

# Spirit of Heartland

604 E Fenton St. Marcus Iowa 51035 • 712-376-2500 • Assisted Living/Nursing Home Care \*

## Recipe of the Month: Christmas Magic Bars

### Ingredients:

- 30 Original Oreo Cookies crushed into fine crumbs
- ½ cup (1 stick) unsalted butter, melted
- 1 – 14 oz can sweeten condensed milk
- ½ cup Health toffee bits
- 1/3 cup salted and roasted peanuts
- ½ cup pretzels broken into small pieces
- 16 Winter Oreo Cookies with Red Vanilla Filling broken into small pieces
- 1 cup red and green M&M's
- 1 Bag Nestle Holiday Semi-Sweet Chocolate Morsels with red and green morsels.



### Directions:

1. Preheat oven to 350 degrees.
2. Line a 9X13 baking pan with non-stick aluminum foil.
3. Mix crushed Original Oreo Cookies with melted butter.
4. Press into and even layer in the 9X13 baking pan.
5. Sprinkle on toffee bits, peanuts, and pretzels.
6. Pour sweetened condensed milk over top and spread evenly.
7. Add the pieces of red cream filled Oreos cookies, ½ cup of the red and green M&M's, and ½ cup of the bag of Holiday morsels.
8. Bake for 25-27 minutes until the sweetened condensed milk has caramelized. Remove from the oven and sprinkle on the remaining red and green M&M's and Holiday Chocolate Morsels.
9. Return to oven for 3 minutes.
10. Remove pan from oven, and tap it on the counter a few times. (This will help secure all the M&M's.)
11. Cool completely.
12. Peel off foil. Cut into 24-30 squares.
13. Enjoy the Cookies!



### Celebrating December

**National Christmas Lights Day**

*December 1<sup>st</sup>*

**National Cookie Day**

*December 4<sup>th</sup>*

**National Pearl Harbor Remembrance Day**

*December 7<sup>th</sup>*

**National Ugly Sweater Day**

*December 20<sup>th</sup>*

**Christmas**  
*December 25<sup>th</sup>*

**Kwanzaa Begins**  
*December 26<sup>th</sup>*

**New Year's Eve**  
*December 31<sup>st</sup>*

## WE LOVE.... Holiday Season!

### Our Important Dates:

Saturday, December 14 <sup>th</sup> Christmas Open House	Friday, December 20 <sup>th</sup> Christmas Ugly Sweater
Tuesday, December 17 <sup>th</sup> Heartland's Christmas!	Thursday, December 19 <sup>th</sup> Supper Club
Wednesday, December 25 <sup>th</sup> Merry Christmas	Tuesday, December 31 <sup>st</sup> New Year's Eve Bash!

### Thought of the Month

***“As we get older; we realize that the best gifts for Christmas are found in the HEART and not in the shopping malls!”***

## December Birthdays!

### OUR RESIDENTS....

Barb Harris 12/25

### AND OUR STAFF...

Karsa Dreckman 12/04  
 Alyssa Dowdy 12/07  
 Ashlee Boyer 12/10  
 Aspen Woodall 12/13  
 Kate Braun 12/22

## National Handwashing Awareness Week!

Seasonal affective disorder (SAD) is a type of depression that can occur during the winter months and improves in the spring and summer months.

SAD is related to the decrease in the amount of sunshine that we are receiving daily. The lack of sunlight may stimulate an overproduction of melatonin in some people, which can make you feel sluggish and sleepy during the winter.

What are some tips to help alleviate these “winter blues”

- Go outside when the weather is nicer- even if it is cloudy.
- Eat well balanced meals and avoid overindulging in sweets and starches
- Exercise- try to get 30 minutes of exercise at least 3 times a week, this will help relieve stress and some of the anxiety
- Stay connected- family and friends and you are always welcome to come to social hour at Heartland; these are great supports through these darker months.
- You can also use light therapy in the early fall to help avoid some of these seasonal moods.
- If you still feel sad and blue reach out to your provider for further assistance.

Have a fun and safe Christmas and New Year!

Merry Christmas,  
Heather Marks, DON

### HOLIDAY REMINDERS!!!!

If taking a resident out for a holiday celebration, please let our staff know a couple days in advance. This will help with getting their medications ready, treatments, and planning for mealtimes.

If buying your loved one new clothing items, etc. remember to mark them with your loved one's initials and let our staff know. Our staff can also label the clothing (when brought to our staff). With new items, we need to get them on the inventory list for each resident. This does include new TV's, personal items, clothing, shoes, etc. all needs to be listed on the inventory list.

If you have any questions, our staff is always here to help!

## Resident of the Month...Joan Spronk!

Hello Everyone,

I wanted to remind everyone that when we are in Covid outbreak as we are at the time of this writing visitors are still allowed but we encourage visitors to wear masks for their own wellbeing and for the wellbeing of our residents, but it is not mandatory.

This month I had the pleasure to interview Joan Spronk. Joan is another one of our newer residents. Joan will be moving shortly to the AL hallway and eventually return to Orange City.

Joan grew up on a farm with two sisters outside of Orange City. Joan went to a country school outside of Orange City until 8<sup>th</sup> grade. Joan walked a mile each way to school and back. Joan then went to High School in Orange City and graduated 4 years later.

Joan then became a telephone operator in Orange City for 3 years. Joan then married Bernard Huizenga and they were married for 33 years. Joan tells the funny story that the first time she went out with Bernard she thought she was going out with a different person named Bernard so when Bernard Huizenga showed up at her door, she was not sure she wanted to go out on the date. However, she stated after their first date she really started to like him and they wrote back and forth for a year while he was in the service and then when he returned, they continued dating until they were married. Joan stated they had 3 boys and she was a homemaker and stayed home to raise their sons. Joan lived in Orange city with Bernard during their 33 years of marriage until he passed away.

Joan stated five years later she had met another wonderful man named, Gerrit Spronk. They were married and she moved with him to Edgerton, MN where they lived for 4 ½ years before he passed away. Joan stated she was very blessed to not only have her 3 sons but 6 wonderful step children and they are all still very close to this day. This Administrator asked Joan how many grandchildren and great grandchildren she had. Joan has 26 grandchildren and 57 great grandchildren. Joan showed me some wonderful pictures of some of her grandchildren and family.

This Administrator asked Joan what she liked to do for fun. Joan said with her first husband they were in card clubs that they enjoyed. Joan said with her second husband they enjoyed traveling. Joan said she loves to play games, read, work puzzles and go to basketball games. Joan said she always finds something to do and is never bored.

Joan stated she has really enjoyed her short stay here at Heartland and looks forward to moving to the AL side. Joan said she enjoys the people and everyone is friendly. Even though Joan plans to eventually return to Orange City she has been a joy to get to know and we will continue to enjoy having her here at Heartland for as long as she is here.

I want to thank Joan for the opportunity to interview her. I really enjoyed our visit and hearing about her family.  
Tracey Gabehart, Administrator

