



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

Jane U.	3/04
Edna S.	3/08
Charlie E.	3/10
MaryAnn W.	3/13
Dorothy G.	3/16
Mary G.	3/19
Jim B.	3/28
Christine T.	3/28

Staff

Bonnie M.	3/03
Doris B.	3/12
Renee D.	3/12
Raven P.	3/14
Andrea W.	3/14
Tarin W.	3/14
Sarah R.	3/28
Higinio S.	3/28
Meredith G.	3/28
Shayron H.	3/28
Mikayla S.	3/30

Featured Resident

We were happy to provide a wonderful place for Mildred's family to celebrate her and show their love! If you would like to reserve a room for a special event, please let the Life Enrichment Team know. It would be our pleasure to help you!



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!

Sincerely,

Yours in service,

Sharon Wilburn

LNHA, RD/LD

Executive Director

Family Spring Dinner

Thursday, March 5th

Officially the first day of spring is March 19th, but it is never too early to celebrate its arrival! To help us, please join us for our annual Spring Dinner on Thursday, March 5th. We will have two seatings to choose from; the first seating will be from 4:30pm to 5:30pm, with the second seating from 5:45pm until 6:45pm.

Each resident at the main campus and each Villa may have TWO complimentary guests; each additional guest is just \$10. Please purchase guest tickets in advance at the Business Office or for your convenience, extra tickets can also be put on the resident's bill or purchased at the dinner. Please call 513-851-0601 or stop by the Life Enrichment Office to RVSP by We cannot accept reservations after Tuesday, March 3rd to ensure proper seating and ample food. We will be happy to take requests for your favorite location, but they cannot be guaranteed. We look forward to seeing you there!

**Just a reminder that our Thanksgiving Dinner will be in place of November's Sunday Family Brunch.*

Legacy Lane



Out to lunch at Wendy's, making blankets, pet visits and just hanging with your BFF is all in a day of fun in our Legacy Lane!

Activities Corner



Making smiles every day!

Come and join the Life Enrichment team for your favorite activity or come discover a new one with us! Whatever you decide it is sure to be fun and make you smile!

SMILE OF THE MONTH



Ethel and her grandchildren!

Out & About

Be sure to check out our March calendar so you don't miss any of our upcoming spring outings! We will be going, out for lunches, shopping, scenic spring drives, the Men's Club trip with Steve & Jamie, the Ladies Club Day Trip and several more trips of residents' choices! To sign-up or for more information, please, contact the Life Enrichment Department.



Live A Dream

Liane S. moved to the United States when she was 12 years old from Nuremburg, Germany and has never been able to return. Liane told us one of the things she misses most is the German food she can no longer cook. Nothing more needed to be said to create a Live A Dream for her. With the help of Moeller High School students we created a Taste of Germany just for Liane.



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A Trilogy Senior Living Community

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Customer Service Representative

Hanna Rosteck
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Georgina Appelman
Life Enrichment Director

Lynn Ulrich, PD, PTA
Director of Rehab Services

Tim Hawthorne
Director of Environmental Services

Steve Marsh
Director of Plant Services

Jamie Insko
Director of Dining 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.

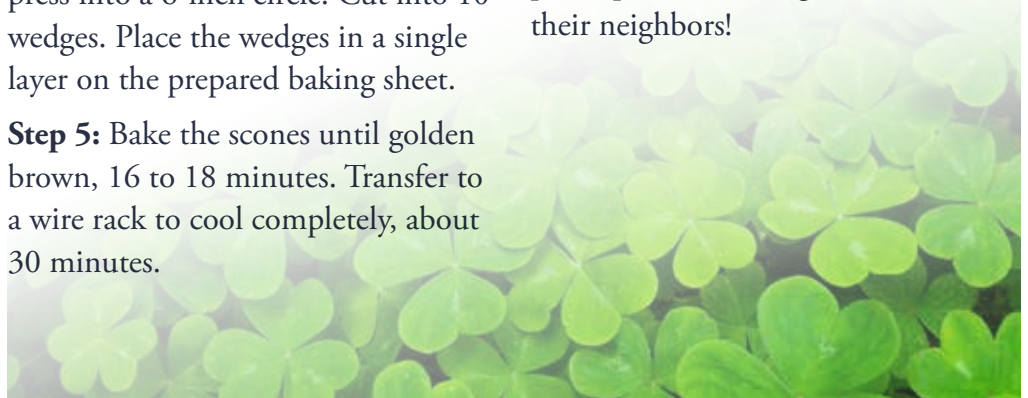
Step 3: Whisk buttermilk, maple syrup and egg in a medium bowl until blended. Add the wet ingredients to the dry ingredients and stir just until combined; do not overmix.

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
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BRUNCH	DOUGH	HEALTHY	RECIPE
CIRCLE	FAMILY	IRISH	SCONES
CONNECTIONS	FIBER	PREPARE	ST PATRICK
DELICIOUS	GLAZE	PROGRAM	TREAT