



Spirit of Heartland

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

Recipe of the Month.... No-Bake Mint Chocolate Chip Pie

Ingredients:

For Oreo Crust

- 24 Oreo cookies-ground (you can use mint or regular Oreo)
- 4 Tablespoons butter-melted

Filling

- 8 oz. cream cheese (brick style) – softened
- 1 ½ Cups Heavy Cream
- 1 Cup Confectioners' Sugar
- ½ teaspoon Peppermint Extract
- 4-5 Drops Green Food Coloring
- ½ Cup Mini Chocolate Chips

Peppermint Whipped Topping

- ½ Pint Heavy Cream
- 3 Tablespoons Sugar
- Dash of Peppermint Extract

Topping

- ¼ Cup Chocolate Chips, Optional
- 2 Tablespoons Crushed Oreos, Optional



Directions:

1. **For the Crust:** Crush Oreos in a food processor or place in a large resealable bag and crush using a rolling pin or mallet. Pour crumbs in a medium bowl and mix with butter until combined. Spread mixture evenly on the bottom and sides of a 9-inch pie dish. Refrigerate for 30 minutes.
2. **For the Filling:** In a large bowl, beat cream cheese with an electric mixer until creamy. Add heavy cream and beat on high until it thickens and stiff peaks form. Reduce speed and stir in sugar and peppermint extract until combined. Add in 4 to 5 drops of food coloring and stir until blended. Gently stir chocolate chips into mixture by hand until blended. Pour mixture evenly prepared crust and refrigerate for 3-4 hours preferably overnight until set.
3. **For the Topping:** Before serving pour heavy cream in a medium bowl and mix on high until stiff peaks form. Reduce speed and stir in sugar and extract until combined. Spread topping on top of pie. Sprinkle additional chocolate chips and/or crushed Oreos on top
4. ENJOY!!!! 😊



Celebrating March

National Craft Month

National Nutrition Month

National Pi Day
March 14

Popcorn Lover's Day
March 13

Ides of March
March 15

Let's Laugh Day
March 19

National Chip and Dip Day
March 23

Puppy Day
March 23

National Doctor's Day
March 30



**Happy
St. Patrick's Day!**



Waffle Breakfast
Thursday, March 6th

Daylight Savings Time
Sunday, March 9th

St. Patrick's Day
Monday, March 17th

Supper Club
Thursday, March 20th

Resident Council
Wednesday, March 26th



Quote of the Month

***"You gotta try your luck at
least once a day,
because you could be
going around lucky all day
and not even know it!"***

--- Jimmy Dean



March is National DOCTORS' Month!

March newsletter

March 30th 2025 is National Doctors Day- here is a little history on doctors' day and some doctor statistics. The origin of National Doctors Day dates back more than 90 years to Winder, Georgia, a community with 18,000 residents just outside the city of Atlanta.

In 1933, Eudora Brown Almond, the wife of a family medicine physician, Dr. Charles B. Almond, felt doctors deserved a little extra recognition in American society for their extraordinary, life-saving, and often thankless work.

~~Doctor Statistics~~

-There are currently over 1.1 million licensed doctors in the US; California has the most licensed physicians, with over 119,000.

-The average age of a doctor is 54, compared to a median age of 42 across other professions.

- Women account for about 38% of active physicians, an increase from 26% in 2004.

-Doctors typically see 10-20 patients every day.

We at Heartland have many wonderful Doctors that are in our building – we want to thank all of them for the many phone calls, faxes, and provider visits that they provided for our residents here at Heartland!

Dr. Andrew Geha – Medical Director
 Dr. Christopher VandeLune
 Dr. Wesley Parker
 Dr. Timothy Smith

Have a terrific March! --- Heather Marks, RN, DON

March Birthdays

Our residents....

Eleanor Dreckman 03/02
 Abby Burkard 03/06
 Patricia Wurth 03/16
 Peggy Hansen 03/19
 Sherree Ogren 03/29

And our staff...

Megan Hoffman 03/06
 Kylie Allmon 03/08
 Mariah Thomsen 03/11
 Jennifer Johnson 03/17
 Sierra Anderson 03/22



Happy St. Patrick's Day!



Resident of the Month.... Abby Burkard

Hello Everyone,

This month I had the pleasure to interview Abby Burkard. Abby has been in our community for several months.

Abby was born in Embudo, New Mexico and raised in Questa, New Mexico. Abby was the youngest of 8 siblings.

Abby graduated Highschool from Questa High School and then shortly after graduation she married and moved to Florence, Arizona. She worked in the correctional system and she and her husband had 2 daughters.

Abby divorced her 1st husband and then moved to Oyens, IA with her 2 daughters. There she met and married Donnie Evans and together they had 2 sons and another daughter. Abby said Donnie was a wonderful husband and father. They were married for 23 and 1/2 years before he passed away.

During her marriage to Donnie, Abby started taking college classes and eventually graduated from North Western college with a degree in Criminal Justice and Sociology. Abby went back later and received her Master's in Social Work from the University of Nebraska at Omaha. Abby has worked at a Job training agency where she helped place high school students in community jobs while they were attending high school. She then became a Social Worker and worked at the Mental Health Institute in Cherokee for 8 and 1/2 years and then became a Vocation Rehabilitation counselor and worked in Sioux City.

Abby then met and married Robert Burkard and they were married for 9 years and then he passed away. Abby has 2 granddaughters and 2 grandsons that are all now adults. Abby has 3 great grandchildren that are due to be born in May and June. Abby stated her and her family are beyond elated as this is her children's first grandchildren and Abby's first great grandchildren.

Abby said one of her fondest memories was going to Key West, Florida with her daughter and grandchildren and fishing for Lobster. Abby said for fun she loves reading, boating, attending Mass, water exercise and walking. Abby still owns her home in LeMars and hopes to return home when able.

This Administrator asked Abby what she likes best about Heartland Care Center. Abby said she loves the food, the cleanliness of the facility and the friendliness of the staff and residents.

I've enjoyed getting to know Abby. She has a wonderful smile and is a joy to spend time with.

Tracey Gabehart, Administrator

