

Spirit of Heartland

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

Recipe of the Month:

Turkey Bacon Pinwheels

Ingredients

- 8 ounces Cream Cheese
- 2 Tablespoons Ranch Seasoning
- 1 cup Cheddar Cheese Shredded
- ½ cup Bacon, Chopped
- ¼ cup Black Olives, Sliced
- ½ lbs. Turkey, Sliced
- 3 (12) Flour Tortillas



Instructions

1. In a large bowl, add the cream cheese, ranch seasoning, cheese, bacon, black olives and mix until well combined.
2. Spread the mixture evenly among the tortillas.
3. Lay turkey slices on top and roll the tortillas tightly and wrap with saran wrap.
4. Refrigerate for at least 2 hours.
5. Slice the rolled tortillas into 1-inch slices.

Serve and Enjoy!



Celebrating September

Classical Music Month

Self Improvement Month

National Piano Month

National Tailgating Day
September 2nd

Labor Day (U.S.)
September 4th

9-11 Remembrance
September 11th

Chocolate Milkshake Day
September 12th

American Legion Day
September 16th

National Dance Day
September 16th

National Cheeseburger Day
September 18th

Important September Dates:

Thursday, September 7th
Waffle Breakfast

Tuesday, September 19th
Staff In-Service @ 1:30 p.m.

Thursday, September 21st
Supper Club @ 5:30 p.m.

Monday, September 18th
Resident Council @ 10:00 a.m.

September 11th – 15th
MMC/RU Homecoming

Updates/Reminders:

- Enjoy the umbrellas this Fall! They were donated by Helen Brady's Family.

Quote of the Month!

***“Just one small positive thought
in the morning can change
your whole day!”***



Fall is on it's way...

September is Suicide Prevention Month. Why would I talk about suicide in our newsletter? Because it affects every age group in some way. “Mental health activists and practitioners across the country work to reduce the prevalence of suicide and provide support to those who struggle” (goodgoodgood.com). Know that asking for help is a sign of strength – not weakness.

How can we help? Learn the warning signs of suicide such as talking about hurting oneself or wanting to die, talk of feeling hopeless, feeling trapped, feeling unbearable pain or being a burden to others. Saying goodbye to others or putting affairs in order, extreme mood swings. How do we help? Talk to a healthcare provider, take to the ER, talk to the person. If you or someone you know is in crisis, call or text the [988 Suicide & Crisis Lifeline at 988](https://www.988lifeline.org/). Call 911 in life-threatening situations.

Again, why do I talk about this? Mental illness affects people of all ages, race, gender. It takes all of us to help those in need.

Teresa Polson RN, DON

September Birthdays

OUR RESIDENTS....

Shirley Shea 09/01
Dorothy Clow 09/01
Clifford Tonsfeldt 09/08
Pete Norton 09/21

AND OUR STAFF...

Paige Gergen 09/01
Shania Buren 09/08
Beatrice Similien 09/08
Cindy Stieneke 09/11
Stephanie Evans 09/13
Jelynda Morse 09/25
Mary Dewald 09/27

A Monthly Update ...

Time marches on and that is the one thing that we can count on. Some feel that they don't have enough time to accomplish all they want or need to do. Well, time is time and YOU are then the one who determines how you spend it. Oftentimes we merely try to “cram” too much into the time we are provided, and then feel defeated when we don't accomplish it all. You know the time frame, you know the issues you want to accomplish, be realistic and prioritize. Get the quick and easy items done first, the list gets shorter...manage your distractions, when possible, and stay on task to complete. Some things can wait until tomorrow, so move them on to that day's list! Most of all “enjoy” the day by doing things you like to do, an extra cup of coffee, a text to a friend or family member just to let them know you thought of them, read another chapter of your current book, flip through that magazine you saved, or take a nap! The options are yours to choose.

The red umbrellas are up to “welcome” you to fall and a visit with a family member or friend. Stop out and go spend some time under one of them, as you visit and enjoy the entrance of fall!

I don't think I feel this way at Heartland, but some folks dread visiting family and friends at the care center. Don't feel like you have to stay for long visits, come for a shorter visit, bring your loved one up to date on what has been happening with family and friends. Short visits can be just as meaningful...loved ones just want to know someone still cares enough to spend time with them.

Once again, I am so impressed with the auxiliary and volunteers here at Heartland Care Center. We held our annual Volunteer Appreciation Event here at Heartland yesterday 8/30/23 and there were approximately 50 of the area's BEST hearts in the room. They enjoyed the music of Elaine Peacock, strawberry pretzel dessert, and the comradery of one another. Thanks for your on-going giving of self!

Finally, I want to mention that the transition affiliation with Cherokee Regional Medical Center is proceeding nicely. Again, this relationship provides necessary sustainability for Heartland Care Center into the future. The future is bright for Heartland as we focus on providing the BEST care possible, from the BEST staff we have assembled.

-Dann Larmore, Administrator