

Recipe of the Month...

Spring Fudge Cookie Bars

Ingredients

Sugar Cookie Base:

- ¾ Cup Butter, room temperature
- 1 Cup Granulated Sugar
- 1 package of M & M's
- 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 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 M & Ms 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 is set in the refrigerator for at least 2 hours before serving. Lift from pan and cut into prices.
- Enjoy the Spring Fudge Cookie Bars! Plus sore in refridgerator.

Quote for the Month

***“You’re only here for a short visit. Don’t hurry. Don’t worry. And be sure to smell the flowers along the way!
--- Walter C. Hagen***



Spirit of Heartland

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



Have a Happy Easter!

Waffle Breakfast
Thursday, April 4th

Staff In-Service
Tuesday, April 16th

Supper Club
Thursday, April 18th

Resident Council
Tuesday, April 16th

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

April Birthdays!

Our Residents

Greg Sindt; April 9th

Laurie Wheeler; April 21st

And Our Staff...

Joe Dreckman, April 1st

Regan Peters, April 5th

Ashley Wallin, April 9th

Traci Miller, April 14th

Matthew Brady, April 19th

Kysa Jochims, April 21st

Carrie Sherman, April 28th

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.

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.

Take sometime today to add some laughter to your life!

Teresa Polson RN, DON

Spring is in the Air...

Hello Everyone,

Where did Spring go? We are all excited for the warmer weather to return and hopefully stay.

This month I had the pleasure to interview Eleanor Dreckman. Eleanor is so kind and a pleasure to visit with. Eleanor grew up South of Le Mars. Eleanor worked at Le Mars hospital as a C.N.A. for five years and during that time she met and married Jim Dreckman.

Jim and Eleanor had 12 children, 9 boys and 3 girls. Eleanor has 30 grandchildren, 37 great-grandchildren, and another one on the way. Eleanor shared that 8 of her 12 children live within a mile of Heartland Care Center. Eleanor became a homemaker after starting her family and was very busy at home raising their 12 children. Wow, what a job that must have been. Eleanor said once that children were in school, she worked in the school kitchen and also helped care for elderly ladies in their homes.

Jim and Eleanor lived in the Hinton and Merrill area farming before moving to Marcus in 1970 and then her husband worked at Plymouth Coop. Eleanor stated she was married for over 40 years and her husband passed away 26 years ago. This Administrator asked Eleanor what she likes to do for fun and Eleanor shared she loves to play cards and one of her favorite card games is Pinochle.

Eleanor shared that she has a very special friend that lives in England who has been her pen pal since she was 10 years old. Eleanor stated her children gave her a gift one year of going to England to meet her pen pal. Eleanor stated she stayed a week and her pen pal showed her all around and she had a wonderful time. Eleanor stated it is getting harder for her pen pal to write due to her Arthritis but sometimes if her pen pal is unable to write she will hear from her pen pal's family.

This Administrator asked Eleanor what she likes most about living at Heartland and Eleanor stated, I don't have to worry about anything because everything is taken care of for me and everyone is very nice.

I want to thank Eleanor for the opportunity to interview her. She is a remarkable lady and fun to visit with.

Tracey Gabehart

Administrator