

Recipe for the Month: Easy Red, White, and Blue Trifle

Servings: 8

Ingredients

- 1 (purchased or already made) angel food cake, cut into bite-sized pieces
- 32 ounces sweetened vanilla yogurt
- 1-pint strawberries, hulled and sliced
- ¾ cup strawberry preserves
- 1 – 2 tablespoons of water or more as needed.
- 2 cups of blueberries, rinsed and dried
- ¾ cup of blueberry preserves
- Whole strawberries and blueberries for garnish (optional)



Directions // Instructions

1. Place a layer of angel food cake pieces in the bottom of a small trifle dish or pretty cut-glass bowl. Spread a thin layer of yogurt over cake layer.
2. Add a single layer of sliced strawberries. Place strawberry preserves and 1 tablespoon of water in a microwave-safe bowl and heat on high until preserves liquefy, 1 to 2 minutes. Stir, and add up to 1 tablespoon more water if needed to make a syrup. Drizzle a portion of strawberry syrup over strawberry layer.
3. Add another single layer of cake pieces, and spread with yogurt. Sprinkle with blueberries.
4. Place blueberries preserves and 1 tablespoon of water in a microwave-safe bowl and heat on High until preserves have melted, about 1 minute. Stir, and add up to 1 tablespoon more water if needed to make a syrup. Drizzle a portion of blueberry syrup over blueberries.
5. Add another layer of cake pieces; spread with yogurt, add a layer of strawberries, drizzle with strawberry syrup. Add a layer of cake; spread with yogurt, sprinkle with blueberries, and drizzle with blueberry syrup. Spread with a final layer of yogurt.
6. Garnish with fresh strawberries slices, whole berries, and blueberries, and drizzle with any remaining syrup.
7. Cover and refrigerate until ready to serve. Store leftovers, covered, in the refrigerator.

Heartland Spirit

Skilled Nursing Home • Assisted Living * 604 E Fenton Street, Marcus, Iowa 51035 • (712) 376-2500 •



Happy 4th July!

Supper Club
Thursday, July 16th

Resident Council
Tuesday, July 21st

Celebrating July

Blueberries Month

Women's Motorcycle Month

Grilling Month

Independence Day (U.S.)

July 4

National Pecan Pie Day

July 12

Global Hug Your Kids Day

July 20

National Hot Dog Day

July 15

National Ice Cream Day

July 19

National Gorgeous Grandma Day

July 23

National Cheesecake Day

July 30

REMINDERS: When enjoying our summer sun, please be careful of the amount of time that you spend outdoors without the proper gear. The sun is at full UV exposure during our July/August month for sunburns. At the nursing station, we provide sunglasses, sunscreen, and make sure you are staying hydrated while being outside. We recommend you limit your time outside or at least go in time increments that benefits you! The sun can be very powerful before you can recognize it!

Nursing Station: Sunglasses, Sunscreen

MAKE SURE YOU STAY HYDRATED!!!

Make sure to sign all residents out when taking them off property grounds. For a long period of time, please let nursing know so they can send medication, etc. with if needed!

SUMMER CLOTHES! Please make sure all clothes are clearly marked with resident's initials when bringing in summer/new clothes. If the clothes are NOT marked, please have a staff member mark them or bring them to the laundry room. *** Please make list of clothing items leaving or brought into facility to keep an update inventory list.

July's Nursing Corner

July is National UV month-Emphasizes protecting the skin and eyes from harmful ultraviolet rays. The greater the strength of the sun's UV rays and the faster we may experience the damaging effects of overexposure; some medicines will come with warning labels to let you know that taking them while being out in the sun can cause changes and sensitivity to your skin. Specific medications such as cholesterol, blood pressure medicines, antibiotics, acne medications make you more prone to sunburns.

Heartland Care Center has multiple areas that are sitting areas for the residents and guests.

- We ask that you Do Not allow residents to go outside but alert staff when a resident is wanting to go outside.
- We do have sunglasses/eye coverage and sunblock available for residents. Please use these when you are going outside.
- We ask that residents are limiting their time outside when temperatures are above 90 Degrees and or there are weather alerts for our area.
- We also have Culligan water stations at both ends of the nursing home hallways that are accessible for staff, residents and visitors.

Heather Marks, RN/DON

June at Heartland



July Birthday's

Our Staff

- Raya Staab (July 1st)
- Jaiden Hurtig (July 2nd)
- Angela Jonas (July 11th)
- Ellison Clarke (July 12th)
- Susie Meehan (July 17th)
- Samantha Hill (July 19th)
- Alivia Schmillen (July 20th)

Our Residents

- Greg Geerdes (July 3rd)
- Beverly Kosse (July 14th)

