



THE WILLOWS
AT OKEMOS

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, 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

March 02	Parameswaran N.
March 06	Jean H.
March 23	Ed S.
March 23	Shelby W.
March 29	Margaret T.

Staff

March 03	Erica K.
March 08	Niki J.
March 09	Brenda P.
March 09	Jami S.
March 10	Sylvia B.
March 16	Heather G.
March 26	Drew G.
March 28	Bonnie R.
March 31	Pam L.



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,

Keith Fisher

Executive Director

Smile of the Month

Marion W. is our Smile of the Month for March!



Volunteers Needed

What would we do without our Volunteers? They enrich our lives with every moment, gesture, and kind words they offer. Whether it's for an hour, once a month, weekly, or more, your time would be so valued here! We have enjoyed volunteers playing cards with us, leading discussion groups, teaching us about instruments and orchestration, instructing art lessons, leading religious/inspirational groups, and more. We have enjoyed learning from our volunteers and the love and talent that they offer! Contact our Life Enrichment Team and we will help find you a meaningful volunteer role. We LOVE our volunteers!

UPCOMING EVENTS

Our Customer Service survey is kicking off this month! It runs from February 28th- March 25th. Please be sure to watch for surveys in the mail, or talk to Alyssa, in Social Services, to fill it out online!

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 especially noteworthy or fantastical but something small and personally meaningful. We are looking for residents that have a potential “dream” they wish to be granted! In the past, we have thrown special anniversary dinners, taken people on hot air balloon rides, plane rides, professional baseball games, swimming at a local therapy pool, to a special wedding, and many more! If you or someone you know is interested in living out a wish, please let any Life Enrichment team know!

CAMPUS HIGHLIGHTS



Chuck celebrated his birthday at M-Street Bakery, in Howell.

Happy Hour

- March 6: Johnanthan Starrs
- March 13: Jay Correy
- March 20: Billy McCallister
- March 27: The Paint Creek Boys



We had a great time at the Senior Executive Club. Feel free to join us for our upcoming luncheons. Call Lisa or Kari to save your spot



Ice Cream makes everything better!

Outings

We were busy traveling throughout the Greater Lansing Area during the last few months, and we have more exciting places to visit this month! Check our monthly calendar for places we plan to visit, in our wheelchair-friendly van. We go out twice a week and look forward to some memorable outings this month! We want your ideas for places to visit! Our 14-passenger bus goes out twice per week and spots are filled on a first come first served basis. Contact a member of our Life Enrichment team to not only share your ideas, but to reserve your spot for outings!

Sunday Brunch

Our Dining Services Team looks forward to showcasing their creativity and passion each month at our Sunday Brunch! This month's brunch is Sunday March 8th from 11:00am-1:00pm. Each resident will receive 3 meal vouchers free of cost, and each additional guest will need to purchase a meal ticket for \$10.00 each.

A few reminders for brunch:

- Reservations for family brunch are due the Tuesday before brunch.
- Upon arrival, please allow a staff member to show you to your seat.

Did You Know...?

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

The Private Dining Rooms and Activity Rooms can be reserved for your family parties or special events? We are on a First Come First Serve basis. Please see Life Enrichment to reserve today!



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A Trilogy Senior Living Community

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Okemos, MI 48864

517-349-3600

willowsatokemos.com |  

Keith Fisher
Executive Director

Brenda Palmer
Director of Health Services

Melissa Trotter
Assistant Director of Health Services

Brandy Fales
Payroll Manager

Deb Wolfrum
Business Office Manager

Alyssa Pineda
Social Services Director

Sade Blanks
Therapy Director

Matthew Schroeder
Director of Food Services

Emily VandeWiele
Life Enrichment Director

Josue Pineda
Director of Environmental Services

Michael Dunivon
Director of Plant Operations

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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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