



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!

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|----------|-------------|
| March 03 | Patsy W. |
| March 04 | Annie W. |
| March 05 | Max H. |
| March 09 | Mary B. |
| March 13 | Marjorie B. |
| March 13 | Phil M. |
| March 21 | Ron M. |

Smile of the Month

Bob has got that contagious smile. Are you smiling back yet?



Activities Corner

We have an Ice Cream Social the first Sunday of every month. We play some good oldies and just enjoy our friends.



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,
Ellen Smitherman-Hinrichs
Executive Director

Intergenerational Fun

The White County Boys & Girls Club come every week to practice their reading to our residents. These little kiddos always put a smile on our residents' face when they see them coming.



Happy Hour

Jane and her sister making a little toast at Happy Hour.



Outings

Every month we play Euchre with our sister campus St. Elizabeth Healthcare in Delphi. We always have a blast when we go there and we love the friendly competition.



Creative Cooking



We tried a little bit of Chocolate Everything! That included Chocolate Strawberries, Chocolate

Potato Chips, and Chocolate Dipped Bacon. The Chocolate strawberries won as the favorite.

VOLUNTEER NEWS

Nails with Ruth is one of our lady residents' favorite activities. She usually has a line waiting on her when she gets here. I can tell you Ruth loves our ladies and painting their nails. If you would like to brighten up a ladies day, give Life Enrichment a call and we can set you up.



BFF Program

Best friends giving each other some encouragement. Way to be a best friend Lori.



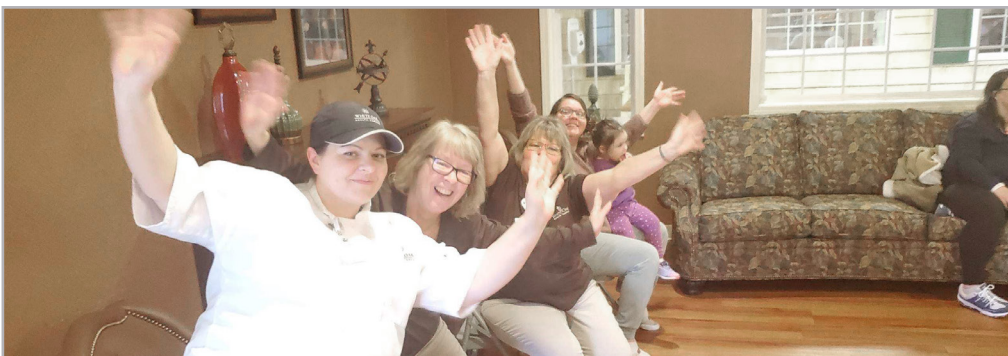
Artisans

We really enjoy looking at our Animals of the Forest sno-globe that we created in Artisans.



ER3 HIGHLIGHTS

ER3 Fun. Some of our wonderful staff posing for the camera. We couldn't do it without you all! Thanks for knocking our socks off with your dedication and compassion for our residents.



Sunday Brunch

March 8 from 11:30-1:00pm. Please RSVP.



WHITE OAK

HEALTH CAMPUS

A Trilogy Senior Living Community

814 S. 6th Street

Monticello, IN 47960

574-583-0324

whiteoakhc.com |  

Ellen Smitherman-Hinrichs
Executive Director

Judy Ramussen
Director of Health Services

Alicia Berning
Director of Resident Services

Pam Helltsel
Business Office Manager

Darla Houser
Life Enrichment Director

Larry Cates
Director of Food Services

Matt Rosandich
Director of Plant Operations

Connie Cates
Director of Environmental Services

Zach Johnson
Therapy Program Director

Jason Wafford
Legacy Neighborhood 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@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

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BRUNCH
CIRCLE
CONNECTIONS
DELICIOUS

DOUGH
FAMILY
FIBER
GLAZE

HEALTHY
IRISH
PREPARE
PROGRAM

RECIPE
SCONES
ST PATRICK
TREAT