



WELLBROOKE
OF CARMEL

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

March 4	Janet R.
March 4	John M.
March 12	Marian S.
March 14	John L.
March 15	Marilyn S.
March 15	Nancy Y.
March 16	Darlene W.
March 18	Dorothy S.
March 19	William R.
March 20	Miriam R.
March 21	Sau Yin Y.

Staff

March 6	Stacie F.
March 13	Lashanna C.
March 13	Lisa P.
March 15	Diana M.
March 21	Mioshea A.
March 22	Tarmeka R.

Sunday Brunch

Sunday Brunch will be held on March 15th. Each Resident gets 2 free guests and each additional is \$10.00. Be sure to make your reservations with Aimee at the front desk.

Family Night

We will be having our 1st family night of the year on Friday, March 13th. Make sure you bring in your Completed CSS for a special treat and your chance to win!

Taste of Trilogy Trifecta

Our first Trifecta event will be held on March 20th from 3:30-5:30 in the Front Lobby and the Bistro. Stop by each station for a "Taste of Trilogy" and try samples created by our in house chefs.



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,

Keary Dye

Executive Director

Legacy Spotlight

Delicia T., uses a "Positive Approach to Care" when she assists Sau Yin with the Peg Puzzle she's working on.



Just the Guys

Our men's group meets every Thursday at 10:30 for Donut's and Coffee. Lead by volunteer Mauro G. the men have a wonderful time reminiscing, discussing events, or just getting together.





Artisans

Our residents love the Artisan program. From jewelry making and painting to expressive art, there is something for everyone to enjoy.

On the Lighter Side with the LED...



We're a quarter of the way into 2020, and there's no stopping us now! We are definitely

"Marching in like a Lion" with our first family night, Trifecta event, CSS and more this month.

Even though it is the start of spring, the weather can still be a bit nippy. Remember, if the temperatures are too cold or the roads are questionable, outings may be cancelled or postponed for the safety of our residents.

Consider joining your loved one on one of our outings. Every Wednesday we get out and about around town. See the monthly calendar for times and locations and make sure you let a member of Life Enrichment know if you are going, as spaces are limited and volunteers are needed.

As always, thank you for allowing me the opportunity to brighten the lives of your loved ones here at Wellbrooke of Carmel as your Life Enrichment Director.

Jenni Carrillo



Out and About

Some of our avid readers made a trip to the Carmel Clay Public Library.

Anna is 105!

Anna just turned 10 ½ decades old! We celebrated with friends, family, cake and cards.



Happy Hour

Join your loved one every Friday from 3:30-4:30 to jump-start the weekend! Chef Mike makes beautiful Chartruterie boards.



Customer Satisfaction Survey

You should have received the Spring Customer Satisfaction Survey in the mail. Please take a few minutes to fill it out and bring it in. Remember that a "10" doesn't mean we are perfect, just that you'd give us an "A" and we are doing the best we can. "9" is a "B", and everything else is failing. Here at Wellbrooke of Carmel, we take what you say seriously and try to make this a wonderful place for your loves ones to live.



WELLBROOKE OF CARMEL

A Trilogy Senior Living Community

12315 Pennsylvania Street
Carmel, IN 46032
317-569-7200
wellbrookeofcarmel.com |  

Keary Dye
Executive Director

Cheryl Townsend
Director of Health Services

Tabitha Miller
Assistant Director of Health Services

Aimee Smith
Community Service Specialist

Denise Witt
Customer Service Representative

Christina Barnes
Business Office Manager

Jenni Carrillo
Life Enrichment Director

Jess London
Director of Social Services

John Moore
Senior Director of Plant Operations

Matt Seib
Director of Food Services

Karen Caldwell
Environmental Services Supervisor

Jeannette Rider
Therapy Program 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.

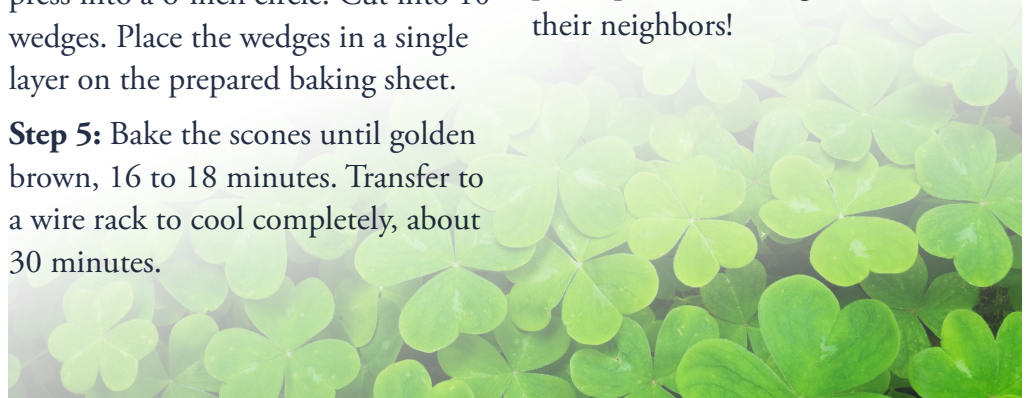
Step 3: Whisk buttermilk, maple syrup and egg in a medium bowl until blended. Add the wet ingredients to the dry ingredients and stir just until combined; do not overmix.

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
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