

Recipe of the Month...

Bloomin' Baked Apples

INGREDIENTS:

- 2 Honeycrisp Apples
- 2 Tbsp Brown Sugar, firmly packed
- 1 Tbsp Flour
- 1 tsp Cinnamon
- 4 Caramels
- Vanilla Ice Cream



Instructions

1. Heat oven to 375°
2. Cut off the top 1/3 of the apples, scoop of the core. Use a thin knife to make 2 deep circular cuts around the center of the apples. Next, turn the apples over and make narrow cuts all the way around the apples. Flip the apples back over and you can see the cuts.
3. Place the apples in an oven safe dish and put 2 caramels in the center of each apple.
4. Heat butter and brown sugar in the microwave for 30 seconds. Stir and heat for another 30 seconds. Remove from the microwave, stir in the flour and cinnamon. Divide the mixture between the 2 apples.
5. Bake at 375° for 25-35 minutes. Check apples after 25 minutes. Some apples take 45 – 1 hour to soften.
6. Remove from the oven and use a large spoon to scoop into bowls.
7. Top with a scoop of ice cream sprinkled with cinnamon and drizzled with caramel. Eat right away, the ice cream will harden the caramels or omit ice cream.
8. Enjoy!



Spirit of Heartland

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



Welcome October and Fall!

Thursday, October 3rd
Waffle Breakfast

Tuesday, October 8th
Flu/Covid-19 Clinic

Wednesday, October 23rd
Resident Council

Tuesday, October 15th
Staff On-Service

Thursday, October 17th
Supper Club

Tuesday, October 22nd
Voting Day at Heartland

Celebrating October

Italian-American Heritage Month

American Pharmacists Month

Computer Learning Month

National Physical Therapy Month

Breast Cancer Awareness Month

World Smile Day
October 4th

World Teacher Day
October 5th

Pastoral Care Week
October 20th-26th

Halloween
October 31st

THANK YOU to Janette Woodall and JoAnn Erickson for each donating lap blankets this month! Each individual brought in beautiful lap blankets that the residents are loving! Especially when sitting outside with the cooler weather upon us!

Quote of the Month
"Be the change you wish to see in the world!"
■ Mahatma Gandhi



'Tis the Season.... Flu Season!

Influenza season is upon us- I am sure that most of you have either heard via phone from us or in person for consent to this year's Influenza vaccine.



We are planning our vaccine clinic in **October 8th 2024 from 2pm-4pm**

Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness. Anyone can get flu (including healthy people), and serious problems related to flu can happen at any age, but some people are at higher risk of developing serious flu-related complications if they get sick. This includes **people 65 years and older**, people of any age with certain chronic medical conditions (such as asthma, diabetes, or heart disease), people with a body mass index (BMI) of 40 kg/m² or higher, pregnant people, and children younger than 5 years.

What are everyday preventive actions?

- Avoid close contact with people who are sick.
- While sick, limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw it in the trash after you use it and wash your hands.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose, and mouth. Germs spread this way.
 - Clean and disinfect surfaces and objects that may be contaminated with germs that can cause respiratory illnesses like flu

If you do not feel well, please refrain from visiting to assure we keep the residents as healthy as we can~

Heather Marks, DON/RN

OCTOBER BIRTHDAYS

OUR RESIDENTS....

Leah Drews 10/04
Freddie Hollenbeck 10/19
Arlene Hollenbeck 10/26
Lillian Foresman 10/29

AND OUR STAFF...

Shelby Chester 10/14
Molly Appeldorn 10/21

Resident of the Month:

Dian Erdman

Hello Everyone,

This month I had the pleasure to interview Dian Erdman. Dian is one of our newer residents in our AL community.

Dian grew up in Cherokee and graduated from Cherokee Wilson Highschool. Dian then went to AIB business school in Des Moines, IA for 6 months. Dian then got married to Robert Erdman on December 22nd 1951. Robert was in the Airforce and they moved to Fairfield, California for 3 years and Dian worked as a bank teller while they lived in California.

The couple then moved back to Cherokee and then to a farm south of Marcus. Robert farmed and Dian helped on the farm and cared for their 3 children. Dian stated they enjoyed weekend camping trips as a family when the kids were young. Dian now has 8 grandchildren and 19 great grandchildren. Her 3 children all live close by in the Marcus area.

Dian stated that after her and her husband retired, they moved from the farm to a Townhome in Cherokee. Dian stated they enjoyed lots of traveling in their motor home and visited almost every state. Diane stated they also had a place at Lake Okoboji that they enjoyed for years that now her children and grandchildren are enjoying. Robert passed away in January of 2023. Dian stated they had been together for 71 years. Dian stated Robert was her best friend and they had been together since her freshman year in high school.

Dian stated she really enjoys living here at Heartland. Dian said she loves visiting with people and being close by her family. Dian stated she really likes the food and the cleanliness of the facility and the care she receives.

I want to thank Dian for the opportunity to interview her. Dian is such a joy to have in our Heartland community.

Tracey Gabehart
Administrator

