



VIOLET SPRINGS

HEALTH CAMPUS

A Trilogy Senior Living Community

News

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

Margie C.

March 7th

Sunday Brunch

Please join your loved one for a special Family Brunch March 1st 11AM- 1PM. We will kick off our Family Satisfaction Surveys and will have games and fun food items. You must RSVP yourself and guests the Friday before. First 2 guests are free and \$10/each after.

Taste of Town

Join us for Taste of Town on Wednesday March 11th at noon to have delicious lunch from Cracker Barrel.

Chef's Corner

Chef's Corner held each Monday at 1:00PM where the residents offer their suggestions and the kitchen adjusts the menu to their liking.

Community Connections

We are so thankful to have Grace Fellowship, New Life Church of Canal Winchester, Pickerington church of Nazarene, and Roxi from Maranatha Church that have come in this past month to service our residents. We are always looking for more volunteers or groups to come and visit us and to share their talents. If that is something of interest to you please contact Cassandra, at Cassandra.Clark@violetspringshc.com

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,

Craig Nelson

Executive Director

Photo Highlights



Cindy graduating Therapy just in time for a nice vacation in Hawaii!



Our therapist Abby simulating walking on the beach before Cindy's Hawaii Vacation

More Photo Highlights



An intense game of Wheel of Fortune!



Bingo is gathering quite the crowd now!



Life Enrichment always finds fun ways to exercise!



Lollipop Balloon game always puts a smile on everyone's face.



Mark Camden hand widdles his flutes. It was a beautiful sound!



Residents & Family try our Virtual Reality Goggles in amazement!



Roxi from Maranatha Church came with friends to help us decorate for Valentine's Day.



Strength training is so important as we age. We must keep our bones strong!



We loved watching the juggling act by Juggle Puddle!

Outings

March 3rd Drive through Canal Winchester & Ice Cream after

March 12th Olde Dutch Restaurant 11AM

March 17th River Valley Mall Trip 10:00AM

March 19th Lunch at Olive Garden 11AM

March 26th Motts Military Museum 1:30PM

Did You Know...?

That you can read the monthly newsletter on-line. Please follow the campus link to see what is happening at our campus. www.violetspringshc.com

The Private Dining Room can be reserved for special events. Please RSVP in advance to secure your room preference and availability. Reservations are first come, first serve.

Happy Hour is held every Friday at 3:30. We welcome you to join us for some great appetizers, beverages, fun and fellowship!

The Trilogy Foundation grants "Live A Dream" experiences to residents wishing to participate in something they have always wanted to try, or to simply relive an activity that they enjoyed in the past. See a member of our Life Enrichment team for more information.

Volunteers Needed At Violet Springs, we are working hard to recruit and develop the best Volunteer Program in Fairfield County! Some of our existing opportunities include painting nails, leading Bingo, cooking demos, music performances, lifelong learning programs, etc. If you are interested in sharing your hobbies and passions with our residents, please contact our Life Enrichment Director, Cassandra Clark.



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A Trilogy Senior Living Community

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Executive Director

Andrea May
Director of Health Services

Michael Lochtefeld
Community Services Representative

Michelle Morris
Business Office Manager

Cassandra Clark
Life Enrichment Director

Mike Kadri
Director of Plant Operations

Michael Martiny
Director of Food Services

Makayla Buckner
Director of Environmental Services

Joanna Hughes
Social Services Director

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.

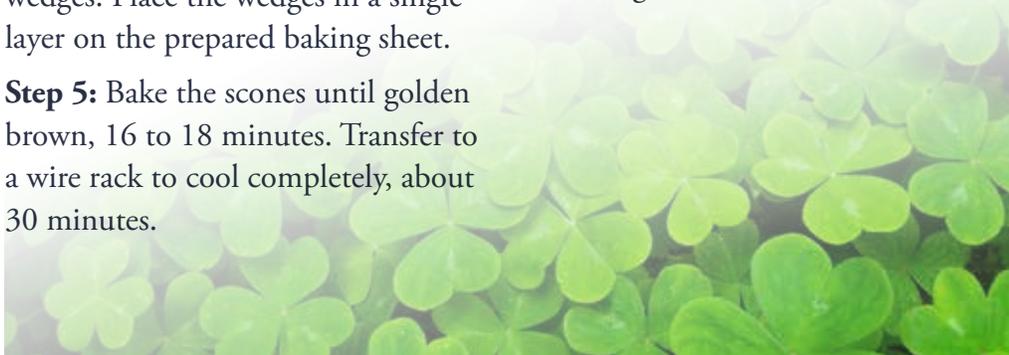
Step 3: Whisk buttermilk, maple syrup and egg in a medium bowl until blended. Add the wet ingredients to the dry ingredients and stir just until combined; do not overmix.

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
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BRUNCH

DOUGH

HEALTHY

RECIPE

CIRCLE

FAMILY

IRISH

SCONES

CONNECTIONS

FIBER

PREPARE

ST PATRICK

DELICIOUS

GLAZE

PROGRAM

TREAT