



Recipe of the Month!

Heavenly Oreo Dessert



Ingredients

- 1 (15.35 oz) pkg Double-Stuffed Oreo Cookies
- ½ cup Butter, melted
- 2 (3.9 oz) pkg Instant Chocolate Pudding mix
- ¾ cups of cold Milk
- 2 (8 oz) containers of Cool Whip
- 1 (8 oz) block of Cream Cheese, softened
- 1 cup Powdered Sugar



Instructions

1. Take a large zip-lock bag and place all the Oreo cookies inside. Seal bag shut and place on counter. Using a rolling pin, crush the cookies until they are small chunks/crumbs. You want them to still be chunky and small, but not fine crumbs.
2. Set aside 1/3 of the cookie crumbs for the topping. Pour remaining cookie crumbs into a 9 X 13 baking pan. Pour the melted butter over the crumbs and mix well to combine. Once combined, press into the pan to form a crust.
3. In a bowl, whisk together the 2 pudding mixes and milk. Cover and place in fridge to set.
4. In a medium bowl, blend cream cheese until smooth. Slowly add in the powdered sugar. Fold in one container of Cool Whip. Spread mixture over the cookie crust. Next, take the chocolate pudding and spread over the cream cheese mixture. Spread the other container of Cool Whip over the chocolate pudding layer. Sprinkle the top with the remaining cookie crumbs. Cover and chill in the fridge for at least 2 hours before serving.
5. Enjoy!

Spirit of Heartland

Heartland Care Center · 604 E Fenton St. Marcus · (712)376-2500 · Assisted Living/Nursing Home



Happy Valentine's Month!



Waffle Breakfast
Thursday, February 1st

Super Bowl Sunday
Sunday, February 11th

Sweetheart Pot Luck Luncheon
Tuesday, February 14th

Staff In-Service
Tuesday, February 20th

Supper Club
Thursday, February 15th

Resident Council
Tuesday, February 20th

Celebrating February

Wear Red for Awareness
February 3rd

National Iowa Day
February 8th

National Pizza Day
February 9th

National Random Acts of Kindness
February 17th

Presidents' Day
February 19th

Mardi Gras
February 13th

Ash Wednesday
February 14th

Battle of the Alamo
February 23rd

Quote for the Month

"Love is an element!
Like air to breathe,
Earth to stand on!"



February = American Heart Month!

February is national HEART month. The National Heart, Lung, and Blood Institute (NHLBI) created *The Heart Truth*® in 2002. It is the first federally-sponsored national health education program designed to raise awareness about heart disease as the leading cause of death in women. Initially, the program focused on women ages 40–60 with an emphasis on reaching women of color. In 2003, *The Heart Truth* introduced the Red Dress® as the national symbol for women and heart disease to bring greater visibility to risk factors and educate and motivate women to take action to protect their hearts.

Now, *The Heart Truth* is building on that increased awareness and expanding to reach younger women since we know that when it comes to heart disease, lifestyle changes make a big difference across the lifespan. Additionally, *The Heart Truth* is committed to raising awareness about heart health among the general public, especially within populations most impacted by heart disease such as African Americans and other minorities. Our outreach and education efforts aim to amplify awareness about heart disease risk factors; help people identify specific health goals to control risk factors; increase individual accountability to prevent heart disease; and grow the number of Americans who intend to take action to protect their hearts and control modifiable risk factors with a focus on:

- *Eating a Heart-Healthy Diet
- *Increasing Physical Activity
- *Maintain a Healthy Weight
- *Knowing and Controlling Your Heart Numbers
- *Getting Quality Sleep
- *NO Smoking
- *Reduce Stress

Protect your heart! Have a happy Valentine’s Day!

Teresa Polson RN, DON



Happy February

It is hard to believe January has come and gone already. I’m happy to leave the snow behind and welcome in the sunshine for February.

This month I interviewed Ruth Salvatierra. She is so much fun to visit with and you must see her festive room? Hearts everywhere! Ruth was born and raised in Long Island New York. Ruth traveled from Richman Hill Long Island to Manhattan and worked as a secretary for Allied Chemical after graduating from high school. Ruth then joined the Navy for 3 years as a Yeoman.

Ruth has 4 children, 12 grandchildren and 9 great grandchildren. Ruth was married to Louis Salvatierra for 39 years. Louis was from Argentina and they met through neighbors in Long Island New York. Ruth said Louis could not speak English and she could not speak Spanish but Ruth said Louis learned the English language quickly. Ruth said Louis was a Master Cabinet Maker. They moved from Long Island New York to California for approx. 15 years and then eventually to Hawarden, IA to be closer to family.

Ruth moved to Akron Iowa after Louis passed away. Ruth wrote for the hometown newspaper in Akron. Ruth stated she also wrote for her high school newspaper just as her father had before her. Ruth loves writing, oil painting and photography just to name a few. This administrator asked Ruth what she likes about Heartland. Ruth stated, “Heartland is a place you would feel good about finding for someone you love.” Ruth said she loves the Heartland community. Ruth has a great sense of humor, vibrant personality and a caring and compassion heart which is what helps make Heartland such a wonderful place to live.

Tracey Gabehart
Administrator

February Birthdays!

OUR RESIDENTS....

Betty Bilney 02.04
 Nancy Hohbach 02.16
 Brian Roseen 02.20

AND OUR STAFF...

Andrea Penning 02.01
 Tanya Judge 02.02
 Nellie Singer 02.06
 Lori A. Rassel 02.09
 Tonya Draper 02.23