

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 it 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 it set in the refrigerator for at least 2 hours before serving. Lift from pan and cut into pieces.
- Enjoy the Easter Fudge Cookie Bars! Plus store in refrigerator.

**Quote for the Month**

***A flower blossoms  
For its own JOY!  
- Oscar Wilde***



# Spirit of Heartland

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



**Have a Happy Easter!**



Waffle Breakfast  
Thursday, April 6<sup>th</sup>

Heartland's Easter Egg Hunt  
Sunday, April 2<sup>nd</sup>

Staff In-Service  
Tuesday, April 18<sup>th</sup>

Supper Club  
Thursday, April 20<sup>th</sup>

Resident Council  
Monday, April 18<sup>th</sup>

**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*

**Hairstylist Appreciation Day**  
*April 25*

**HEARTLAND'S EASTER EGG HUNT:** We are having our annual Easter Egg Hunt on April 2<sup>nd</sup>! The hunt will start at 1:30 PM so please be here 10-15 minutes before hand to get a picture with the Easter Bunny!

# April Birthdays!

**Our Residents**

- Lila Galles, April 8<sup>th</sup>
- Milt Wurth, April 27<sup>th</sup>

**And Our Staff...**

- Joe Dreckman, April 1<sup>st</sup>
- Regan Peters, April 5<sup>th</sup>
- Ashley Wallin, April 9<sup>th</sup>
- Bayle Glassmaker, April 9<sup>th</sup>
- Traci Miller, April 14<sup>th</sup>
- Matthew Brady, April 19<sup>th</sup>
- Kysa Jochims, April 21<sup>st</sup>
- Carrie Sherman, April 28<sup>th</sup>

# National Humor Month!

**Laughter relaxes the whole body.** A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.

**Laughter boosts the immune system.** Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.

**Laughter triggers the release of endorphins,** the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.

**Laughter protects the heart.** Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.

**Laughter burns calories.** OK, so it's no replacement for going to the gym, but one study found that laughing for 10 to 15 minutes a day can burn approximately 40 calories—which could be enough to lose three or four pounds over the course of a year.

**Laughter lightens anger's heavy load.** Nothing diffuses anger and conflict faster than a shared laugh. Looking at the funny side can put problems into perspective and enable you to move on from confrontations without holding onto bitterness or resentment.

**Laughter may even help you to live longer.** A study in Norway found that people with a strong sense of humor outlived those who don't laugh as much. The difference was particularly notable for those battling cancer. **Laughter relaxes the whole body.** A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.

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Take sometime today to add some laughter to your life!

Teresa Polson RN, DON

## Spring is in the Air... Creating some good Changes!

I am pleased to share with everyone that the Heartland Care Center Board of Directors has successfully hired a "new" licensed administrator. His name is John Rainbolt, a seasoned administrator, who resides in Hospers with his family. He has done permanent placements, however of late he has been engaged in Interim positions in Iowa, as well as several other States. He is just completing a 4-month assignment in Farwell, Texas. He will begin at Heartland Care Center 4/10/23, and I will assist in his transition over the following 2 weeks.

I want to share with everyone how much we have appreciated your very warm welcome to your community. Heartland is a wonderful facility, with wonderful residents, staff and family members. You also have a very committed Board of Directors, who want nothing but the very best for those persons being served and the wonderful staff providing those services. I have very much enjoyed working with the staff and Board to help Heartland be the very best version of itself. I will remember my time spent here fondly and invite you to stop by the office at any time.

I want to let you know that the State of Iowa has added a new Managed Care Organization (MCO) to join the existing MCO's Iowa Total Care and Amerigroup. The new MCO is called Molina and they will start officially on July 1, 2023. These Managed Care Organizations are responsible for coordination of care for any person being served by the Iowa Medicaid Program. Those beneficiaries will be receiving a letter from Iowa Health Link, Iowa Health & Human Services. Individuals may be assigned to the same MCO they are currently with, or they may be assigned to the new MCO, Molina Healthcare of Iowa. If you are assigned to the new MCO you do not have to change from your present one. If you do not contact Member Services by May 18, 2023 you will be enrolled with the MCO group were assigned to in the letter. If you get one of those letters, please stop by the office and let Taylor know what you are planning to do.

Some other changes are happening at Heartland that you may have noticed and I am happy to share that Taylor Holmes has been promoted to full-time Business Office Manager; and Jennifer Johnson, has been promoted to Activity Coordinator. As well, Autumn Shaefer, RN has joined us full-time as the MDS Coordinator. All three ladies have shown me they are the right persons for the roles they are taking on and defining.

Once again, I thank you for the opportunity of getting to know the best part of Western Iowa!

Dann Larmore, Interim Administrator