



WELLBROOKE
OF WABASH

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

Donna B.	March 10th
Bud S.	March 13th
Shirley S.	March 13th
Georgia B.	March 15th
Dorothy S.	March 18th
Marguerite G.	March 20th
Red L.	March 27th

Volunteers Needed

Did you know that volunteering has so many wonderful benefits, including new friendships, better overall health, and learning new skills- just to name a few! At our campus, we are always looking for volunteers to become a part of our team. Volunteers can help with a variety of things including calling bingo, assisting residents to and from meals, and teaching new skills. If you are interested in volunteering, please see Kelsay Winstrom, our Life Enrichment Director.

Did You Know...?

That Wellbrooke of Wabash is on Twitter?! Follow us @Wabash_WB to see what we're up to!



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,

Aaron Vogel, HFA
Executive Director

Taste of Town

For our Taste of the Town, we enjoyed delicious chicken wings and a variety of sauces from Wings Etc Grill and Pub. We also had several brave staff volunteers attempt The Wings Etc Wall Challenge during the meal, which involves eating several wings covered in their famous hot sauce!





Happy Hour

We have so much fun celebrating Happy Hour weekly every Friday at 3:30 pm! We have recently started to add fun themes to all of our Happy Hours, and one of our most recent was Beer Can Happy Hour! We celebrated with fun costumes, awesome entertainment by Joe Staples, beer flights, and lots of fun!



Community Connections

Here at Wellbrooke of Wabash, we are always looking for ways to be involved in our community, and that is one of the many reasons we started our Wellbrooke Ambassadors group. This group meets to do things for others in the

community. We recently made some beautiful fleece blankets to donate to people in need here in Wabash. Great job, Wellbrooke Ambassadors!





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Aaron Vogel
Executive Director

Fawn Updike
Director of Health Services

Angel White
Assistant Director of Health Services

Steffany Pegg
Business Office Manager

Patrick Kelly
Community Services Representative

Scott Wysong
Director of Food Services

Sally Winters
Therapy Program Director

Taylor Oliver
Social Services Director

Patrick Flynn
Director of Plant Operations

Kelsay Winstrom
Life Enrichment 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*

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.

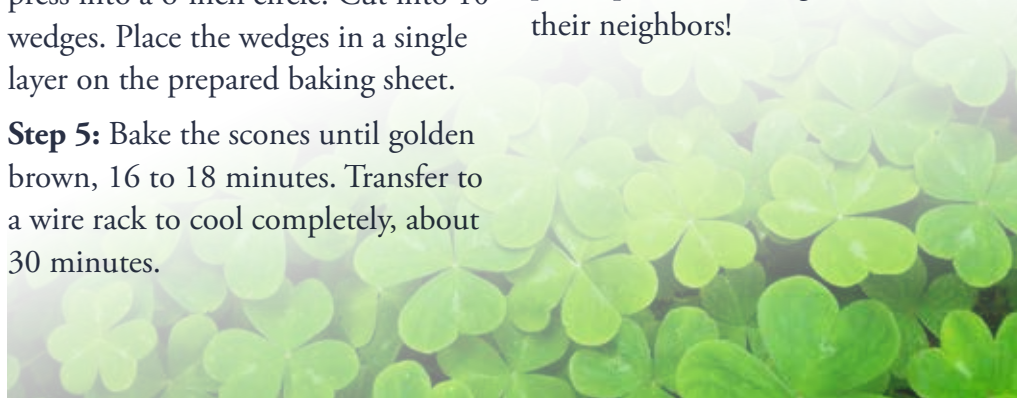
Step 3: Whisk buttermilk, maple syrup and egg in a medium bowl until blended. Add the wet ingredients to the dry ingredients and stir just until combined; do not overmix.

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
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BRUNCH
CIRCLE
CONNECTIONS
DELICIOUS

DOUGH
FAMILY
FIBER
GLAZE

HEALTHY
IRISH
PREPARE
PROGRAM

RECIPE
SCONES
ST PATRICK
TREAT