

Recipe of the Month:

STRAWBERRY PRETZEL SALAD

INGREDIENTS

- 2 Cups Crushed Pretzels
- 3/4 Cup Butter, melted
- 3 Tbsp White Sugar
- 1 (8oz) Package Cream Cheese, softened
- 1 Cup White Sugar
- 1 (8 oz) Frozen Whipped Topping, thawed
- 2 (3 ounce) Package Strawberry Flavored Jell-O
- 2 Cups Boiling Water
- 2 (10 ounce) Packages Frozen Strawberries



INSTRUCTIONS

1. Preheat oven to 400 degrees
2. Stir together crushed pretzels, melted butter, and 3 tablespoons sugar; mix well and press mixture into the bottom of a 9X13 inch baking dish.
3. Bake 8 to 10 minutes, until set. Set aside to cool.
4. In a large mixing bowl, cream together the cream cheese and 1 cup sugar. Fold in whipped topping. Spread mixture onto cooled crust.
5. Dissolve gelatin in boiling water. Stir in still frozen strawberries and allow to set briefly. When mixture is about the consistence of egg whites, pour and spread over cream cheese layer. Refrigerate until set.
6. Enjoy!

Heartland Spirit

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Finally, Summer is here!

Happy Father's Day to all of our fathers!

Staff In-Service
Tuesday, June 16th

Supper Club
Thursday, June 18th

Resident Council
Tuesday, June 23rd
Nursing Home Council: 2:00 PM
Assisted Living Council: 2:30 PM

Celebrating June

Camping Month

National Donut Day
June 5th

Corn on the Cob Day
June 11th

National Best Friends Day
June 8th

Father's Day
June 15th

Pink Flamingo Day
June 23rd

National Bingo Day
June 27th

National CNA Week
June 11th – 17th

CONSTRUCTION TIME: To all residents, family, and visitors; we have already begun the process of new flooring in the facility.

Assisted Living Hallway is completed, Dining Room and Entrance is completed, and they will be moving into Hallway 100.

If you have any questions or concerns, please reach out to management for answers.

A BIG THANK YOU to all residents, family, and visitors for working with us during the process!

June = Alzheimer's Disease

June is national awareness for brain health and Alzheimer's disease- Worldwide, more than 55 million people are living with Alzheimer's or another dementia. Take action now — for yourself, your loved ones and for the fight to end Alzheimer's.

Alzheimer's disease is a type of dementia that affects memory, thinking and behavior. Symptoms eventually grow severe enough to interfere with daily tasks. Alzheimer's is not a normal part of aging. The greatest known risk factor is increasing age, and the majority of people with Alzheimer's are 65 and older. Alzheimer's disease is considered to be younger-onset Alzheimer's if it affects a person under 65. Younger-onset can also be referred to as early-onset Alzheimer's. People with younger-onset Alzheimer's can be in the early, middle or late stage of the disease.

There's no cure for Alzheimer's, but there are treatments that may change disease progression, and drug and non-drug options that may help treat symptoms.

Help is available

If you or someone you know has been diagnosed with Alzheimer's or another dementia, you are not alone. The Alzheimer's Association is the trusted resource for reliable information, education, referral and support to millions of people affected by the disease.

- Call our 24/7 Helpline: 800.272.3900.
- Locate [your local Alzheimer's Association](#).

-Heather Marks, RN/DON

June Birthdays

Our residents....

Rosemary Wibe 06/08
 Ellen Bohnenkamp 06/21
 Betty Hodgdon 06/23

And our staff...

Allissa Rupp 06/18
 Mireya Rodriguez 06/19
 Rylee Smith 06/26
 Emma Erickson 06/27
 Carrie Zoch 06/27

Nursing Home Week Pictures

