

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!

Mother's Day
Sunday, May 12th

National Nursing Home Week!
Week 13th through the 17th

Staff In-Service
Tuesday, May 21st

Supper Club
Thursday, May 16th

Celebrating May

Clean Car Month

Kentucky Derby
May 4th

Teacher Day
May 7th

Cinco de Mayo
May 5th

No Diet Day
May 6th

Mother's Day
May 12th

National Police Week
May 12th – 18th

Memorial Day (U.S.)
May 27th

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 is very sensitive!

Thought of the Month

“May the month of May be a month of sunshine, Happiness, and endless blessings!”

National Nurses Day!

May 12th is National Nurses Day. I want to take this opportunity to thank each of our nurses that work here at Heartland. Their care and dedication are the best. Each day brings new challenges, laughter, sometimes heartbreak, joy & tears.

Thank you to each of you for taking such good care of our residents & their families. Thank you for your dedication. You are the best and I'm grateful to be a part of this team.

Teresa Polson RN, DON



Resident of Month: Dorothy!

Hello Everyone,

This month I had the pleasure to interview Dorothy Clow. I always look forward to visiting with Dorothy as she is such a nice lady and always so positive.

Dorothy graduated from Meriden Highschool and then went to work for NW Bell Telephone in Cherokee, Iowa following graduation. Dorothy stated she worked there for 3 years and then she married Edwin (Bud) Clow and lived on a farm outside of Cherokee, IA. Dorothy stated that Bud farmed and had a bulldozer which he used for farm improvement work such as building waterways and terraces. Dorothy stated he also used his bulldozer to help build Dams in the county. Dorothy said they were married for 67 years. Wow, I asked her what was their secret for longevity? Dorothy said they never really yelled at each other they would just be quiet and then they would talk it through later. Dorothy described Bud as almost perfect. Bud and Dorothy had 4 children, 3 girls and 1 boy. Dorothy has 11 grandchildren, 23 great grandchildren and 13 great, great grandchildren.

Dorothy stayed home and raised their children until her youngest was in 5th grade than she helped out some good friends and worked at the Wagon Wheel Western store. Dorothy then went to work for St. Paul Methodist church as the Parish coordinator. Dorothy stated it was her job to keep in touch with the people of the church. Dorothy stated she really enjoyed her job and worked there for several years before retiring.

This Administrator asked Dorothy if she had some special memories she would like to share? Dorothy stated that she has very fond memories of traveling with Bud to Portland to visit their son. Dorothy stated she enjoyed sewing and sewed a lot for the girls when they were young. Dorothy stated that she and Bud would take turns with the neighbors sharing coffee and visiting together.

Dorothy is very active here in the Heartland community and enjoys the different activities. Dorothy stated everyone here at Heartland is so kind to her and she stated she receives wonderful care.

I want to thank Dorothy for the opportunity to interview her. She is a remarkable lady and I always enjoy my time visiting with her.

Tracey Gabehart
Administrator

May Birthdays

Our residents....

LeAnn Hurlbut, May 24th
June Bouma, May 27th

And our staff...

Tammy Smith, May 2nd
Lori M Rassel, May 23rd
Kacy Wolf, May 24th
Shanon Hill, May 25th