



THE WILLOWS
AT HARRODSBURG

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

Charles G.	March 01
Helen L.	March 01
Vera P.	March 01
Brenda D.	March 07
Jean R.	March 13
James B.	March 21
Frances S.	March 30

Staff

Tabecca V.	March 02
Carla W.	March 04
Demetri F.	March 15
Kathy R.	March 19
Amanda S.	March 24
Kaimen D.	March 25
Brittany S.	March 28

Did You Know...?

Sunday Brunch is held on the second Tuesday of each month from 11-2 and is our largest monthly event! To ensure each resident has ample seating to spend time with family, we ask that you please RSVP your guest count (limited to 10 guests per resident), and time of arrival no later than the Tuesday before Brunch.

Like us on Facebook at The Willows at Harrodsburg and Follow us on Twitter at @W_Harrodsburg



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,

Rachel Dadisman

Executive Director

SKY Cloud 9

You may have heard campus members asking residents and their families to give us a 10 in all departments over the past month, and dining is no exception! Our dining services team is always serving up delicious foods, whether it be at our Cuban themed Happy Hour, Winter Wonderland Family Night, or Sunday Brunch. We are pleased to present our residents with delicious meals like these all year long!



MUSIC TO MY EARS

Our residents were entertained by International Elvis Tribute Artist, Todd Bodenheimer, during An Afternoon with Elvis last month! We were thrilled to spend an hour with the KING, singing along to classic hits, powerful ballads, and gospel standards. Todd was invited as one of our twice weekly “Music to my Ears” events, which is a Life Enrichment standard at all Trilogy campuses. Elvis may have left the building, but these memories will last a lifetime!



Smile of the Month

Martha V. shows off her DIY shadowbox during an Artisans activity!



More from SKY Cloud 9





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willowsatharrodsburg.com |  

*Rachel Dadisman
Executive Director*

*Kelly Workman
Director of Health Services*

*Paula Hunt
Assistant Director of Health Services*

*Laura Montgomery
Community Services Representative*

*Lorie Davis
Business Office Manager*

*Sherry Horn
AP/Payroll*

*Tiffany Wright
Therapy Department Director*

*Brandi Anderson
Life Enrichment Director*

*Racheal Parsons
Director of Social Services*

*Chris Worthington
Director of Plant Services*

*Kris Fultz
Director of Food Services*

*Kelly Wilson
Customer Service Specialist*

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.

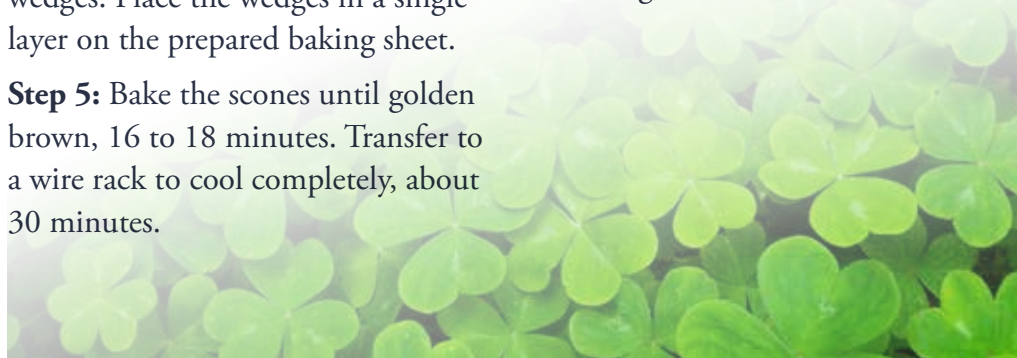
Step 3: Whisk buttermilk, maple syrup and egg in a medium bowl until blended. Add the wet ingredients to the dry ingredients and stir just until combined; do not overmix.

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
X	W	C	L	G	I	W	J	P	R	Y	S	S	C	P	C	H	Z	X
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S	P	D	T	R	R	S	E	V	C	D	X	U	J	T	R	Z	T	T
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BRUNCH
CIRCLE
CONNECTIONS
DELICIOUS

DOUGH
FAMILY
FIBER
GLAZE

HEALTHY
IRISH
PREPARE
PROGRAM

RECIPE
SCONES
ST PATRICK
TREAT