

Recipe of the Month...

Easter Fudge Cookie Bars

Ingredients

Sugar Cookie Base:

- ¾ Cup Butter, room temperature
- 1 Cup Granulated Sugar
- 2 Large Eggs
- 2 Teaspoons Vanilla Extract
- 2 ¼ Cup Flour
- 1 Teaspoon Baking Soda
- ¼ Teaspoon Baking Powder
- 3 Tablespoon Sprinkles

Fudge

- 2 ½ Cups Semi-Sweet Chocolate Chips
- 1 Can Sweetened Condensed Milk
- 1 Teaspoon Vanilla Extract
- 1 Cup Chopped Marshmallow Peeps (or regular mini marshmallows)
- 1 Cup Crispy Rice Cereal
- Various Candies like Chocolate Coated Candies and Sprinkles.



Instructions

- For Sugar Cookies Base: Preheat oven to 350 degrees. Line a 9 inch square pan with parchment paper in the bottom and up the sides (It will help you remove the bars from the pan later). In a large bowl, cream the butter and sugar together until light and fluffy. Mix in the eggs and vanilla. Add the flour, baking soda, and baking powder. Beat just until mixed. Stir in the sprinkles. Press the cookie dough into the pan evenly. Bake for about 20 minutes. Remove from oven and allow to cool slightly before topping with fudge.
- For the Fudge: On the stovetop, melt chocolate and condensed milk together in a pot over medium heat. Stir just until smooth. Stir continuously so it doesn't burn. Remove from heat. Add vanilla and stir well to mix. Add marshmallows and crispy rice cereal, stir until well mixed. Spread fudge evenly over the top of the cooked sugar cookie base and press down on the candies to push them into the fudge. Let is set in the refrigerator for at least 2 hours before serving. Lift from pan and cut into prices.
- Enjoy the Easter Fudge Cookie Bars! Plus sore in refridgerator.



Spirit of Heartland

Heartland Care Center · 604 E Fenton St. Marcus, Iowa 51035 · (712) 376 - 2500 ·



Have a Happy Easter!



Waffle Breakfast
Thursday, April 8th

Staff In-Service
Tuesday, April 13th

Supper Club
Thursday, April 15th

Resident Council
Monday, April 19th

Celebrating April

Licorice Month

International Guitar Month

Stress Awareness Month

April fool's Day
April 1

National Siblings Day
April 10

Look Alike Day
April 20

Earth Day
April 22

Pig in a Blanket Day
April 24

Hairstyle Appreciation Day
April 25

Reminders: Please call the facility to schedule a visit with Taylor with a resident. All precautions are still being used which are 3 visits a week, during the week! Call and talk with Taylor for more information.

Quote for the Month

***When you feel like you are
Drowning in life,***

DO NOT WORRY!

Your lifeguard walks on water!

***By Susie Meehan
Housekeeping and Laundry***

Heroes Live Here!

It has been just a little over a year since the pandemic was declared. With that came a lock down all across the world that most of us have never experienced. As we all entered into one of the hardest phases of our lives we learned to make choices on how to survive without our loved ones, how to social distance, wear masks, wash hands, etc. As days turned into months our stress levels rose, so then we needed to learn how to deal with stress.

Stress has enormous effects on our bodies. Stress can trigger headaches, lead to depression, cause heartburn, insomnia, weaken our immune systems, cause rapid breathing which leads to difficulty breathing, increase the risk of diabetes, heart attack, and high blood pressure.

How do we manage stress? There is no magic pill to help relieve stress. Each of us handle it in different ways. Talking to a friend or loved one, exercise, healthy food, therapy, faith, music, funny TV shows, laughter. Often we may need medicine, or therapy to help us deal with stress.

When I saw signs of “Heroes Work Here” I thought, it’s not just the workers, it’s our residents. They gave up so much yet still were able to smile and laugh, or ask us how we were doing. Our residents rolled with all the punches. I am so grateful for each of the residents here and grateful that I am privileged to provide care.

Happy April and Happy Easter!!

Teresa Polson RN, DON



April Birthdays

Our residents....

Milt Wurth, April 27th

And our staff...

Joe Dreckman, April 1st

Ashley Wallin, April 9th

Traci Miller, April 14th

Carrie Sherman, April 28th

Ryleigh Kasner, April 29th

Appropriate Discussion Topics on Visits with Loved Ones

Lately, we have had a lot of visits going on at Heartland Care Center. This time together has been a very good morale booster for everyone! We are excited to see a lot of new and returning faces in the building during these visits.

With these visits occurring more frequently, our residents are being exposed to a lot more conversation topics. We have run into a few situations in which a resident, likely unbeknownst to the family member, has received information that has later caused them to have a breakdown and become emotional. It is very important to supply residents with positive stories, news, or other general information while on these visits.

Individuals whom have memory loss, dementia, or even slight confusion can take one piece of information from these conversations and focus on the negative aspect of what they are hearing. For instance, it is not always appropriate to talk about selling of items/land/homes, a death of a loved one or friend, or a tragic national/local event that really doesn't pertain to them. Even though it may seem important to be shared, I ask you think thoroughly about the topic and question whether or not your loved one would really benefit from hearing negative conversations.

Again, I will highlight the importance of these visits for our residents' well-being. We have seen a much happier group of people in our building with the increase in visits, and hopefully we will be able to get some outside time as the weather continues to get warm. Thanks to everyone for their understanding.

As always, if you have any questions, give me a call at the facility!

Kody Nelson, Administrator