

Recipe of the Month...

Strawberry Bars

Ingredients...

- 1 ½ cup all-purpose flour
- ½ cup granulated sugar
- Dash of salt
- ½ cup unsalted butter, cubed and cold
- ½ cup full-fat sour cream, or plain Greek Yogurt
- 1 Egg, slightly beaten
- 1 tsp. Vanilla Extract
- 2 tsp. fresh lemon juice
- 1 tsp lemon zest
- 4 cups fresh strawberries, hulled and diced.



Instructions

1. Preheat oven to 350. Grease an 8X8 baking dish or line with parchment paper and set aside.
2. In a food processor, combine flour, ¼ cup sugar, and a dash of salt. Pulse together until pastry dough is crumbly and butter is evenly distributed. Remove ½ cup of mixture for later.
3. With the remaining batter, press the mixture evenly into the glass baking dish. Bake for 15 minutes.
4. While crust is baking, mix together yogurt, remaining ¼ cup of sugar, vanilla, egg, lemon juice, and lemon zest together. Gently fold in the strawberries.
5. When the crust comes out of the oven, pour the strawberry batter over the crust and sprinkle the reserved ½ cup crust batter over the berry mixture evenly.
6. Return to the oven and bake for 45-50 minutes or until pie bars are set and crumble over top is slightly browned.
7. Allow the bars to cool for at least an hour before slicing or refrigerate overnight before enjoying.

Spirit of Heartland

Nursing Home/Assisted Living • 604 E Fenton St. • Marcus, Iowa • 712 – 376 – 2500



May (Summer) is here!

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| Waffle Breakfast
Thursday, May 5 th | Mother's Day
Sunday, May 8 th |
| National Nursing Home Week!
Week 8 th through the 14 th | |
| Staff In-Service
Tuesday, May 17 th | Supper Club
Thursday, May 19 th |

Celebrating May

Clean Car Month

Kentucky Derby
May 7st

Teacher Day
May 3rd

Cinco de Mayo
May 5th

No Diet Day
May 6th

Mother's Day
May 8th

National Police Week
May 15th – 21st

Memorial Day (U.S.)
May 30th

Thought of the Month

***“Stop struggling at the
Level of the problem.
The answer never lies there!”***

***By Susie Meehan
Housekeeping and Laundry Supervisor***

Mental Health is Key!

May is **MENTAL HEALTH AWARENESS MONTH**. Generally, I would not have thought too much about that, but, after the past 2 years and all that is going on in our world today it is a very appropriate theme. National mental health has been recognized since 1949. For many years “mental health” was a taboo subject so people often would not seek help because of fear of ostracization.

Mental health conditions don't have a single cause. They have many causes or risk factors. Some develop slowly or they can appear suddenly after a traumatic event.

What plays a role in developing mental health conditions? Conditions in which we live, work and play. Trauma-any experience that was highly stressful, shocking or dangerous to you can be traumatic. Trauma is different for everyone. Genetics. Our genes are passed down from our parents and act as a blueprint for how our body and brain develop. Biology and brain chemistry-brains are wired differently. Habits and lifestyles.

So, what can we do? If you are stressed or think you have a mental health condition, seek help. Doctors can help. Diet and exercise play a huge role in our mental health. A healthy diet includes a full range of vegetables, fruits, legumes, fish, whole grains, nuts, avocados and olive oil to support a healthy brain. Sweet and fatty foods should be special treats, not the staples of your diet.

Food can change your brain. Diet is linked to the **Hippocampus**, a key area of the brain involved in learning, memory, and mental health. People with healthy diets have more hippocampal volume than those with unhealthy diets. One study found that 1/3 of the participants with depression experienced full relief of their symptoms after improving their diet.

Let's take care of our mental health!

Happy May!

Teresa Polson RN, DON

May Birthdays

Our residents....

Evon Gralapp, May 10th
LeAnn Hurlbut, May 24th
Nancy Heir, May 20th

And our staff...

Tammy Smith, May 2nd
Lori Rassel, May 23rd
Kacy Wolf, May 24th

Update for May...

Dear Friends and Families of Heartland,

As we roll into the month of May, we have a few exciting events planned at Heartland Care Center. First off, we have nursing home week during the month. We will have a bunch of fun activities for residents and staff that we will enjoy. From the petting zoo to grilling outside, we always try to highlight this week and make it that much more enjoyable for the residents.

We will also have an open house on May 11th at 3:00pm to celebrate the opening of our “new addition.” We realize this wing opened in the fall of 2020, but we have not had a formal celebration of something our facility is very proud of and our residents have enjoyed. More details will be on our Facebook page in the coming weeks! The event is open to the public and we encourage everyone who hasn't seen our new addition to come out!

We also owe our Auxiliary and high school volunteers a big shout-out. They have spent time in recent weeks picking up leaves and other debris from the fall and winter months in order to get our front and back patios looking wonderful. As the weather continues to get warm, residents will be planting flowers in our new flower beds on our back patio as well. Our facility exterior wouldn't look so great without all of their help!

-Kody Nelson, Administrator

Come celebrate with us!

Heartland Care Center

Open House and Ribbon Cutting

Wednesday, May 11th, 2022

604 E Fenton St. Marcus, Iowa 51035

Open House: 2:00 to 4:00 PM

Ribbon Cutting at 2:30 PM

Followed with Coffee and Cookies afterwards