

Pumpkin Cheesecake Bars

INGREDIENTS

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

DIRECTIONS:

1. Preheat oven to 325 degrees.
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!

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| Thursday, November 4 th
Waffle Breakfast | Thursday, November 11 th
Veterans Day |
| Tuesday, November 16 th
Staff In-Service | Thursday, November 18 th
Supper Club |
| Sunday, November 7 th
Time Change | |
| Thursday, November 25 th
Happy Thanksgiving | |

Celebrating November

Child Safety Protection Month

Diabetes Month

Peanut Butter Lovers Month

Epilepsy Month

Native American Heritage Month

Time Change
November 7th

Use Your Common-Sense Day
November 4th

Dear Santa Letter Week
November 7–13

Veteran's Day
November 11th

Thanksgiving Day (U.S.)
November 25th

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

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

AND OUR STAFF...

Deb Galles 11/03
Stephanie Kruse 11/04
Emma Vasher 11/07
Kody Nelson 11/16
Kortney Johnson 11/18

Updates!

Dear Family and Friends,

As we usher in the month of November, we will inevitably see cooler temperatures as we approach the holiday season. Seasonal colds will be following soon behind with their pestering symptoms of runny nose, drowsiness, and even cough. Ironically, or maybe not so ironically at this point, these symptoms are very similar to the symptoms one would experience if they were positive for the coronavirus.

I encourage everyone to use caution when visiting the facility. We are happy to say we have not had visiting restrictions in quite a while, but those circumstances can change. If you are not feeling well, please do not visit the facility. Not only is the coronavirus dangerous for our residents, but are too the common cold and seasonal influenza.

When you come, please wash your hands upon entering or use hand sanitizer. We are still screening all visitors so do not forget to fill out the form as well. As always, if you are not vaccinated, I encourage you to speak to your doctor about the benefits of doing so. We hope to see everyone visiting during the upcoming holiday season!

Sincerely,

Kody Nelson, Administrator