

# Recipe of the Month Taco Dip

## Ingredients:

- 1 (8 ounce) package cream cheese, softened
- 1 (16 ounce) container nonfat sour cream
- 1 (1.25 ounce) package taco seasoning mix
- ¼ head of iceberg lettuce – rinsed, dried, and shredded
- 1 cup shredded Cheddar cheese
- 3 chopped tomatoes
- 1 green pepper, chopped
- 1 (2.25 ounce) can black olives, drained.

## Directions:

In a medium-sized mixing bowl, combine cream cheese, sour cream and taco seasoning. Spread this mixture in a 9-inch (or a little larger) round serving dish. Top the mixture with lettuce, Cheddar cheese, tomatoes, bell pepper, and black olives. Serves best with crackers, Tostitos chips, and potato oles.



# Spirit of Heartland

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



## Celebrating August

**Romance Awareness Month**

**National Picnic Month**

**National Root Beer Float Day**  
*August 6<sup>th</sup>*

**International Left Handers Day**  
*August 13<sup>th</sup>*

**National Tell a Joke Day**  
*August 16<sup>th</sup>*

**National Senior Citizens Day**  
*August 21<sup>st</sup>*

**National BE AN ANGEL Day**  
*August 22<sup>nd</sup>*

**National Trail Mix Day**  
*August 31<sup>st</sup>*

**National Eat Outside Day**  
*August 31<sup>st</sup>*

## Welcome August

Marcus Fair  
August 8<sup>th</sup> – 11<sup>th</sup>

Resident Council  
Wednesday, August 22<sup>nd</sup>

Staff In-Service  
Tuesday, August 20<sup>th</sup>

Supper Club  
Thursday, August 15<sup>th</sup>

## Quote for the Month...

*“When you put love out in the world, it Travels! And it can touch people and reach people in ways that we never even expected.”*

--- Laverne Cox

## Reminders:

With the Marcus Fair approaching fast, please make sure each resident is signed out/in when leaving the building. Plus, asking nursing staff for medications when gone for a long period time. We are very excited to have everyone to enjoy the Marcus Fair.

# National Wellness Month!!

In August, National Wellness Month is celebrated by prioritizing self-care, managing stress and promoting healthy routines and habits.

Many of us put our health and wellness on the back burner because of work, family obligations and many other stressors. According to the research, when we take care of ourselves it will help manage stress and promotes happiness.

There are 5 habits for self-care that everyone can do to manage stress and increase happiness.

1. Drinking lots of water and staying hydrated will make your body feel better overall.
2. Get a full 8 hours of sleep every night can improve your mental and physical health.
3. Exercise at least 30 minutes of walking every day can boost your mood and improve your health.
4. Try a relaxing activity of yoga, reading books, listening to music, or painting can improve your mood.
5. Practice gratitude and positivity! You are what you think.

## August Birthdays

### OUR RESIDENTS....

Sharon Wadsley 08/02  
Polly Jansen 08/03  
John Wibe 08/08



### AND OUR STAFF...

Daniela Essman 08/06  
Taylor Holmes 08/17  
Lana Florine 08/21  
Morgan Rupp 08/26  
Kay Schat 08/29



## Resident of the Month Sherry Wadsley



Hello Everyone,

This month I had the pleasure to interview Sherry Wadsley. Sherry is full of smiles and a delight to visit with.

Sherry grew up in Sutherland, IA along with her 2 brothers and 2 sisters. Sherry graduated from Sutherland Highschool. Sherry then went to work for the Upper Des Moines non-profit group for several years recruiting children for the Head Start program. Sherry then went to work for the American Cancer Society in Storm Lake as a Field Rep for NW Iowa for 15 years. Sherry traveled 12 counties and received many awards. Sherry then moved to Cherokee and worked for Wetherell Mfg. Co. in Cleghorn, IA for 8 years. Sherry stated she made all the electronics for their sprayers. Sherry then went to work for her son in Humboldt keeping books for his Mechanic business for several years.

Sherry then moved to Spencer to be closer to her daughter and lived there for 11 years before moving to Heartland Care Center. Sherry had 3 children, 1 son and 2 daughters. Her two daughters are now deceased. Sherry has 6 grandchildren and 9 great grandchildren.

Sherry stated some of her favorite memories were collecting Antiques and putting on Antique shows all over the United States. Sherry now enjoys watching TV and playing cards.

Sherry stated she enjoys living at Heartland Care Center and loves the food and all the staff.

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

Tracey Gabehart  
Administrator

