



THE WILLOWS  
AT HOWELL

*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!

## Residents

March 12	Bonnie K.
March 15	Dorothy U.
March 16	Moira H.
March 18	Joan D.
March 27	Myrtle K.
March 29	Allene Z.
March 30	Joyce C.
March 31	Nancy M.

## Did You Know...?

The Private Dining Room can be reserved for parties, family gatherings, and other special events. Please see Robb in Guest Relations to sign a room reservation contract and book a room.

Happy Hour is every Friday from 3:00 to 5:00 with music, food, beer, wine, and spirits. Come out and join us during this wonderful time!

Brunch is the second Sunday of the month. Residents are allowed to bring 2 guests for free, and with a 4-guest maximum. Residents or family can make those reservations with Robb in Guest Relations.

March is National Women's History Month, Irish-American Heritage Month, National Craft Month, National Peanut Month, National Social Work Month, and National Umbrella Month!



## Executive Director Corner

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!

Sincerely,

*Jamie Scott*, BS, LPN, NHA  
Executive Director

## Therapy

Muriel loved going to Therapy because it helped her get stronger and be able to go home safer! We love our residents! And, we love when we are able to help residents improve and sustain healthy and safe lifestyles! If you are interested in the therapy services we offer, please contact us! We would love to help you too!





# Customer Satisfaction Surveys



We love our residents! Not only a part of our family, they are our friends! It is important to us that our residents feel like they are home in the truest sense of the word! Our Customer Satisfaction Survey will be mailed out in early March to rate our services.

The Survey rating is from 1-10, with 10 being very

happy with the services we provide. We ask that you give us 10s on the survey if you think we are doing a great job overall for the past 6 months. If you think we did a great job overall but had a concern about a particular issue, please let us know by putting it in the comment section so we can address it. You can return the Survey by mailing it back or by answering the Survey online. We use grades to help us determine our scores such as A= 10, B=9, C=8, and so on. A 5 or anything lower is failing for us, so please help us to get an accurate picture on how we are doing by giving us 10s and returning the Customer Satisfaction Surveys as soon as you can!

## Smile of the Month



We love Earl!  
He was out for  
a stroll with  
Sherri when  
he stopped for  
a visit in the  
Recreation  
Room and tell

a few jokes! Earl also loves doing Men's group with the other fellas on campus doing things like target practice to win prizes or playing cards! We host men's group two times a month! So the next time is rolls around, come on down to the Recreation Room to see Earl and Sherri for some fun!

## OUT AND ABOUT



We visit  
Voyager  
Elementary  
monthly  
to read to  
the kids!

It is one of the best outings we have! Residents are able to spend time with kids and enjoy building relationships with them! Ruth and Joann worked together to read a book to the 2nd graders of one class, while Mary read to another! We leave the kids smiling, and we come back with even bigger smiles! Every once and a while we are able to have the kids on campus to spend time with residents, keep your eye out on the Activities Calendar for that date!

## Dream VR

This is an activities program where residents and their families can become immersed in places around the world and universe with Virtual Reality goggles. These goggles have a screen in them and are sensitive to movement. The Dream VR goggles are able to show the viewers surroundings; even behind, above, below, and to the sides of them. Joann really felt like she was on the African Savannahs with the lions that she reached out to scratch one on the chin! If you see Dream VR on the Activities Calendar, come join us for an other worldly and fun experience!



## Walking Club

Every Thursday, we have a walking club for residents to work some muscles or enjoy a ride with some friends! We had a volunteer, Steve, join us for our walk of the building and had to make a detour to visit with a Nurse Casey's baby boy along the way. We enjoy seeing what's new on campus and stretching our legs. If you would enjoy walking with us, come join us on Thursdays at 1:30pm in the AL Lobby! We can hardly wait to see you there!





# THE WILLOWS AT HOWELL

*A Trilogy Senior Living Community*

**1500 Byron Road  
Howell, MI 48855  
517-552-9323**

**willowsathowell.com |  **

*Jamie Scott, BS, LPN, NHA  
Executive Director*

*Bruce Cassidy, MD  
Medical Director*

*Sally Carrasco, RN  
Director of Health Services*

*Drew Plemmons, RN  
Assistant Director of Health Services*

*Rose Stockbridge  
Director of Social Work*

*Jackie Zolnier, LPN  
Assisted Living Director*

*Melissa O'Brien  
Rehab Program Director*

*Tiffany Price  
Director of Food Service*

*Becca Mullen, MA, CTRS  
Life Enrichment Director*

*Diane Long  
Director Environmental Services*

*Neil Palmer  
Director of Plant Operations*

*Kait Garrett  
Community Service Rep.*

## 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.

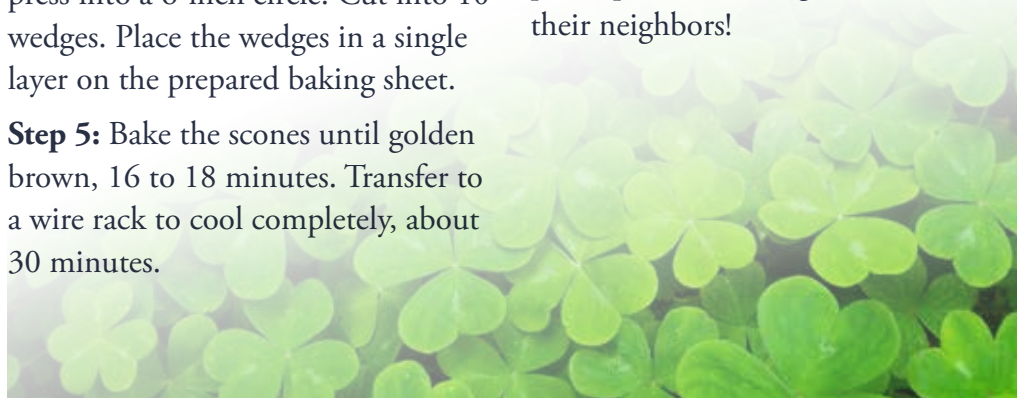
**Step 3:** Whisk buttermilk, maple syrup and egg in a medium bowl until blended. Add the wet ingredients to the dry ingredients and stir just until combined; do not overmix.

**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