

Pumpkin Cheesecake Bars

INGREDIENTS

- 38 Ginger Snap cookies finely crushed (about 1 ½ cups)
- ¼ cup butter, melted
- 4 pkg 8 oz each cream cheese, softened
- 1 cup Sugar
- 15 oz Pumpkin
- 1 Tbsp Pumpkin Pie Spice
- 1 tsp Vanilla
- 4 Eggs
- Caramel topping and whipped Cream

DIRECTIONS:

1. Preheat over to 325 degree.
2. Crush ginger snaps (I used my blender), and mix with the melted butter. Press onto the bottom of a 9X13 pan.
3. Beat cream cheese and sugar with an electric mixer until well blended.
4. Add pumpkin, spice, and vanilla and mix well.
5. Add eggs, 1 at a time, mixing on low speed after each one just blended.
6. Pour the mixture over the crust. Bake for 45 minutes or until center is almost completely set.
7. Cool completely and then refrigerate for at least 4 hours before serving.
8. Cut into squares just before serving and drizzle each serving with caramel topping and serve with whipped cream.
9. Enjoy!



Spirit of Heartland

604 E Fenton St. Marcus, Iowa 51035 · 712 – 376 – 2500 · Nursing Home/Assisted Living



Happy November!

Thursday, November 5th
Waffle Breakfast

Wednesday, November 11th
Veterans Day

Tuesday, November 17th
Staff In-Service

Thursday, November 19th
Supper Club

Sunday, November 1st
Time Change

Thursday, November 26th
Happy Thanksgiving

We want wish everyone a Happy Thanksgiving!

Quote of the Month!

“People spend too much time looking for more, Instead of appreciating What they already have”

Susie Meehan
Housekeeping and Laundry Manager

Celebrating November

Child Safety Protection Month

Diabetes Month

Peanut Butter Lovers Month

Epilepsy Month

Native American Heritage Month

Time Change
November 1st

Use Your Common-Sense Day
November 4th

Dear Santa Letter Week
November 7–13

Veteran’s Day
November 11th

Thanksgiving Day (U.S.)
November 26th

November is diabetes awareness month.

Diabetes mellitus, commonly known as Diabetes, is a metabolic disease that causes high blood sugar. The hormone insulin moves sugar from the blood into your cells to be stored or used for energy. With diabetes, your body either doesn't make enough insulin or is unable to effectively use the insulin it has. If left untreated, diabetes can damage your nerves, eyes, kidneys, and other organs.

There are a few different types of diabetes:

Type 1 diabetes is an autoimmune disease. The immune system attacks the cells in the pancreas where the insulin is made.

Type 2 diabetes occurs when your body becomes resistant to insulin, and sugar builds up in your body. Prediabetes occurs when your blood sugar is higher than normal, but not high enough for a type 2 diabetes diagnosis.

Generally, what we see in the nursing home setting is Type 2 diabetes. Some of the more common symptoms include:

- Increased hunger
- Increased thirst
- Increased urination
- Blurry vision
- Tiredness

Diabetes can also cause recurring infections because elevated glucose levels make it harder for the body to heal.

Type 2 diabetes stems from a combination of genetics and lifestyle factors. Being overweight or obese can increase your risk, or carrying extra weight in your belly makes your cells more resistant to the insulin.

Complications: heart disease, heart attack and stroke, neuropathy, nephropathy, retinopathy and vision loss, hearing loss, foot damage (sores that don't heal), skin conditions, depression and dementia.

Diet and exercise can help some people manage type 2 diabetes. If these lifestyle changes are not enough to lower your blood sugar, you'll need to take medication.

Teresa Polson RN, DON

NOVEMBER BIRTHDAYS

OUR RESIDENTS....

Meredith Reuter 11/04



AND OUR STAFF...

Deb Galles 11/03
 Stephanie Kruse 11/04
 Victoria Ross 11/09
 Logan Sampers 11/20
 Kody Nelson 11/16
 Kortney Johnson 11/18
 Sheyenne Hill 11/30

Updates!

Hello all,

We have completed another week's worth of testing. We were required to test both residents and employees on our Monday round, but since we have went 14 days without a positive as of Tuesday, we did not have to test residents on our Thursday round. We will continue to test twice per week as Cherokee county's positivity resided at 17.6% this week. We will only have to test employees until we receive another positive test or a resident begins to display symptoms.

We are proud to have kept our positive case number very low despite the drastic increase in the county and surrounding areas. We will continue to allow visitors as long as we are not in "outbreak status." Please do not schedule visits if you have been sick or been around someone exposed to the virus. We are also asking to limit visitors to 2 people per visit and to not bring children whom would have a hard time staying socially distanced. Ultimately, we as a facility hold the discretion of whether or not a visit is appropriate and do not want to have to turn anyone away. We have had pretty good cooperation from families, and it will continue to be a joint effort to keep everyone safe and healthy.

Heartland will be cancelling this year's Thanksgiving family meal that we have done in years past with the help of the Marcus Action Club. I understand this is unfortunate to not be able to spend holiday time with your loved one, but we do not have the ability to keep everyone socially distanced if we were to host this event. The effect this virus has on younger individuals is minimal compared to the elderly and individuals with compromised immune systems. We will still be providing turkey and all of the fixings on Thanksgiving Day to our residents so they can enjoy the seasonal foods!

Kody Nelson, Administrator