



WELLBROOKE  
OF CRAWFORDSVILLE

*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](http://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),

*...continued on back page*

# Happy Birthday!

## Residents

Mary Lou R.	3/6
Deloris H.	3/8
Marion B	3/9
Millard C.	3/11
John S.	3/19
Julia F.	3/24
Elton R.	3/30

## Staff

Lisa B	3/6
Connie W.	3/7
Rachel S.	3/8
Chelsey L.	3/10
Madison W.	3/11
Sergio B.	3/13
Tina R.	3/18
Breana H.	3/24
Jayika C.	3/30
Brenda S.	3/31



## 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,

*Deana Jones*

Executive Director

## Upcoming Events

3/3 Assisted Living Resident Council

3/5 Health Center Resident Council

3/5 Jason Wells

3/9 AL &

3/10 HC Pet Therapy

3/10 Family Night Pie Event

3/11 Taste of the Town "China Buffett"

3/11 Calendar planning Meeting

3/20 Columbian Park Zoo

3/19 Smartsburg Pickers

3/22 Sunday Brunch

3/2, 3/9, 3/16, 3/23, 3/30 BrainFit, Public Welcome

## CHEF'S CIRCLE

Please join us in welcoming **Chef Shane Shankey** to Wellbrooke! Chef's Circle is held on Thursdays at 10:45am for Assisted Living & at 12:30pm for the Health Center. This gives our residents the opportunity to communicate their feedback and suggestions directly to our chefs. Our menus are then adjusted accordingly. As always, our goal is to exceed your expectations!!



# MESSAGE FROM LIFE ENRICHMENT

As always, we want to know how we can best serve the social, cognitive and physical needs of your loved one. You can always call and ask for Sheila Hale in the Life Enrichment Department at (765) 362-9122. We love to hear compliments, questions, suggestions and concerns about the program we provide. We are so blessed, and I want to thank each of you for the opportunity to care for your loved one.



Please continue to share your comments, suggestions and concerns, to assist us in our commitment to compassionate care.

*Pictured: Meet your Life Enrichment Team  
- Jason, Brian, Lis, Sheila & Karla*

*Sheila Hale*, Life Enrichment Director

## Photo Highlights



*Top left: Happy 101st Birthday Ethel C.*

*Top right: Happy 104th Birthday Bessie S.*

*Bottom: "Just the Guys" Group*

## Super Bowl Party



## Sunday Brunch

Sunday Brunch will be March 22. PLEASE RSVP your number of guests to the front desk so we can accommodate everyone. Just a friendly reminder that each resident is allotted 2 free guests to dine with them. After the 2nd guest, we do ask that each guest is charged the \$7 dining fee.

## Volunteer News

We would like to welcome Jason Black and the Montgomery County Hook & Needle Club!!

Please join the Montgomery county Hook & Needle Club every Saturday at 1:30pm in the café beginning February 8th. Calling all Crochet, Knit & Quilters of ALL skill levels!!! We can teach you! Don't worry if you do not have supplies. We have a variety of supplies to get you started. All are welcome, even if it is just to visit!!

## Did You Know...?

That you can read the monthly newsletter on-line. Please follow the campus link: [www.wellbrookeofcrawfordsville.com](http://www.wellbrookeofcrawfordsville.com)

The Private Dining Room can be reserved for Birthday Parties, Private family gatherings, or parties at the Front Desk. Please see our Guest Relations, Olivia Horn, for further information

Happy Hour is weekly on Fridays at 3:00 in the pub with Music & appetizers served!! Families are encouraged to attend!!!

**Family Night** It's that time again!!! We are excited to announce the return of our Annual Pie Baking competition and Family Night Event!! The anticipation is building as staff and residents join up for a friendly pie baking competition! Please be sure to bring in your favorite pie recipes!! This is a time for residents, family and staff to come together for a night of fun and laughter. A quarterly event, Family Night offers amazing activities, entertainment and some great refreshments created by our campus chefs.



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*A Trilogy Senior Living Community*

517 Concord Road  
Crawfordsville, IN 47933  
765-362-9122

[wellbrookeofcrawfordsville.com](http://wellbrookeofcrawfordsville.com)



*Deana Jones*  
Executive Director

*Cortney Pendleton*  
Director of Health Services

*Brezie Hughes*  
Assistant Director of Health Services

*Sheila Hale*  
Life Enrichment Director

*Candy Pattengale*  
Business Office Manager

*Amy Vaught*  
Community Service Representative

*Matthew Roe*  
Director of Plant Operations

*Judy Everly*  
Environmental Services Director

*Danielle Subert*  
Rehabilitation Program Director

*Megan Jones*  
Business Office Assistant

*Melissa Myers*  
Social Services Director

*Shane Sankey*  
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](mailto:comply@trilogybs.com)*

*Newsletter Production by [PorterOneDesign.com](http://PorterOneDesign.com)*

# 'Scones'

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work butter into the flour mixture until it resembles small pebbles. Add currants and toss to coat.

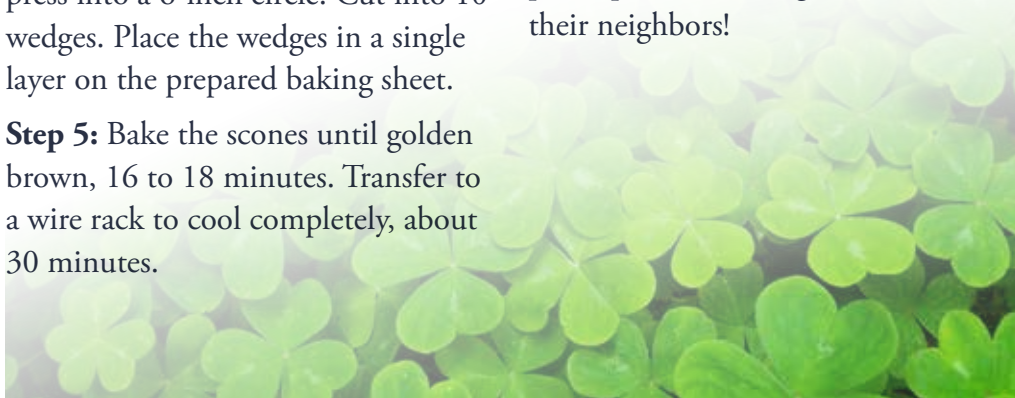
**Step 3:** Whisk buttermilk, maple syrup and egg in a medium bowl until blended. Add the wet ingredients to the dry ingredients and stir just until combined; do not overmix.

**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
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S	P	D	T	R	R	S	E	V	C	D	X	U	J	T	R	Z	T	T
H	I	R	Y	Q	C	R	I	Q	P	H	D	G	P	M	O	G	U	D
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J	F	H	U	A	N	C	O	N	N	E	C	T	I	O	N	S	V	U
K	G	L	G	K	L	J	Z	L	D	V	V	N	C	Y	B	H	H	S
M	S	L	T	M	G	Y	Z	B	W	I	R	W	K	D	Q	I	K	B
R	D	M	E	W	E	T	R	Q	G	W	C	A	W	O	U	V	X	L

BRUNCH

DOUGH

HEALTHY

RECIPE

CIRCLE

FAMILY

IRISH

SCONES

CONNECTIONS

FIBER

PREPARE

ST PATRICK

DELICIOUS

GLAZE

PROGRAM

TREAT