



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

Scottie P.	3/22
Peggy H.	3/25
Jeanne M.	3/26

Staff

Penny H.	3/1
Rachelle M.	3/4
Curtis W.	3/5
Jerrica S.	3/5
Jessica M.	3/5
Crystal B.	3/6
Roxanna C.	3/10
Marie H.	3/15
Tamrat S.	3/23

Upcoming Events

April 16th is our next upcoming family night! We are having a petting zoo and a Sunday bar!

Artisan Program

Our snowmen cups turned out great!



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,

Alicia Lambert

Executive Director

ENTERTAINMENT

Doug Debuon put on an amazing show for us for our happy hour on Friday! See you again in May!



Family Brunch

Sunday brunch will be held on April 5 from 11:00am - 1:00pm.

We would like to invite and encourage family members and friends to attend and enjoy a wonderful chef prepared meal.

Please RSVP or see business office with any questions.



Smile of the Month: Jenny J.

Our smile the month is Jenny J. Thank you for the beautiful smile!



FAMILY NIGHT

Our carnival family night was a blast! We had face painting, games and Binky the clown even came to visit!



VITALITY PROGRAM

We introduced noodle ball to our vitalitys this month and they loved it! The residents can't wait to play it some more this month!



Volunteer News

We are looking for volunteers to enrich the lives of our residents! Come help us with a craft, cooking club, BINGO, manicures and more! There are so many ways our volunteers can elevate our life enrichment department while creating meaningful and lasting friendships with our residents.

Did You Know...?

The Private Dining Room can be reserved for monthly club meeting, birthday celebrations, family events or private dining with friends and family.



WELLBROOKE OF AVON

A Trilogy Senior Living Community

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wellbrookeofavon.com |

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Executive Director

Rachelle Morgan
Director of Health Services

Monte Wood
Assistant Director of Health Services

Amy Gharbi
Customer Service Representative

Sonia Turner
Business Office Manager

Abigail Cornforth
Life Enrichment Director

Dick Bilderback
Director of Plant Operations

Tammy Meadows
Environmental Services Director

Jodi Bell
Therapy Director

Gina Dodson
Social Services Director

Charnicka Williams
Legacy Lane Coordinator

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.

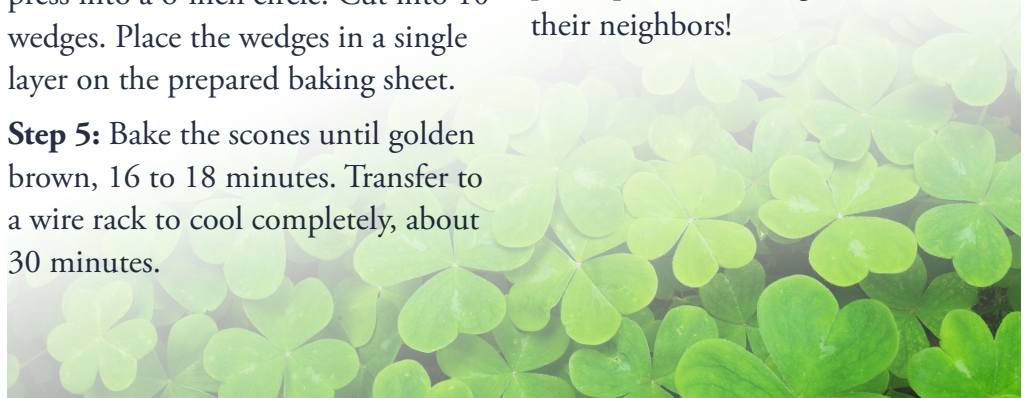
Step 3: Whisk buttermilk, maple syrup and egg in a medium bowl until blended. Add the wet ingredients to the dry ingredients and stir just until combined; do not overmix.

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
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BRUNCH
CIRCLE
CONNECTIONS
DELICIOUS

DOUGH
FAMILY
FIBER
GLAZE

HEALTHY
IRISH
PREPARE
PROGRAM

RECIPE
SCONES
ST PATRICK
TREAT