

Spirit of Heartland

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

Recipe of the Month:

Mexican Party Pinwheels



Ingredients

- 8 ounces Cream Cheese
- ½ cup Sour Cream
- ¼ cup Salsa
- 2 Tablespoons Taco Seasoning
- 1 dash Garlic Powder
- 1 (4 oz) can Chopped Green Chilies
- 1 cup Mexican Cheese
- 8 (10 inch) Flour Tortillas
- Salsa for the side (Dipping)

Instructions

1. In a large bowl, add the cream cheese, sour cream, salsa, taco seasoning, and garlic powder. Mix together until smooth. Add the chilies and cheese and stir.
2. Scoop ½ - ¾ cup of the mixture onto each 10-inch tortilla. Spread the mixture to cover the tortilla.
3. Roll each tortilla like you would a jelly roll. Line them up, seam side down, in a baking dish. Cover the dish and place it in the fridge to chill for at least 2 hours.
4. After they have chilled, slice each tortilla roll into 1-inch pieces. Place them side by side on a serving tray so that you can see the rolled layers.
5. Place on a pretty tray. Serve with cold salsa.

Serve and Enjoy!



Celebrating September

Classical Music Month

Self Improvement Month

National Piano Month

National Tailgating Day

September 7th

Labor Day (U.S.)

September 2nd

9-11 Remembrance

September 11th

Chocolate Milkshake Day

September 12th

American Legion Day

September 16th

National Dance Day

September 21st

National Cheeseburger Day

September 18th

Important September Dates:

Monday, September 2nd
Happy Labor Day!

Tuesday, September 17th
Staff In-Service @ 1:30 p.m.

Thursday, September 19th
Supper Club @ 5:30 p.m.

Wednesday, September 25th
Resident Council @ 2:00 p.m.

September 30th - October 4th
MMC/RU Homecoming

Quote of the Month!

***“Just one small positive thought
in the morning can change
your whole day!”***



Welcome Heather!



To Heartland Care Center residents, staff, and community members

I am thrilled to be a new part of this team as the Director of Nursing for Heartland Care Center.

My name is Heather Marks. I have worked in long term care since 2009. I have been in the DON role and at a corporate level for DON oversight and regulation compliance during my years of nursing.

I live in Remsen and have been married to Morrie Marks for 21 years. We have 2 children Alyssa and Jordan and have 2 grandchildren Declan and Kendall.

In our spare time we help with our son's business- Jordan's Meat Market and make memories with our grandchildren.

I look forward to meeting each of you in the next days and weeks as I get acquainted with everyone as I am excited to continue to have a contribution that will strive for success for all that are involved at Heartland Care Center.

Heather Marks



September Birthdays

OUR RESIDENTS....

Shirley Shea 09/01
Dorothy Clow 09/01
Lorna Ebert 09/14

AND OUR STAFF...

Paige Gergen 09/01
Shania Buren 09/08
Beatrice Similien 09/08
Cindy Stieneke 09/11
Stephanie Evans 09/13
Jelynda Morse 09/25
Mary Dewald 09/27

Resident of the Month: Brian Roseen

Hello Everyone,

We are all very excited to welcome Heather Marks to Heartland Care Center as our new DON. She will be a great asset to our team! I also want to thank Autumn Brewer for all her hard work and leadership as the interim DON and Kacy Miller, our clinical coordinator, for all her hard work and leadership during this time we were without a full-time DON.

This month I had the pleasure to interview Brian Roseen. Brian has lived in our Heartland community for 12 years.

Brian was born in Cherokee but has lived in Marcus all his life. Brian grew up with one brother and one sister. Brian graduated from Marcus High School. Brian stated he participated in basketball, track and football while in high school

Brian then attended 2 years of tech school in Sheldon after graduating high school. Brian stated after finishing tech school he started his own electrical business.

Unfortunately, Brian had some serious health issues and became disabled and was no longer able to run his own electrical business. However, Brian lived in his own apartment in Marcus and worked at Cherokee Mental Health for 22 years doing electrical maintenance work.

Brian stated when he had his own apartment he loved to fish and has a plaque on his wall of a Crappie fish that he caught. Brian stated one of his best memories was chasing and catching that fish. Brian stated he now enjoys listening to music and playing Sudoku and Bingo. Brian stated he also enjoys riding his scooter, playing solitaire on his computer, keeping up on Facebook and visiting with everyone.

Brian stated what he loves most about Heartland Care Center is that he knows everyone.

I want to thank Brian for the opportunity to interview him. He is a very nice gentleman and a joy to visit with.

Tracey Gabehart
Administrator

