



Irish Soda Bread Scones Recipe

Enjoy your Saint Patty's Day with a delicious and healthy snack! Provided by [EatingWell.com](https://www.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

3/08	Mildred R.
3/08	Nancy W.
3/11	Berniece F.
3/16	Carolyn H.
3/19	Marion H.
3/21	Yvonne H.
3/27	Mark C.
3/28	Patsy S.
3/29	Janet L.

Staff

3/06	Josh W.
3/08	Aubree H.
3/09	James S.
3/10	Kelly T.
3/12	Gabrielle M.
3/14	Mary Ann H.
3/16	Sara C.
3/19	Kelsie S.
3/20	Josh T.
3/30	Pat F.
3/30	Sydney C.



Executive Director Corner

Welcome to March!

It is 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 are well into our journey through 2020. If you are 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 has 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,

Carol Ward

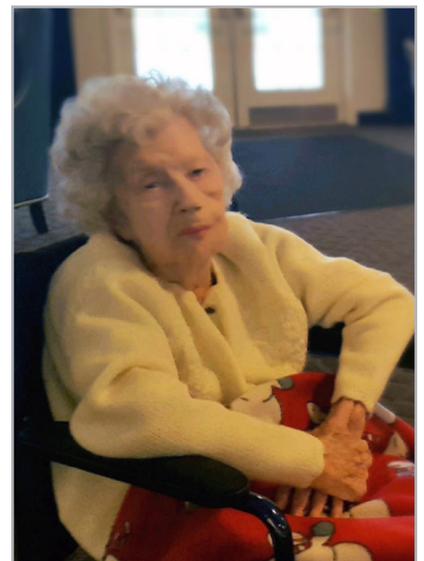
Executive Director

Sunday Brunch

Please join us for Sunday Brunch on March 15 from 11:00am-1:00pm. Just a reminder, each resident may have 2 guests at no charge. Additional meal tickets may be purchased in the Business Office. Please RSVP by Monday March 09 by calling 765-236-1239. See you there!

Featured Resident: Berniece

Berniece turns 105 on March 11th! She was happily married to Edwin for 61 years before his passing in 1999. She has one son, Michael, one grandson, and 2 granddaughters whom she talks about often! She loves her family, reading, and doing crossword puzzles. Her advice to others, as she says with a smile, "Always be honest and be strong and stubborn!". Berniece was also asked what her secret to long life is, "eat eggs and bacon every day for breakfast". Happy Birthday Berniece!



LEGACY SPOTLIGHT

We are cruising into spring with excitement! Our BFFs love going on outings. Warmer weather means greater adventures. Keeping up on community connections is so important to our BFFs. If there is a special, local, destination you feel your loved one would like to visit, please let us know. We love suggestions! If you are interested in volunteering on an outing day, please contact Amanda.



FAMILY NIGHT

We had a great time at our “Super Bowl Party” Family Night. We had lots of laughs, fun, games, and wonderful food provided by our amazing dietary team. Looking forward to our next family night coming up on March 12!



Servant Leader Spotlight: Kelsie

We recently had a current employee, whom is also a student volunteer, come in and interview 7 residents and/or their family about their life experiences including loss, conflicts, as well as blessings and joy. The sharing of these precious memories remind the residents how important their life is and how much the resident has accomplished and overcome. The memoir will be published and given to the participating resident. What a thoughtful gift this is to our residents and families. Thank you Kelsie for being a servant leader and sharing this experience!





WATERFORD PLACE

HEALTH CAMPUS

A Trilogy Senior Living Community

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Kokomo, IN 46901

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waterfordplacehc.com |

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Rita Rasmouni
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Linda Kendall
Business Office Manager

Heather Moore
Life Enrichment Director

Andrew Clark
Director of Plant Operations

Michelle Taylor
Director of Dining Services

Chris Myers
Director of Environmental Services

Amanda Harp
Legacy Neighborhood Director

Carly Haines
Director of Social 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@trilogyhs.com

Newsletter Production by PorterOneDesign.com

'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
E	E	C	Y	C	B	T	Z	I	L	S	D	O	U	G	H	F	T	Q
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Z	Q	E	T	P	E	R	E	D	T	R	E	A	T	N	R	S	Q	L
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BRUNCH	DOUGH	HEALTHY	RECIPE
CIRCLE	FAMILY	IRISH	SCONES
CONNECTIONS	FIBER	PREPARE	ST PATRICK
DELICIOUS	GLAZE	PROGRAM	TREAT