

Recipe of the Month...

Spring Fudge Cookie Bars

Ingredients

Sugar Cookie Base:

- ¾ Cup Butter, room temperature
- 1 Cup Granulated Sugar
- 1 package of M & M's
- 2 Teaspoons Vanilla Extract
- 2 ¼ Cup Flour
- 1 Teaspoon Baking Soda
- ¼ Teaspoon Baking Powder
- 3 Tablespoon Sprinkles

Fudge

- 2 ½ Cups Semi-Sweet Chocolate Chips
- 1 Can Sweetened Condensed Milk
- 1 Teaspoon Vanilla Extract
- 1 Cup Chopped Regular Mini Marshmallows)
- 1 Cup Crispy Rice Cereal
- Various Candies like Chocolate Coated Candies

and Sprinkles.

Instructions

- For Sugar Cookies Base: Preheat oven to 350 degrees. Line a 9 inch square pan with parchment paper in the bottom and up the sides (It will help you remove the bars from the pan later). In a large bowl, cream the butter and sugar together until light and fluffy. Mix in the M & Ms and vanilla. Add the flour, baking soda, and baking powder. Beat just until mixed. Stir in the sprinkles. Press the cookie dough into the pan evenly. Bake for about 20 minutes. Remove from oven and allow to cool slightly before toppingit with fudge.
- For the Fudge: On the stovetop, melt chocolate and condensed milk together in a pot over medium heat. Stir just until smooth. Stir continuously so it doesn't burn. Remove from heat. Add vanilla and stir well to mix. Add marshmallows and crispy rice cereal, stir until well mixed. Spread fudge evenly over the top of the cooked sugar cookie base and press down on the candies to push them into the fudge. Let is set in the refrigerator for at least 2 hours before serving. Lift from pan and cut into prices.
- Enjoy the Spring Fudge Cookie Bars! Plus sore in refridgerator.



Spirit of Heartland

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



Have a Happy Easter!

Waffle Breakfast
Thursday, April 3rd

Staff In-Service
Tuesday, April 15th

Supper Club
Thursday, April 17th

Resident Council
Tuesday, April 29th

Celebrating April

Licorice Month

International Guitar Month

Stress Awareness Month

April fool's Day
April 1

National Siblings Day
April 10

Look Alike Day
April 20

Earth Day
April 22

Pig in a Blanket Day
April 24

Hairstylist Appreciation Day
April 25

NEW News: For all residents, family, and financial Power of Attorney; when dropping off monthly payments to the facility during non-working business hours (for Taylor) please place all payments in the black lock box right outside of the front office door. This will help with locating all checks when back to the office and the security of the payments. If you have any questions, please call the facility and talk to Taylor or Tracey.

Thank you for your cooperation!

Quote for the Month

***"You're only here for a short visit.
Don't hurry. Don't worry.
And be sure to smell the flowers
along the way!
--- Walter C. Hagen***

Healthcare Decisions Day

National Healthcare Decision Day is in April --- It is important to pre-plan when it comes to your health decisions ~

National Healthcare Decisions Day (NHDD), observed annually on April 16th, aims to inspire, educate, and empower individuals to discuss and document their healthcare wishes, promoting advance care planning.

Talking with the important people in our life can bring us closer together. It also helps us create the foundation of a care plan that is right for us ---- a plan that will be available when the need.

This is a way to engage the American public in conversations that encourage people to think about their own personal wishes for their health care, particularly at the end of life, with the goal of getting people to plan, document those plans, and let loved ones know their wishes.

National Healthcare Decisions Day gives everyone a reminder to do that for themselves; put yourself at the center and think about your own health care wishes. That way, if your loved ones ever need to direct your care, they will know what you want because your voice has already been heard.”

Advance care planning includes completing an Advance Directive (also known as a living will) and appointing a Health Care Power of Attorney (someone to make healthcare decisions for you if you are unable to speak for yourself).



The link below has great resources on how to start the conversation and example of what advance directive verse DNR, verse Financial Power of Attorney.

<https://www.caringinfo.org/planning/communicating/talking-with-your-inner-circle/>

Heather Marks, DON

April Birthday's

Resident Birthdays:

Greg Sindt: April 9th

Staff Birthdays:

Kaleigha Dreckman: April 4th

Regan Peters: April 5th

Ashley Wallin: April 9th

Coby Goebel: April 17th

Hannah Munoz: April 20th

Kysa Jochims: April 21st

Spring is in the Air...

Hello everyone,

This month I had the pleasure to interview Charlie Johnson. Charlie has been in our community for several years.

Charlie was born on the Army base in Cheyenne, Wyoming. Charlie grew up in Wausa, NE along with 1 sister. Charlie graduated from Wausa Highschool. Charlie stated he participated in football, basketball and track while in high school and lettered in all three sports.

Charlie said after graduation his mother sent him to Railroad telegraphy school in Pueblo, CO to learn Morse code. Charlie said that was not for him and was only there for about 6 months.

Charlie said then him mom sent him to Linotype school in Charles City. Charlie said he was better at that. Charlie said following that schooling he worked for several different newspapers. Charlie then moved to Alton, IA and worked for the newspaper for over ten years.

Charlie said he met Nancy Anderson while living in Alton and they dated for approx. 6 months and then got married in 1967. Charlie said they had 1 daughter and now have 2 grandchildren and 9 great grandchildren. Charlie said they moved from Alton to Ida Grove where he went to work for the OABCIG school system. Charlie was the evening janitor and in charge of security. Charlie worked for the school system for 11 years.

Charlie said after he retired his wife Nancy wanted to move to Cherokee so she could be closer to her sister so they moved to Cherokee. Charlie and Nancy were married for 52 years before she passed away.

Charlie said when he was able his favorite thing to do was to fish. Charlie now enjoys playing Uno and Bingo. Charlie said what he loves most about Heartland is how friendly everyone is. This Administrator wants to thank Charlie for the interview. It was fun getting to learn more about him.



Tracey Gabehart
Administrator