \$10 per guest after. Don't forget to let the office know that you are planning to attend. Come early for seating because our chef, along with his staff, puts together an amazing meal.

Did You Know...?

That you can read the monthly newsletter on-line. Please follow the campus link www.willowsatfritzfarm.com

The Private Dining Room can be reserved for birthday parties and family events.

Live a Dream

We have new Live A Dream Virtual reality goggles so that our residents can explore many different things, from underwater experiences with the fish, to exploring Africa with the Elephants. Pay close attention to this month's calendar for what we are going to experience next, which happens every Saturday afternoon.



OUT AND ABOUT

Every Tuesday we go to lunch, shopping, a movie, or some other adventure. Every Thursday we go for a scenic drive. Be sure to check out the calendar for dates, times, and where we will be going. We welcome volunteers and family members to go with us on these outings, please see a member of Life enrichment to reserve your spot.

The life enrichment team can cancel an outing due to weather forecast or maintenance for the bus, our priority is the safety of our residents.



Happy Hour

Please join us every Friday from 3pm-4pm for happy hour. We serve wonderful Hors d'oeuvres made by our fantastic dietary team with a choice of a cocktail or coke product. Most Friday afternoons we have live musical entertainment, but sometimes we like to change it up with a little Trivia or have a special Royale Tea Time.



Employee of the Month

Recently our OGO (Oh Great One) award went to Jenny Ross. Jenny Ross is a day shift nurse who strives to always be kind. Jenny is from Garrard county in Kentucky and has a daughter and a son. When Jenny is not with her children, she is taking care of her 2 dogs, 2 cats, and 2 horses. Jenny loves getting to know the residents here and getting to take care of them. If you have Jenny as your nurse, tell her congratulations and thank you for her hard work.



Living Arts

Do you like to paint? Do you like to have a glass of wine while you are being creative? Come join us every Tuesday after Dinner for Booze and Brushes.





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willowsatfritzfarm.com |

Beth Blair
Executive Director

Kay McCoy
Director of Health Services

Susan Roark
Assistant Director of Health Services

Jessica Wilmore
Therapy Program Director

Bonnie Billock
Business Office Manager

Jessica Brown
Social Services Director

Stephanie Blythe
Director of Environmental Services

James Adams
Director of Plant Operations

Anna Preus
Life Enrichment Director

Sean Gillium
Director of Food Services

Shawn Hanna
Assistant 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@trilogybs.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.

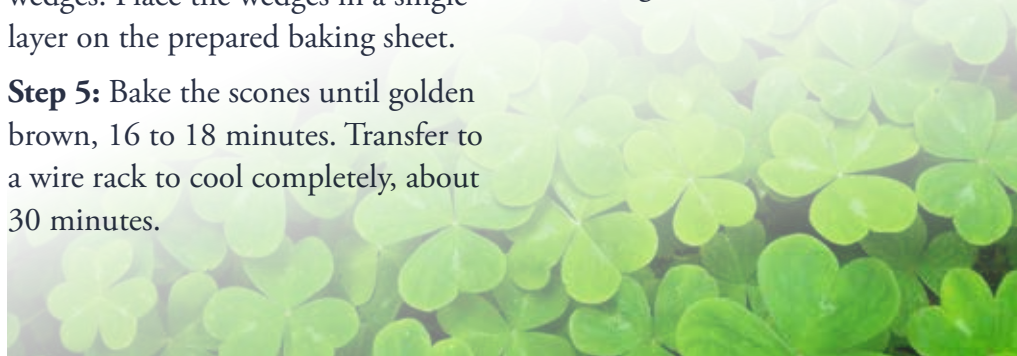
Step 3: Whisk buttermilk, maple syrup and egg in a medium bowl until blended. Add the wet ingredients to the dry ingredients and stir just until combined; do not overmix.

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
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
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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