



Recipe of the Month!



Heavenly Oreo Dessert

Ingredients

- 1 (15.35 oz) pkg Double-Stuffed Oreo Cookies
- ½ cup Butter, melted
- 2 (3.9 oz) pkg Instant Chocolate Pudding mix
- ¾ cups of cold Milk
- 2 (8 oz) containers of Cool Whip
- 1 (8 oz) block of Cream Cheese, softened
- 1 cup Powdered Sugar



Instructions

1. Take a large zip-lock bag and place all the Oreo cookies inside. Seal bag shut and place on counter. Using a rolling pin, crush the cookies until they are small chunks/crumbs. You want them to still be chunky and small, but not fine crumbs.
2. Set aside 1/3 of the cookie crumbs for the topping. Pour remaining cookie crumbs into a 9 X 13 baking pan. Pour the melted butter over the crumbs and mix well to combine. Once combined, press into the pan to form a crust.
3. In a bowl, whisk together the 2 pudding mixes and milk. Cover and place in fridge to set.
4. In a medium bowl, blend cream cheese until smooth. Slowly add in the powdered sugar. Fold in one container of Cool Whip. Spread mixture over the cookie crust. Next, take the chocolate pudding and spread over the cream cheese mixture. Spread the other container of Cool Whip over the chocolate pudding layer. Sprinkle the top with the remaining cookie crumbs. Cover and chill in the fridge for at least 2 hours before serving.
5. Enjoy!

Spirit of Heartland

Heartland Care Center · 604 E Fenton St. Marcus · (712)376-2500 · Assisted Living/Nursing Home



Happy Valentine's Month!



Super Bowl Sunday
Sunday, February 9th

Staff In-Service
Tuesday, February 18th

Supper Club
Thursday, February 20th

Resident Council
Tuesday, February 25th

Celebrating February

National Dark Chocolate Day
February 1st

Groundhog Day
February 2nd

Wear Red for Awareness
February 7th

National Iowa Day
February 8th

National Pizza Day
February 12th

National Random Acts of Kindness
February 17th

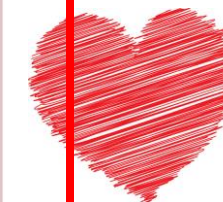
Presidents' Day
February 17th

Battle of the Alamo
February 23rd

Quote for the Month

"Love is that condition in which the happiness of another person is essential to your own!"

-Robert A. Heinlein
American Author



February = American Heart Month!

The first Friday of American Heart Month, February 7th, is also National **Wear Red Day** as part of the American Heart Association's- Go Red for Women initiative.

CARDIAC ARREST occurs when the heart malfunctions and stops beating unexpectedly. Cardiac arrest is an "ELECTRICAL" problem.

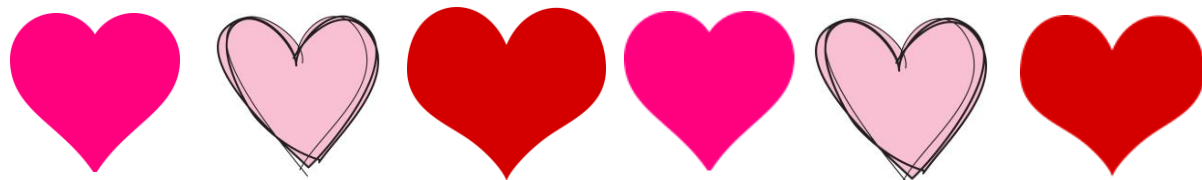


A HEART ATTACK occurs when blood flow to the heart is blocked. A heart attack is a "CIRCULATION" problem.

It is important to catch them early and call 9-1-1 for help. The sooner medical treatment begins, the better the chances of survival and preventing heart damage.

Take two Steps to Save a Life
Perform Hands-Only CPR
Call 9-1-1 and push hard and fast
in the center of the chest.

Heather Marks RN, DON



February Birthdays

Resident Birthdays

- Linda Wheeler, February 8th
- Nancy Hohbach, February 16th
- Alvin Smith, February 18th
- Brian Roseen, February 20th
- Dian Erdman, February 22nd

Staff Birthdays

- Andrea Penning, February 1st
- Tanya Judge, February 2nd
- Rose Bumsted, February 7th
- Tonya Draper, February 23rd
- Lydia Obase, February 28th

Greg Sindt, Resident of the Month

Hello everyone,

This month I had the pleasure to interview Greg Sindt. Greg has lived at the Heartland community since September of 2023.

Greg grew up in Everly, IA with one brother. Greg graduated from Sibley High School in 1990. Following graduation, he moved to Milford, IA and worked for a furniture manufacture company.

Greg got married in 1998 in Estherville, IA and has one son and one daughter. Greg now has one grandson. Greg was married for 10 years and then got divorced in 2008 and moved to Spencer, IA. Greg worked for Morton buildings in Spencer and then later for a hog farm in Spencer.

Greg said some of his fondest memories was coaching flag football for 2 years in Estherville, IA and traveling with his son by car, who was 8 years old at the time, to Dallas Texas to see a Dallas Cowboys football game.

Greg said for fun he likes to watch sport programs and play Bingo. Greg said his favorite part about Heartland care Center is the residents. He said he enjoys spending time with the other residents.

I've enjoyed getting to know Greg since coming to Heartland Care Center. Greg has a positive caring attitude towards others and is very active in the Heartland Care Center community.

Tracey Gabehart
Administrator

