

Recipe of the Month

Lemon Zucchini Bread

Ingredients:

For the BREAD:

- 3 cups All- Purpose Flour
- 1 teaspoon Salt
- 1 teaspoon Baking Soda
- 1 teaspoon Baking Powder
- 2 cups Granulated Sugar
- Zest of 2 Large Lemons
- 3 large Eggs
- 1 cup Light Olive Oil, not extra virgin
- 1 Tablespoon Fresh lemon Juice
- 1 ½ teaspoons Vanilla Extract
- 2 cups Grated Zucchini

For the LEMON GLAZE:

- 2 cups Powdered Sugar
- 3 Tablespoons Fresh Lemon Juice



Directions:

1. Preheat oven to 325 degrees F. Grease and flour two 8X4 inch loaf pans and side aside.
2. In a large bowl, whisk together the flour, salt, baking powder, and baking soda. Set aside.
3. In a large bowl, combine sugar and lemon zest. Rub together with your fingers until fragrant.
4. Add the eggs, olive oil, lemon juice, and vanilla to the lemon sugar mixture. Stir until smooth. Add in the dry ingredients and stir until just combines, the batter will be thick. Stir in the zucchini and pour the batter into the prepared loaf pans.
5. Bake for 60-65 minutes, or until tester inserted in the center comes out clean (tooth pick).
6. Place the loaves on a cooling rack and let cool for 15 minutes in the pans. Loosen the sides of the bread with a knife. Carefully remove the loaves from the pans. Let cool completely on rack.
7. While the bread is cooling, make the lemon glaze. In a small bowl, combine powdered sugar and lemon juice. Whisk until smooth. Drizzle the glaze over the loaves. Slice and serve. ENJOY!

Spirit of Heartland

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

Welcome August

Heartland's Family Picnic
August 12th

Marcus Fair
August 13th – 16th

Staff In-Service
Tuesday, August 18th

Celebrating August

Romance Awareness Month

National Chocolate Chip
Cookie Day
August 4th

National Root Beer Float Day
August 6th

Left Handers Day
August 13th

National Tell a Joke Day
August 16th

National Senior Citizens Day
August 21st

National Trail Mix Day
August 31st

National Eat Outside Day
August 31st

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.

August is Immunization Awareness Month

Heartland Care Center provides vaccines on a routine basis. Upon admission we offer Influenza, RSV, Pneumonia and Covid for residents. Staff are also offered Influenza, COVID and Hep B upon hire and then at routine intervals for influenza and COVID.

We continue to strive to have the most protection for common illnesses that affect our community.

- Vaccines are one of the most effective tools for preventing disease and protecting public health.
- Immunization is essential at all stages of life, including childhood, adolescence, adulthood, and during pregnancy.
- Staying up to date on vaccines helps prevent outbreaks and maintains community health.

The next vaccine clinic will be in October (2026) for yearly Influenza and COVID that is required for us to offer it every 6 months. You or your loved one will be receiving consents/declination forms for the immunizations being offered here at Heartland in the coming weeks.

If you have any questions on vaccines or the upcoming clinic, please reach out to Heather.

Thank you

--- Heather Marks, RN/DON

August Birthdays

OUR RESIDENTS....

- Sharon Wadsley 08/02
- John Wibe 08/08
- Janice Durband 08/19
- Della Rupp 08/20
- Charlotte Barnes 08/22
- Marylise Petersen 08/24

AND OUR STAFF...

- Daniela Essman 08/06
- Erika Jackson 08/13
- Taylor Smith 08/17
- Olivia Spenner 08/24
- Morgan Rupp 08/26
- Maggie Schilmoeller 08/30
- Marin Paine 08/31



**WE ALL SCREAM
FOR ICE CREAM!!!**

