



WELLBROOKE
OF KOKOMO

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 04	Dorothy K.
March 08	Priscilla F.
March 21	Lois R.
March 24	Carolyn D.

Staff

March 05	Uriah C.
March 10	Nanette M.
March 22	Sherisa J.
March 24	April S.
March 24	Amelia D.
March 26	Elisha B.
March 27	Sarah N.



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,

Amorette Renwand, HFA
Executive Director

Upcoming Events

February 28th was the start of our Customer Service Satisfaction Survey. If you feel we have done a great job we would appreciate a rating of 10. A 10 does not mean we are perfect, but that you feel we have done a great job caring for you or your loved one. We use these surveys to make improvements to every department. We strive to be the best we can be and your feedback is how we accomplish this.

Outings

We have 2 major outings in the month of March. We will be going to the Anderson Casino and the Foellinger-Friemann Botanical Conservatory. We will each lunch at the Casino and go out to eat in Ft. Wayne before we go to the Conservatory.

Lifelong Learning

In the month of February we traveled to Different Cities in America, and one make believe land. We traveled to New Orleans, Las Vegas, and Willie Wonka's Chocolate Factory. We also traveled across the "pond" to Paris France. We learned fun fact and trivia and saw beautiful pictures of what makes each place famous. Join us every Monday at 2:00 p.m. in our theater room to travel somewhere new.

Independence from Hunger Fundraiser

Each month we will have a different fundraiser for our Independence from Hunger Campaign. The month of February we had a Valentine Balloon Bouquet fundraiser. Keep watching each month to see what kind of fundraiser we will be having.

PHOTO HIGHLIGHTS



Reese and Rita Seeing Eye to Eye



Lanora and Perdy just hanging out



Jim and Henry enjoying each other's company



Felicia and Nettie working on Living Arts

Featured Resident

Betty D. is our Featured Resident. Betty who is the first person willing to go on an outing or grab a library book. Thank you Betty for always being willing to participate.

Men's Group

For the month of March our Men's Group is going to eat at a local restaurant Martino's on the 10th and then on the 23rd we are going to have Kentucky Fried Chicken. This is just for our Men's group to get together and talk and have a great time.

Sunday Brunch

The second Sunday of every month we celebrate our families with brunch. This is a all you can eat buffet. Our Resident and 2 family members may eat at no cost. Any additional family members are just \$7.00 each. Please call, make reservations and spend time with your loved one for Sunday Brunch.

Taste of Town

This month for a little taste of Ireland we are have a local pub's food for dinner. We are having Cook McDoogal's Irish Pub. Each month we have a different local restaurant featured. We have had so many wonderful restaurants such as... Panera Bread, Kentucky Fried Chicken, Coney Island, Harvey Hinkemeyer's.

Happy Hour

Every Friday we have Happy Hour with a different performer. Each week at 3:00 p.m. we have appetizers and great music. Please join us every Friday afternoon for food, music and fellowship.



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2200 S. Dixon Road
Kokomo, IN 46902
765-455-4443

wellbrookeofkokomo.com |

Amorette
Executive Director

April
Director of Health Services

Jessica
Customer Service Representative

Wendy
Business Office Manager

Jamie
Life Enrichment Director

Leeann Green
Social Service Director

Aaron
Director of Plant Operations

Steven
Director of Food Services

Scott
Environmental Services Supervisor

Suzanne
AP Payroll

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.

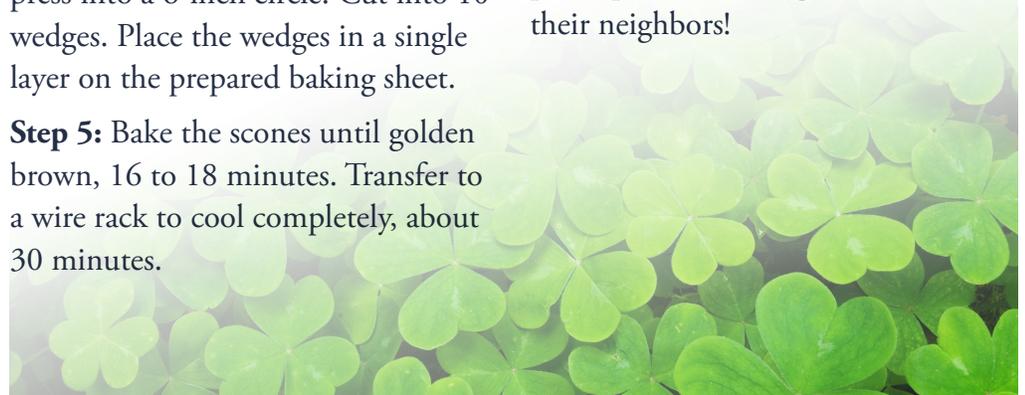
Step 3: Whisk buttermilk, maple syrup and egg in a medium bowl until blended. Add the wet ingredients to the dry ingredients and stir just until combined; do not overmix.

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
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
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R	D	M	E	W	E	T	R	Q	G	W	C	A	W	O	U	V	X	L

BRUNCH
CIRCLE
CONNECTIONS
DELICIOUS

DOUGH
FAMILY
FIBER
GLAZE

HEALTHY
IRISH
PREPARE
PROGRAM

RECIPE
SCONES
ST PATRICK
TREAT