



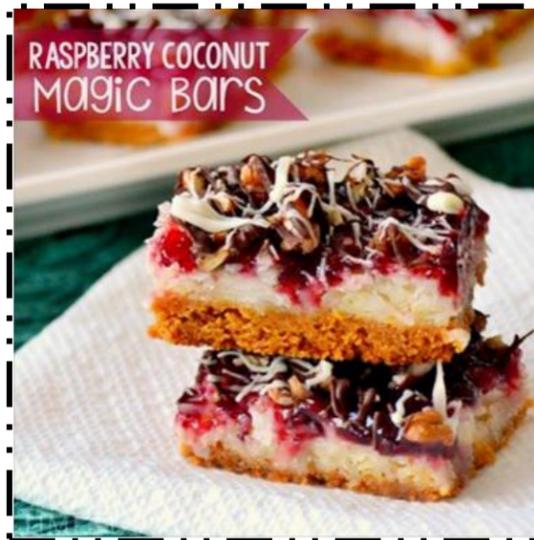
Recipe of the Month!

# Raspberry Coconut Magic Bars



## Ingredients

- 1 2/3 cup of graham cracker crumbs
- 1 stick {1/2 cup} butter, melted
- 2 Tablespoons of sugar
- 3 cups of sweetened, flaked, coconut
- 1 14 oz. can sweetened condensed milk
- 1 cup of seedless raspberry preserves {or the flavor of your choice}
- 1/2 cup of chopped pecans
- 1/2 cup of semisweet chocolate chips
- 1/3 cup of white baking chips
- 1 teaspoon of shortening



## Instructions

1. Preheat oven to 350 degrees.
2. Combine the graham cracker crumbs, butter, and sugar in a small bowl.
3. Press into a lightly greased 9x13 baking dish.
4. Sprinkle the coconut over the crust and drizzle the sweetened condensed milk over the top.
5. Bake for 20-25 minutes or until coconut is lightly browned.
6. Let cool completely.
7. Spread the preserves over the cooled coconut crust and sprinkle with pecans.
8. Melt the chocolate chips in the microwave and stir until nice and smooth. Drizzle over pecans.
9. Melt the white chips in the microwave and add shortening. Stir until nice and smooth. Drizzle over the top.
10. Let chocolate firm up in the fridge or on the counter and cut into bars.
11. Makes 36 bars.
12. Enjoy!

# Spirit of Heartland

Heartland Care Center • 604 E Fenton St. Marcus • (712)376-2500 • Assisted Living/Nursing Home



**Happy Valentine's Month!**



Music with Piano Man  
Tuesday, February 5<sup>th</sup>

Waffle Breakfast  
Thursday, February 7<sup>th</sup>

Valentine Movie & Popcorn  
Wednesday, February 13<sup>th</sup>

Valentine's Pot Luck  
Thursday, February 14<sup>th</sup>

Staff In-Service  
Tuesday, February 19<sup>th</sup>

Supper Club  
Thursday, February 21<sup>st</sup>

Happy Hour  
Friday, February 22<sup>nd</sup>

Lady's Group (Outing)  
Tuesday, February 26<sup>th</sup>

## Celebrating February

**Love the Bus Month**

**Mend a Broken Heart Month**

**Spunky Old Broads Month**

**National Freedom Day**

*February 1*

**National Wear Red Day**

*February 1*

**Groundhog Day**

*February 2*

**Super Bowl Sunday**

*February 3*

**Valentine's Day**

*February 14*

**President's Day**

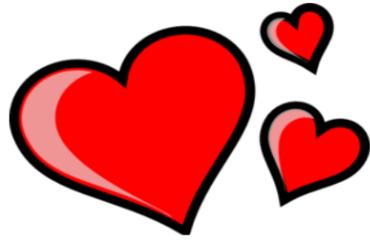
*February 18*

### Thought for the Day

If you are always trying to be normal, you will never know how amazing you can be!



**Glenda Klemme**  
**Housekeeping and Laundry**



February is known for Valentine's Day, and what best represents Valentine's is the heart. February is also called Heart Healthy month.

[Here are 10 tips for heart health:](#)

1. Stay active: The key to heart health is to keep moving and avoid being sedentary. Ideally, aim to get your heart rate up with at least 30 minutes of aerobic exercise at least five days a week. However, any movement will be good for your heart so keep moving and stay active.
2. Limit your consumption of red meat, sugar, and unhealthy fats. There are plenty of foods you can eat instead to enjoy a heart-healthy diet. Add fruits and vegetables to your diet to increase your fiber consumption.
3. Reduce your salt intake. Can't imagine your favorite foods without that added salt? Over time, however, you can re-train your taste buds to become accustomed to a lower-sodium diet, and you will start to notice subtle flavors in your foods again.
4. Stop smoking. Smoking not only damages your lungs, it also negatively affects your heart health. Once you stop smoking, your odds of developing heart disease drops rapidly. Breaking that smoking habit is essential for your overall health.
5. Keep your weight under control. Ask your doctor if you are overweight. Obesity increases the risk of heart attacks, heart failure and diabetes. A healthy diet with portion control and regular exercise is the best way to maintain a healthy weight.
6. Know your cholesterol levels: High cholesterol is a risk factor for heart disease. If you have not had your cholesterol levels checked in the past year or two, get them checked now to find out if you're at risk for heart disease.
7. Know your blood pressure: High blood pressure, or hypertension, is a major risk factor for heart attacks, strokes, and heart failure. Many people with high blood pressure are unaware that they have this condition. There are effective treatments for hypertension in addition to lifestyle modifications of exercise and salt reduction.
8. Know your blood sugar levels: Over time, elevated blood sugar levels can lead to diabetes, a strong risk factor for heart disease. Ask your doctor if you are at risk. If you are pre-diabetic or have "early" diabetes, lifestyle changes can be effective.
9. Reduce stress: Stress is a strong risk factor for heart disease, especially for women. Try meditation, yoga, or simply being silent and still for 10 minutes a day. Be mindful of stress in your life and take extra care of your heart.
10. See your doctor regularly. Regular medical follow-up is one of the best ways to prevent cardiovascular disease. Studies show that individuals who stop their cardiovascular medications are at higher risk for heart attacks, strokes, heart failure, and reduced survival.

Happy Valentine's Day!

Teresa Polson RN, DON

## Resident of the Month... Carla Stodden

Heartland Care Center's Resident of the Month is Carla Stodden. She was born in Cherokee to Carl and Donna Stodden, and raised on a farm a few miles south of Marcus by Trinity Church. The Stodden family consisted of 4 boys and 2 girls, Carla being the youngest daughter.

Carla went to school in Iowa City, Larrabee, and Cherokee before graduating from Marcus in the spring of 1979. Some hobbies Carla enjoys are crocheting various clothing items, playing games on her computer, and cruising around Marcus on her electric scooter during the warmer months.

She came to Heartland Care Center in February of 2009 and has been very active ever since. Participating in social outings, resident council, and other activities are some things Carla loves to do. Carla is always excited for baking and seasonal social outings. She is always willing to joke around with staff and make Heartland a family-like atmosphere.

Thank you for sharing, Carla!

Sincerely,

Kody Nelson, Adm.

## February Birthdays!

### OUR RESIDENTS....

Bonnie Wilkens 02/03  
Denise Mastbergen 02/18  
Brian Roseen 02/20

### AND OUR STAFF...

Joy Belden 02/17  
Miranda Fisch 02/21  
Joan Berger 02/22

★HAPPY★  
BIRTHDAY!