

Recipe of the Month:
Banana Chocolate Chip Muffins

Ingredients

- 1 ¾ cups All-Purpose Flour
- ¾ cup Sugar
- 1 teaspoon Baking Powder
- 1 teaspoon Baking Soda
- ½ teaspoon Salt
- ½ cup Vegetable Oil
- ½ cup Plain Yogurt
- 1 large Egg
- 1 teaspoon Vanilla Extract
- 1 cup Mashed Ripe Bananas
- ¾ cup Semisweet Chocolate Chips



Instructions

1. Preheat the oven to 350 degrees F (175 degrees C). Grease a 12-cup muffin tin or line cups with paper liners.
2. Combine flour, sugar, baking powder, baking soda, and salt in a large bowl.
3. Mix oil, yogurt, egg, and vanilla together in a separate bowl until well combined; stir into flour mixture until smooth. Gently fold in mashed bananas and chocolate chips. Spoon batter into the prepared muffin cups, filling each 2/3 full.
4. Bake in the preheated oven until tops spring back when lightly pressed, about 22 to 25 minutes. Cool briefly in the tin, then transfer to a wire rack to cool completely.
5. Makes around 12 Muffins! Serve when ready.

Serve and Enjoy!

Spirit of Heartland

Heartland Care Center * 604 E Fenton St. Marcus Iowa, 51035 * 712 – 376 - 2500



Celebrating September

Classical Music Month

Self Improvement Month

National Piano Month

Labor Day (U.S.)
September 1st

National Tailgating Day
September 6th

9-11 Remembrance
September 11th

Chocolate Milkshake Day
September 12th

American Legion Day
September 16th

National Cheeseburger Day
September 18th

National Dance Day
September 20th

Important September Dates:

Monday, September 7th
Happy Labor Day!

Thursday, September 17th
Supper Club @ 5:30 p.m.

Tuesday, September 22nd
Resident Council
Nursing Home Council: 2:00 PM
Assisted Living Council: 2:30 PM

September 14th - September 18th
MMC/RU Homecoming

Reminders: When taking residents out of facility for pleasure, appointments, etc. Please sign them out at the South Nursing Station so nursing can monitor the status of our residents!

When taking a loved one outside to visit, please check with staff to make sure they are okay being left outside alone when you are ready to leave. Please do not leave your loved one outside, alone!

FALL 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.

National Suicide Awareness Day: September 10th

When we think about suicide, the elderly are not the first “group” of people that comes to mind however, according to provisional statistics released by the Centers for Disease Control and Prevention (CDC), the U.S. suicide rate reached a historic high in 2022. And, while nearly every age group experienced an increase, older Americans fared the worst. Compared to 2021, suicide deaths rose 8.1% among people age 65 and over.

In 2022, among the nearly 49,449 suicides that took place in the U.S., 10,433 were attributed to people age 65 and up.

Suicide risk can increase as we age for a number of reasons.

- Social isolation can be a major risk factor which older adults may be more likely to experience
- If their spouse has recently died and there are no family members or friends nearby
- Recent physical loss (new admission to nursing home or hospital) loss of home, loss of driver's license / "freedoms" at home
- Financial needs, loss of income, lower income and higher economy prices
- Chronic Illnesses/Pain – these are burdensome and take a toll on mental health

At Heartland Care Center we complete routine screenings on all residents of the facility. Admission, and at least every 90 days after that admission date.

If you notice any changes in mood or energy of a loved one here at Heartland, please notify staff immediately so we can assist and follow up.

We also offer employee assistance program as a benefit for them for help with mental, physical or financial concern. Staff can reach out to management for further guidance or review posters hanging in the facility for more privacy.

-- Heather Marks, DON/RN

September Birthdays

OUR RESIDENTS....

Dorothy Clow 09/01
Patricia Galles 09/09
Lorna Ebert 09/14
Daniel Delperdang 09/24
Robert Nelson 09/26
Sandi Stevenson 09/27

AND OUR STAFF...

Paige Gergen 09/01
Shania Buren 09/08
Beatrice Similien 09/08
Cindy Stieneke 09/11
Gracie Schroeder 09/22
Jelynda Morse 09/25
Mary Dewald 09/27

A Summer at Heartland!

