

Recipe of the Month...

# Bloomin' Baked Apples

INGREDIENTS:

- 2 Honeycrisp Apples
- 2 Tbsp Brown Sugar, firmly packed
- 1 Tbsp Flour
- 1 tsp Cinnamon
- 4 Caramels
- Vanilla Ice Cream



Instructions

1. **Heat oven to 375°**
2. Cut off the top 1/3 of the apples, scoop of the core. Use a thin knife to make 2 deep circular cuts around the center of the apples. Next, turn the apples over and make narrow cuts all the way around the apples. Flip the apples back over and you can see the cuts.
3. Place the apples in an oven safe dish and put 2 caramels in the center of each apple.
4. Heat butter and brown sugar in the microwave for 30 seconds. Stir and heat for another 30 seconds. Remove from the microwave, stir in the flour and cinnamon. Divide the mixture between the 2 apples.
5. Bake at 375° for 25-35 minutes. Check apples after 25 minutes. Some apples take 45 – 1 hour to soften.
6. Remove from the oven and use a large spoon to scoop into bowls.
7. Top with a scoop of ice cream sprinkled with cinnamon and drizzled with caramel. Eat right away, the ice cream will harden the caramels or omit ice cream.
8. Enjoy!



# Spirit of Heartland

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



## Celebrating October

Italian-American Heritage  
Month

American Pharmacists Month

Computer Learning Month

National Physical Therapy  
Month

Breast Cancer Awareness  
Month

World Smile Day  
October 2<sup>nd</sup>

World Teacher Day  
October 5<sup>th</sup>

Pastoral Care Week  
October 18<sup>th</sup> -24<sup>th</sup>

Halloween  
October 31<sup>st</sup>

## Welcome October and Fall!

Thursday, October 1<sup>st</sup>  
Flu/Covid-19 Clinic

Tuesday, October 20<sup>th</sup>  
Staff On-Service

Friday, October 30<sup>th</sup>  
Heartland's Trick or Treating! 3:00 PM – 5:00 PM

## Reminders:

**Grievance Forms / Concern Forms:** To make a formal grievance or concern, forms are located by the front Business Office door (near the water Culligan machine) and in the front living room on the North wall. Once completed, forms can be turned into the black lock box located by the Business Office door (same box monthly deposits are dropped at), given to any management or charge nurse on the floor.

**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.



# 'Tis the Season.... Flu Season!

Heartland Care Center is providing our annual [Influenza Vaccine Clinic](#) and Bi-Annual [COVID Vaccine Clinic](#).

**October 1<sup>st</sup> 2026 for all residents and staff that consent to the vaccines.**

## Protecting Against Influenza

Influenza (the flu) is a common respiratory illness that spreads easily in homes, communities, and healthcare settings. Each year, millions of people in the U.S. get the flu, and some develop complications that require hospitalization.

Because flu is often circulating in the community, it can also spread in healthcare facilities. Taking steps to prevent the spread of influenza is important in all healthcare settings, including clinics, urgent-care centers, hospitals, and long-term care facilities.

During flu season, additional precautions may be needed if an outbreak occurs within a healthcare facility. Working together to follow recommended prevention measures can help protect patients, visitors, and healthcare staff.



## How Does Influenza Spread?

Influenza can spread through respiratory droplets when someone with the flu coughs, sneezes, or talks, especially when people are within about 6 feet of each other.

The virus can also spread when someone touches a contaminated surface or object and then touches their nose, mouth, or face.

Influenza is not known to spread through the air over long distances, such as from one patient room to another.

For people with influenza, respiratory secretions and other body fluids should be considered potentially infectious. Taking appropriate precautions can help reduce the risk of spreading the virus.

Heather Marks, DON/RN

## OCTOBER BIRTHDAYS

### OUR RESIDENTS....

Leah Drews 10/04

### AND OUR STAFF...

Shelby Chester 10/14

Ashley Miller 10/15

Leah Niemeier 10/28

## Laughter is Good for YOU!!!

**Laughter relaxes the whole body.** A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.

**Laughter boosts the immune system.** Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.

**Laughter triggers the release of endorphins,** the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.

**Laughter protects the heart.** Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.

**Laughter burns calories.** OK, so it's no replacement for going to the gym, but one study found that laughing for 10 to 15 minutes a day can burn approximately 40 calories—which could be enough to lose three or four pounds over the course of a year.

**Laughter lightens anger's heavy load.** Nothing diffuses anger and conflict faster than a shared laugh. Looking at the funny side can put problems into perspective and enable you to move on from confrontations without holding onto bitterness or resentment.

**Laughter may even help you to live longer.** A study in Norway found that people with a strong sense of humor outlived those who don't laugh as much. The difference was particularly notable for those battling cancer. **Laughter relaxes the whole body.** A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.

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Take sometime today to add some laughter to your life!