



## *Our Community Newsletter*

*Happy Birthday*  
*to these Fantastic Folks*

*Wally W. - March 5th*  
*Ken L. - March 11th*  
*Kathy G - March 13th*  
*Judy M - March 26th*



### *A Message from Chaplains Austin & Katie*

Happy March from Chaplain Katie and Austin!

This month we will be observing Ash Wednesday during our Christian worship service on Thursday, March 6th. Chaplain Katie and Chaplain Austin will be providing ashes for those who practice this Christian tradition at the beginning of the season of Lent. If you are unable to attend the services, please let a staff member know if you would like to receive ashes. Thank you! “For you are dust, and to dust you shall return.”



# Dining Services

## Celebrating St. Patrick's Day

Every March 17th countries around the world celebrate St. Patrick's Day in observance of the death of St. Patrick – the patron saint of Ireland. He is credited for bringing Christianity to Ireland.

St. Patrick did not wear green, ironically his color was "St. Patrick blue." Green became associated with St. Patrick's Day after it was linked to the Irish independence movement in the 18th century.

Traditional Irish St. Patrick's Day meals include:

Corned Beef & Cabbage

Boiled Potatoes

Irish Soda Bread

Irish Apple Cake

Ironically, there isn't any corn in corned beef and cabbage. The name refers to the large grains of salt historically used to cure meats – also known as "corns."

Irish immigrants began observing St. Patrick's Day in Boston in 1727.

### Worlds Best Irish Soda Bread

#### **Ingredients:**

**1 3/4 cups buttermilk**

**1 large egg (optional, see note)**

**4 1/4 cups all-purpose flour, plus more for your hands and counter**

**3 Tablespoons granulated sugar**

**1 teaspoon baking soda**

**1 teaspoon salt**

**5 Tablespoons unsalted butter, cold and cubed**

**1 cup raisins (optional)**

#### **Instructions:**

**1. Preheat oven & pan options: Preheat oven to 400°F. Use a regular baking sheet and line with parchment paper or a silicone baking mat (bread spreads a bit more on a baking sheet), or use a seasoned 10-12 inch cast iron skillet (no need to preheat the cast iron unless you want to), or grease a 9-10 inch cake pan or pie dish. You can also use a 5-quart (or higher) Dutch oven. Grease or line with parchment paper. If using a Dutch oven, bake the bread with the lid off.**

**2. Whisk the buttermilk and egg together. Set it aside. Whisk the flour, granulated sugar, baking soda, and salt together in a large bowl. Cut in the butter using a pastry cutter, a fork, or your fingers. Mixture is very heavy on the flour but do your best to cut in the butter until the butter is pea-sized crumbs. Stir in the raisins. Pour in the buttermilk/egg mixture. Gently fold the dough together until the dough is too stiff to stir. Pour crumbly dough onto a lightly floured work surface. With floured hands, work the dough into a ball as best you can, then knead for about 30 seconds or until all the flour is moistened. If the dough is too sticky, add a little more flour.**

**3. Transfer the dough to the prepared skillet/pan. Using a very sharp knife or bread lame, score the dough with a slash or X about 1/2 inch deep.**

**4. Bake until the bread is golden brown, and the center appears cooked through, about 45-55 minutes. Loosely tent the bread with aluminum foil if you notice heavy browning on top. For a more accurate test, the bread is done when an instant read thermometer reads the center of the loaf as 195°F (90°C).**

**5. Remove from the oven and allow bread to cool for 10 minutes, and then transfer to a wire rack. Serve warm, at room temperature, or toasted with desired toppings/spreads. 6. Cover and store leftover bread at room temperature for up to 2 days or in the refrigerator for up to 1 week. We usually wrap it tightly in aluminum foil for storage.**

# Photo Gallery



Our  
Sweet  
Valentine's



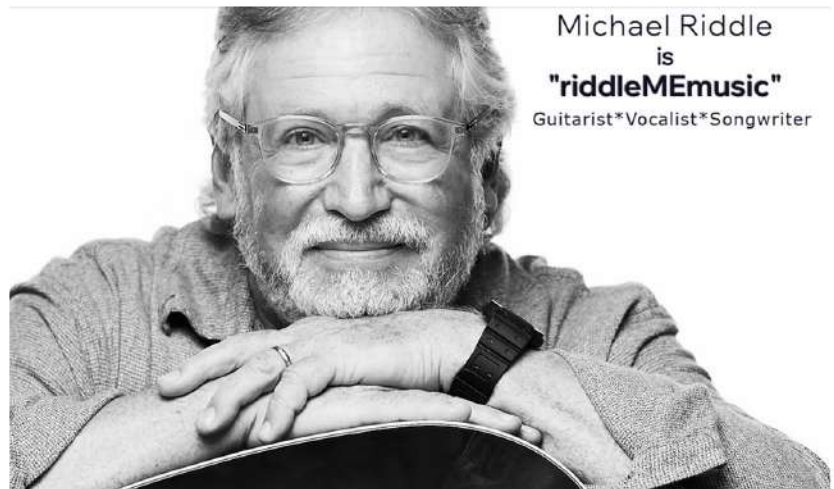
# Our New Employee & Community Life

Hello! My name is Heather and I am the new Community Life Assistant here at Woodbury Estates. I am excited to be a part of the community and look forward to spending time with residents and their families. I have had the privilege of working with seniors for over 25 years. I love to provide meaningful and fun activities for the residents. My goal is for residents to live their best life enjoying things they love to do! I recently bought a house here in Woodbury and in my spare time I like to take my dog to the dog park, go out to eat with friends (especially Indian food which is my favorite), take in a St. Paul Saints game or go the Farmers Market. Looking forward to being a part of the Community Life team!



## MICHAEL RIDDLE

IS COMING TO THE  
WOODBURY ESTATES  
TO ENTERTAIN US ON  
MARCH 12TH AT 2:30



Our Community Life Department offers a wide variety of leisure activities and recreation programs. We strive to fulfill program opportunities within the Wellness Wheel which is comprised of the 7 Domains of Wellness. These domains include: Physical, Social, Emotional, Spiritual, Intellectual, Environmental, and Vocational. Some of you may enjoy programs in one area and not another, and others enjoy it all. The Community Life team loves when you join in. Come for an entire program or leave anytime you want. There are no rules for participation. We hope to enrich your lives and keep you active.

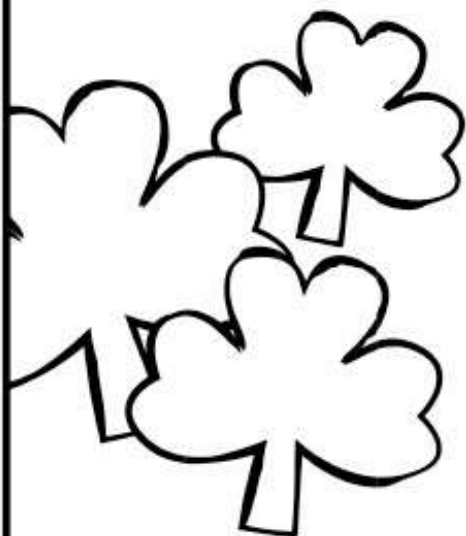
Name: \_\_\_\_\_

# HAPPY

# St. Patrick's Day!



Can you find the words in the word search below? They can be horizontal or vertical, and forward or backward.



luck	March	gold
Ireland	leprechaun	rainbow
clover	jig	potato
green	shamrock	limerick
holiday	tradition	celebrate