

Recipe of the Month...

Strawberry Bars

Ingredients...

- 1 ½ cup all-purpose flour
- ½ cup granulated sugar
- Dash of salt
- ½ cup unsalted butter, cubed and cold
- ½ cup full-fat sour cream, or plain Greek Yogurt
- 1 Egg, slightly beaten
- 1 tsp. Vanilla Extract
- 2 tsp. fresh lemon juice
- 1 tsp lemon zest
- 4 cups fresh strawberries, hulled and diced.



Instructions

1. Preheat oven to 350. Grease an 8X8 baking dish or line with parchment paper and set aside.
2. In a food processor, combine flour, ¼ cup sugar, and a dash of salt. Pulse together until pastry dough is crumbly and butter is evenly distributed. Remove ½ cup of mixture for later.
3. With the remaining batter, press the mixture evenly into the glass baking dish. Bake for 15 minutes.
4. While crust is baking, mix together yogurt, remaining ¼ cup of sugar, vanilla, egg, lemon juice, and lemon zest together. Gently fold in the strawberries.
5. When the crust comes out of the oven, pour the strawberry batter over the crust and sprinkle the reserved ½ cup crust batter over the berry mixture evenly.
6. Return to the oven and bake for 45-50 minutes or until pie bars are set and crumble over top is slightly browned.
7. Allow the bars to cool for at least an hour before slicing or refrigerate overnight before enjoying.

Spirit of Heartland

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



May (Summer) is here!

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| Waffle Breakfast
Thursday, May 4 th | Mother's Day
Sunday, May 14 th |
| National Nursing Home Week!
Week 14 th through the 20 th | |
| Staff In-Service
Tuesday, May 16 th | Supper Club
Thursday, May 18 th |

Celebrating May

Clean Car Month

Kentucky Derby
May 6st

Teacher Day
May 2nd

Cinco de Mayo
May 5th

No Diet Day
May 6th

Mother's Day
May 8th

National Police Week
May 14th – 20th

Memorial Day (U.S.)
May 29th

Reminders: Make sure to sign all residents out when taking them off property grounds. When out for a long period of time, make sure to let nursing know so they can send medication, etc. with if needed!
At the nursing station, we do have sunglasses and sunscreen available if going to be outside for a long period of time. Skin in very sensitive!

Thought of the Month

“Stop struggling at the Level of the problem. The answer never lies there!”

Mental Health is Key!

May is **MENTAL HEALTH AWARENESS MONTH**. Generally, I would not have thought too much about that, but, after the past 4 years and all that is going on in our world today it is a very appropriate theme. National mental health has been recognized since 1949. For many years “mental health” was a taboo subject so people often would not seek help because of fear of ostracization.

Mental health conditions don't have a single cause. They have many causes or risk factors. Some develop slowly or they can appear suddenly after a traumatic event.

What plays a role in developing mental health conditions? Conditions in which we live, work and play. Trauma-any experience that was highly stressful, shocking or dangerous to you can be traumatic. Trauma is different for everyone. Genetics. Our genes are passed down from our parents and act as a blueprint for how our body and brain develop. Biology and brain chemistry-brains are wired differently. Habits and lifestyles.

So, what can we do? If you are stressed or think you have a mental health condition, seek help. Doctors can help. Diet and exercise play a huge role in our mental health. A healthy diet includes a full range of vegetables, fruits, legumes, fish, whole grains, nuts, avocados and olive oil to support a healthy brain. Sweet and fatty foods should be special treats, not the staples of your diet.

Food can change your brain. Diet is linked to the **Hippocampus**, a key area of the brain involved in learning, memory, and mental health. People with healthy diets have more hippocampal volume than those with unhealthy diets. One study found that 1/3 of the participants with depression experienced full relief of their symptoms after improving their diet.

Let's take care of our mental health!

Happy May!

Teresa Polson RN, DON

May Birthdays

Our residents....

Evon Gralapp, May 10th

LeAnn Hurlbut, May 24th

And our staff...

Tammy Smith, May 2nd

Carolynn DeYoung, May 9th

Lori Rassel, May 23rd

Kacy Wolf, May 24th

Shanon Hill, May 25th

Welcome John Rainbolt!

Hello friends and family of Heartland Assisted Living and Care Center. My name is John Rainbolt and I have been selected by the governing board to be your Administrator. I am both humbled and excited to bring my gifts and thirty-five-year experience to this Home. I currently live in Hospers, Iowa. Soon, I hope I will be in Marcus and being a part of this dear community.

Many times, I have stopped for gas, ate lunch, or driven through Marcus and thought that, “if they ever are looking for an administrator, I'd like to be the one”. I now have my dream facility. So far, it looks like I will have my dream team working with me to provide quality and compassion to the seniors of our area. Many long-term care facilities are struggling and/or closing their doors, but Heartland is going to make it and grow. What I see in Marcus is our compassion to serve is greater than the compulsion to survive. All we do here is servant lead and based upon good values.

My vision is that other providers will want to know why we succeed and then we show our industry what nursing, rehabilitation, or long-term living can and should be. If you have not been to Heartland in Marcus for a while, stop in and see us. You will see for yourself what sets us apart. We do not smell, sound, or taste like a traditional nursing home.

Again, I am so happy to be a part of this wonderful facility. I hope that soon I will be part of “the family”. If you have some ideas, want to participate in your facility (it belongs to your community), or just want to be a part of an exciting, family-like group of residents and staff, don't put it off. Come and see us!

Truly yours in Him,

John Rainbolt, LNHA