

Recipe of the Month...

Apple Cider Cupcakes and Brown Sugar Cinnamon Buttercream

INGREDIENTS:

For the Cupcakes...

- 2 Eggs
- 1 2/3 cup of all-purpose flour
- 1 cup of apple cider
- 2/3 cup sugar
- ½ cup unsalted butter, softened
- 1 tsp. ground cinnamon
- 2 tsp. baking powder
- ½ tsp. salt
- 1 tsp. Vanilla

For the Frosting....

- 1 cup softened butter
- 3 cup powdered sugar
- ½ cup light brown sugar
- 1 tsp Cinnamon
- 2 tbsp. Milk
- 1 tsp vanilla



Instructions

1. **Cupcakes:**
2. Cream together butter and sugar in the bowl of a stand mixer (or using a hand mixer). Add the eggs and vanilla and mix until fully incorporated.
3. Whisk together all of the dry ingredients in a separate bowl. Add the apple cider and the mixture of dry ingredients, alternating between the two, slowly incorporating them into the butter/sugar/egg mixture.
4. Line standard muffin/cupcake tin with paper or foil liners.
5. Fill cupcake liners 2/3 full and bake at 350° for 17-19 minutes. Bake until toothpick or skewer inserted into center comes out clean. Let cool completely before frosting.
6. **Frosting:**
7. Whip butter, brown sugar, cinnamon and vanilla together with a mixer until light and fluffy.
8. Gradually add powdered sugar and mix until incorporated.
9. Add milk until you reach desired consistency (more for thinner frosting).
10. Transfer to piping bag and frost each cupcake once they have cooled.
11. Garnish with an apple slice, if desired.
12. Cupcakes stay fresh at room temperature in an airtight container for 5 days.
13. Enjoy!

Spirit of Heartland



Welcome October and Fall!

Thursday, October 7th
Waffle Breakfast

Monday, October 18th
Resident Council

Tuesday, October 19th
Staff On-Service

Thursday, October 28th
Supper Club

Friday, October 29th
Trick-Or-Treat Bash

Celebrating October

Italian-American Heritage Month

American Pharmacists Month

Computer Learning Month

National Physical Therapy Month

Breast Cancer Awareness Month

World Smile Day
October 1st

World Teacher Day
October 5th

Pastoral Care Week
October 24-30th

Halloween
October 31st

Quote for the Month!

*"The journey of a thousand miles
Begins with one step!"*

**By Susie Meehan,
Housekeeping and Laundry Manager**



Happy Fall!

October is a month set aside for lung awareness. **National Healthy Lung Month**, and **Lung Health Day** is October 28.

Lung disease affects a staggering number of Americans. About 10 million adults are diagnosed with chronic bronchitis each year, and about 4.7 million others have been diagnosed with emphysema. These two diseases make up Chronic Obstructive Pulmonary Disease (COPD).

Asbestosis and mesothelioma are included in Occupational Lung disease and estimated to cost \$150 billion annually.

Chronic bronchitis occurs when the lining of the bronchial tubes repeatedly becomes irritated and inflamed. Infections are usually the cause of acute bronchitis, however, cigarette smoking is the most common cause of chronic bronchitis.

Emphysema occurs most often in smokers, but also occurs in people who regularly breathe in irritants.

Both chronic bronchitis and emphysema are irreversible so treatment is aimed at slowing the progression and minimize symptoms.

Some ways to avoid lung damaging agents. Using a vacuum with a HEPA filter to reduce lead, chemical build up, pet dander, dust mites and mold. Use indoor plants to help purify the air. Opt for fragrance free cleaning products if possible. Test for radon. If you smoke, QUIT!

Let's try to keep our lungs healthy!!

Teresa Polson RN, DON

OCTOBER BIRTHDAYS

OUR RESIDENTS....

Leah Drews 10/04
Lillian Foresman 10/29

AND OUR STAFF...

Audra Penning 10/15
Heidi Scharton 10/24
Rennie Alexander 10/26
Jenna Nelson 10/29

A COVID-19 Update:

Dear Friends and Families,

Here we are entering our 20th month of COVID-19, and it seems like it was just yesterday when it was all starting. While our facility staff and residents continue to practice due diligence with vaccine related safety, our surrounding communities are still seeing positivity percentage numbers at a high rate. Heartland Care Center has continued to test employees twice a week to identify anyone whom might be positive, but we also know the staff aren't the only ones interacting with our residents.

As visitors, you will continue to be required to wear a mask in the facility regardless of your vaccination status. Common areas such as hallways, dining rooms, and public rest rooms are all visited by numerous visitors, staff members, and residents on a daily basis. Regardless of your vaccination status, you can still spread the virus if you have been exposed. Please continue to be courteous while visiting like most everyone has been over the last year and a half.

Finally, if you are not yet vaccinated, I would encourage you to think about doing so. There are numerous benefits to yourself and the elderly that can be found on the CDC (Centers for Disease Control and Prevention) website. Many of you have likely heard that healthcare employees are facing an impending mandate of the vaccine that will force our employees to choose between being vaccinated and continuing to serve in the healthcare industry. I say this not to inspire fear, but to acknowledge the fact we need everyone's help in continuing to keep our residents safe.

As always, we appreciate patience and understanding as our rules governing our day-to-day activity continually transform. Safety is our utmost priority and we thank everyone for their help in achieving a continued covid-negative environment!

Sincerely,

Kody Nelson, Administrator