

Recipe for the Month:

Fruit Dip

Servings: 24

Ingredients

- 8 ounces Cream Cheese
- 1/2 cup Marshmallow Crème
- 2 cups Frozen Whipped Topping, thawed
- 1/4 cup Unsweetened Pineapple Juice



Instructions

1. Blend together the cream cheese, marshmallow cream and thawed topping. Add enough pineapple juice to make it dipping consistency. Chill for 1 hour.

How to eat it.....

Great with fresh fruit! Use apples, pineapple chunks, grapes, oranges, or other fruits of your choice. Have toothpicks available to spear the fruit for dipping. Great for showers or parties.

July Birthdays

Our residents....

Donna Butler (July 6th)
 Beverly Kosse (July 14th)
 Steven Paulsen (July 16th)

And our staff...

Paige Huth (July 10th)
 Angela Jonas (July 11th)
 Amber Shaefer (July 12th)
 Susie Meehan (July 17th)
 Sara Lau (July 28th)
 DeLani Doeden (July 31st)

Heartland Spirit

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

Happy 4th July!

Resident Council
 Wednesday, July 17th

Staff In- Service
 Tuesday, July 16th

Supper Club
 Thursday, July 18th

The Huckleberry's
 Tuesday, July 16th

Celebrating July

Blueberries Month

Women's Motorcycle Month

Grilling Month

Independence Day (U.S.)
July 4

National Pecan Pie Day
July 12

Global Hug Your Kids Day
July 15

National Hot Dog Day
July 17

National Cheesecake Day
July 30

**International Day
 of Friendship**
July 30

LOST AND FOUND: Our lost and found pile is slowly getting bigger! If any family members or resident want to look at any items, please let Laundry know. (Let us know if you are missing any items). Also PLEASE mark initials of your loved one if you are bringing in new items, please make a detailed list and give to staff so we can keep track as well.

Thought for the Month...

*“Happiness is letting go
 Of what you think your life is
 Supposed to look like and
 Celebrating it for
 Everything that it is!”*

HAPPY JULY

July is summer and sun! People outside working in the yard, construction, swimming, boating, playing ball, riding bike, etc. We spend time outside enjoying the fresh air and sun. We all need the sunshine for mood, our bones, our lungs but we have to be careful about the harmful UV rays.

Skin cancer, the out-of-control growth of abnormal cells in the epidermis, the outermost skin layer, is frequently caused by the UV rays of the sun and tanning beds. If it caught early, it can be treated and high odds of eliminating it altogether.

There are 4 different skin cancers. Basal Cell Carcinoma, often on skin areas typically exposed to the sun, especially the face, ears, neck, scalp, shoulders and back. Basal cell is the most common form of skin cancer. Squamous Cell Carcinoma is often found on the ears, face scalp, neck and hands where the skin reveals signs of sun damage, including wrinkles and spots. Squamous cell is caused by long-term exposure to the UV radiation of the sun and tanning beds. Melanoma, the most serious of the three most common forms of skin cancer, can be found on any area of the body, even areas that are not typically exposed to the sun. They often resemble moles and sometimes arise from them. Melanoma is often triggered by intense, intermittent sun exposure that leads to sunburn. Merkel Cell carcinoma is a rare, aggressive skin cancer.

What can we do to help ourselves?

Sunscreen, with SPF of at least 30, needs to be used when outdoors and reapplied every 2 hours. Wearing a hat that covers the ears, light weight long sleeves will protect the arms and back. Getting in from the intense heat, and staying away from tanning beds.

Have a safe and fun July!



Resident of the Month

Hello Everyone,

This month I had the pleasure to interview LeeAnn Hurlbut. LeAnn is a delight and fun to visit with.

LeAnn graduated from Bronson Highschool and then went on to attend college and worked for a Real Estate company. LeAnn married Don Hurlbut in 1958 and lived in Morning Side for 5 years. They then moved to Le Mars where they lived for 55 years. LeAnn worked at Westmont college in the cafeteria until she and her husband started their own Trucking business.

LeAnn and Don had 2 children. LeAnn has 5 grandchildren and 5 great grandchildren. Don has now passed away but LeAnn stated her and her late husband enjoyed going to NASCAR races, boating and fishing. LeAnn stated that she had a place in Okoboji that her daughter now has but she still enjoys going there when she can.

This Administrator asked LeAnn if she had a favorite memory she would like to share. LeAnn stated that Don's brother was in charge of the parade at the race track in Charlotte and she would get to drive a convertible around the race track. LeAnn stated now she enjoys playing cards, visiting with her friends and watching sports on TV.

LeAnn stated she has lived at Heartland Care Center for almost 3 years and has enjoyed her stay here and really enjoys the people here at Heartland. LeAnn is very active in the Heartland community.

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

Tracey Gabehart
Administrator

