

Recipe of the Month:

STRAWBERRY PRETZEL SALAD

INGREDIENTS

- 2 Cups Crushed Pretzels
- ¾ Cup Butter, melted
- 3 Tbsp White Sugar
- 1 (8oz) Package Cream Cheese, softened
- 1 Cup White Sugar
- 1 (8 oz) Frozen Whipped Topping, thawed
- 2 (3 ounce) Package Strawberry Flavored Jell-O
- 2 Cups Boiling Water
- 2 (10 ounce) Packages Frozen Strawberries



INSTRUCTIONS

1. Preheat oven to 400 degrees
2. Stir together crushed pretzels, melted butter, and 3 tablespoons sugar; mix well and press mixture into the bottom of a 9X13 inch baking dish.
3. Bake 8 to 10 minutes, until set. Set aside to cool.
4. In a large mixing bowl, cream together the cream cheese and 1 cup sugar. Fold in whipped topping. Spread mixture onto cooled crust.
5. Dissolve gelatin in boiling water. Stir in still frozen strawberries and allow to set briefly. When mixture is about the consistence of egg whites, pour and spread over cream cheese layer. Refrigerate until set.
6. Enjoy!

Heartland Spirit

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



Finally, Summer is here!

Happy Father's Day to all of our fathers!

Staff In-Service
Tuesday, June 18th

Supper Club
Thursday, June 13th

Resident Council
Tuesday, June 18th

Celebrating June

Camping Month

National Donut Day
June 7

Corn on the Cob Day
June 11

National Best Friends Day
June 8

Father's Day
June 16

Pink Flamingo Day
June 23

National Bingo Day
June 27

National CNA Week
June 13 – 19

Quote for the Month

**"Either you run the day
OR
The day runs you!"
-Jim Rohn**

Thank you Teresa!!! For 12 ½ YEARS!

To all the Residents and Family Members of Heartland Care Center,

I want to say THANK YOU for the privilege of working here at Heartland these last 12 ½ years. I have met and cared for so many people through the years and have made so many friends. The life lessons I have learned are too many to count.

The Covid years was a test to all of our strength and faith. I have never met a stronger group of people. Despite not getting to see or be with their families, they rallied and became the family to those around. We endured together!

Thank you again for the privilege of working with and for the greatest group of people. I will miss all of you and you will forever be in my heart.

Thank You,

Teresa Polson RN, DON

Nursing Home Week!

Hello everyone,

I wanted to share that our DON (Teresa Polson) has resigned and her last working day is 5/31/2024. I want to wish Teresa best wishes in her future endeavors and thank her for all her years of service and dedication to Heartland. Autumn Brewer will be our Interim DON until the position is permanently filled. I will not be interviewing a resident this month but instead wanted to share the fun pictures of our residents at our recent Petting Zoo activity here at Heartland.

Tracey Gabehart
Administrator



June Birthdays

Our residents....

Rosemary Wibe 06/08
Chris Ballard 06/10

And our staff...

Allissa Rupp 06/18
Tracey Gabehart 06/30