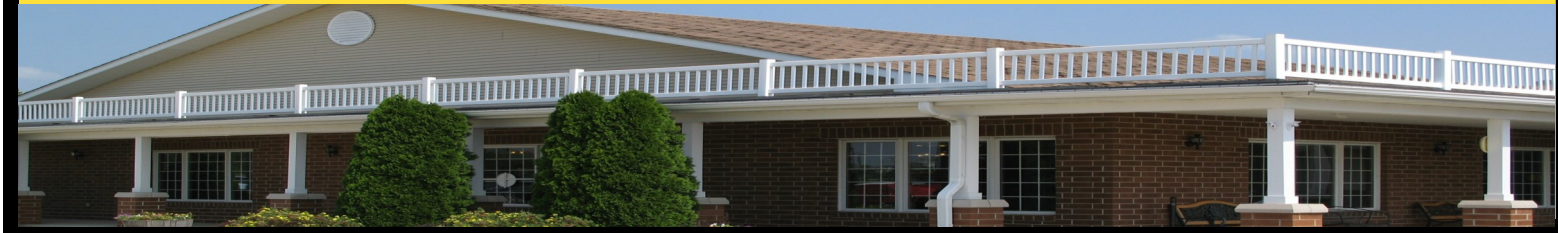


Hiawatha Care Center May 2024 Newsletter



405 N 15TH Avenue, Hiawatha, Ia 52233

319-378-8583

kwalton@hiawathacarecenter.com

*At Hiawatha Care Center, we not only emphasize our quality of care,
but also our quality of caring!*

Activities-Events-Reminders

The Laundry

On Sundays, beginning April 28th, we will set up a lost and found rack. Families and residents can check it for any missing items and to get them labeled. If you have questions regarding your laundry, please contact Alex Studt, Environmental Supervisor.

319-378-8583

Pets in the Building

We know how much our residents enjoy visits from their pets, and we truly care about our residents and their safety. We ask before you bring your furry friend into the building, to please provide copies of their updated vaccination records, including proof of rabies and distemper. Contact Hannah Waters, Activity Director with any questions.

319-368-2626

hwaters@hiawathacarecenter.com

May Birthdays

Roger Hicks	5/10
Mary Jo Hemphill	5/14
Suzanne Weger	5/17
Dorothy Brondel	5/25
Virginia Wilson	5/27
Mary Lehner	5/28

Resident Council Leaders

President: Mildred "Kay" Riehl
Vice-President: Blanche Zakaib
Secretary: Carma Reiss

Upcoming Events

May 11th

Mother's Day Brunch

May 13th– 17th

National Nursing Home
Week Celebration



Happy May Day!

May 2024 Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1 Oatmeal, Sausage Patty, French Toast/Syrup, Strawberries Lunch: Choice 1: Apple Cranberry Chicken, Chicken Gravy Choice 2: Beef Cube Steak/Gravy Sides: Stuffing, Riviera Vegetables, Coffee Cream Dessert Supper: Choice 1: Cheeseburger/Bun Choice 2: BBQ Pork Steak Sides: French Fries, Toss Salad, Apricots</p>	<p>2 Cream of Wheat, Cheese Omelet, Raisin Toast, Lunch: Choice 1: Mexican Lasagna, Shredded Lettuce/Tomatoes, Sour Cream Choice 2: Chicken Tenders, Mashed Potatoes, Sides: Corn, Peach Cobbler w/Cinnamon Whipped Topping Supper: Choice 1: Cabbage Roll Soup, Crackers, Garlic Cheese Bread, Choice 2: Loaded Baked Potato/Ham Sides: Pears, Peanut Butter Cookie</p>	<p>3 Malt-O-Meal, Egg & Sausage Biscuit, Banana Half, Lunch: Choice 1: Cheesy Tuna casserole, Bread/Marg. Choice 2: Grilled Cheese Sandwich, Tomato Soup, Crackers, Sides: Mixed Vegetables, Peaches Supper: Choice 1: Breaded Fish Fillet Choice 2: Meatballs with Sauce, Sides: Cascade Vegetables, Potato Wedges, Cupcake</p>	<p>4 Oatmeal, Bacon, Toast, Blueberries Lunch: Choice 1: Baked Ham, Au Gratin Potatoes, Garlic Breadstick, Choice 2: Sloppy Joe/Bun, Potato Chips, Sides: Dilled Carrots, Oatmeal Butterscotch Bar, Supper: Choice 1: BBQ Chicken Tenders, Pasta Salad, Country Vegetables, Choice 2: Chicken Noodle Soup, Ham Salad Sandwich, Sides: Cinnamon Baked Apples</p>
			<p>5 Cream of Wheat, Apple Streusel Coffee Cake, Hard Boiled Egg, Lunch: Choice 1: Garlic Roasted Pork, Winter Blend Vegetables Choice 2: Smoked Sausage, Apple Bacon Sauerkraut, Sides: Cheesy Mashed Potatoes, Roll, Pie, Supper: Choice 1: Broccoli Cheddar Soup, Deli Roast Beef Sandwich, Lettuce/Tomato/Onion, Choice 2: Cheese Omelet, Toast, Buttered Peas Sides: Mandarin Oranges</p>	<p>6 Malt-O-Meal, Chocolate Croissant, Sausage Link, Lunch: Choice 1: Pepper Steak, Baked Potato, Garlic Bread, Choice 2: Italian Calzone Sides: Carrots, Black Forest Pie, Supper: Choice 1: BBQ Rib Sandwich Choice 2: Hamburger/Bun Sides: Sweet Potato Waffle Fries, Creamy Coleslaw, Peaches</p>	<p>7 Oatmeal, Scrambled Egg/Cheese, Toast, Lunch: Choice 1: Root Beer Glazed Ham, Choice 2: Baked Fish Sides: Squash/Brown Sugar, Key West Vegetables, Pineapple Upside Down Cake Trifle, Supper: Choice 1: Southwest Soup, Cheddar Cornbread, Choice 2: Cheeseburger Soup, Half Turkey Sandwich, Sides: Toss Salad/Dressing, Caramel Fruit Dessert</p>	<p>8 Cream of Wheat, Hot Breakfast Slider, Peaches & Raspberries, Lunch: Choice 1: Twice Baked Chicken Breast, Choice 2: Meatballs with Sauce, Sides: Garlic & Basil Pasta, Rivera Vegetables, Garlic Bread, Chocolate Chip Cookie Bar, Supper: Choice 1: Creamed Chipped Beef, Toast, Green Beans Choice 2: Chef Salad, Roll, Sides: Cranberry Orange Crisp.</p>
<p>12 Oatmeal, Honey Bun Coffee Cake, Hard Boiled Egg, Lunch: Chicken & Tortellini Alfredo, Broccoli, Garlic Breadstick, Strawberry Pie Supper: Bacon Dill Egg Salad on Croissant, Lettuce/Tomato/Onion, Chips, Cherry Cheesecake Trifle</p>	<p>National Nursing Home Week! See this week's menu in newsletter!</p>					<p>18 Cream of Wheat, Pancakes, Sausage Patty Lunch: Bacon Cheeseburger Meatloaf, Ranch Tater Tots, Carrots, Pears Supper: Italian Combo Slider with Lettuce/Tomato, Kettle Chips, Mixed Fruit</p>
<p>19 Oatmeal, Cheese Omelet, Mini Donuts, Mandarin Oranges Lunch: Choice 1: French Onion Roast Beef Choice 2: Pork Chop Sides: Mashed Potatoes/Gravy, Carrots, Dinner Roll, Pie, Supper: Choice 1: Garden Vegetable Soup, Deli Roast Beef Sandwich, Choice 2: Chef Salad, Crackers Sides: Reese's Krispie Treat</p>	<p>20 Cream of Wheat, Sausage Link, Pancake/Syrup, Banana Half Lunch: Choice 1: BBQ Ribette, Choice 2: Tavern Battered Cod, Sides: Baked Sweet Potato, Broccoli, Fresh Grapes, Supper: Choice 1: Pizza, Choice 2: BBQ Pork Steak, Sides: Tossed Salad, Mixed Vegetables, Pineapple Tidbits,</p>	<p>21 Malt-O-Meal, Toast, Scrambled Eggs/Ham & Cheese, Cantaloupe, Lunch: Choice 1: Chicken Bowtie Cordon Bleu, Choice 2: Salisbury Steak/Brown Gravy, Mashed Potatoes Sides: Green Beans, Garlic Toast, Blueberry Lemon Upside-Down Cake Supper: Choice 1: Cheddar Wurst/Bun Choice 2: Grilled Chicken Sandwich, Lettuce/Tomato/Onion Sides: Seasoned Fries, Peaches, Brownie/Chocolate Cream Cheese Frosting</p>	<p>22 Oatmeal, Scrambled Egg Patty, Bacon, English Muffin Lunch: Choice 1: Breaded Pork Tenderloin Choice 2: Chicken Strips Sides: Potato Wedge, Dilled Cucumbers, Pears Supper: Choice 1: Dr. Pepper Meatballs, Choice 2: Italian Chicken Breast Sides: Capri Blend Vegetables, Fried Potatoes, Banana Bread Cake</p>	<p>23 Cream of Wheat, Hard Boiled Egg, Blueberry Muffin, Banana Half Lunch: Choice 1: Meatloaf, Choice 2: Maple BBQ Pork Chop Sides: Parslied Red Potatoes, Corn, Cherry Cha Cha Supper: Choice 1: Hot Dog/Bun, Choice 2: Turkey Ranch Club Sandwich, Lettuce/Tomato/Onion, Sides: Deviled Egg Pasta Salad, Mixed Fruit</p>	<p>24 Malt-O-Meal, Sausage & Potato Breakfast Casserole, Toast, Jelly, Fresh Strawberries, Lunch: Choice 1: Butter Crumb Pollock, Choice 2: Baked Ham, Sides: Macaroni & Cheese, Cascade Vegetables, Watermelon, Supper: Choice 1: Cheeseburger on Bun, Choice 2: Crunchy Fish Sandwich, Sides: Lettuce/Tomato/Onion, Potato Chips, Mixed Berries</p>	<p>25 Oatmeal, Scrambled Egg, Toast, Honeydew, Lunch: Choice 1: Country Fried Steak, Mashed Potatoes, Country Gravy, Green Beans, Choice 2: Cottage Cheese Sides: Frosted Cake, Supper: Choice 1: Chili Mac, Choice 2: Hamburger Steak/Gravy, Mashed Potatoes, Sides: Peas & Carrots, Breadstick, Mandarin Oranges</p>
<p>26 Cream of Wheat, Little Smokies, Cinnamon Coffee Cake, Lunch: Choice 1: Baked Ham, Choice 2: Baked Chicken, Sides: Scalloped Potatoes, California Vegetables, Roll, Pie, Supper: Choice 1: Turkey Burger on Bun, French Fries, Lettuce/Tomato/Onion, Choice 2: Ham & Cheese Omelet, Carrots, Muffin/Marg. Sides: Apricots</p>	<p>27 Malt-O-Meal, Poached Egg, Toast, Banana Half, Lunch: Choice 1: Nacho Dorito Bake, Choice 2: Tenderloin/Bun, Pickles & Onions Sides: Chuckwagon Corn, Twisted Strawberry Shortcake, Supper: Choice 1: Bacon Dill Egg Salad on Croissant, Sun Chips, Marinated Cucumbers, Choice 2: Grilled Chicken Salad Plate, Crackers Sides: Peas &</p>	<p>28 Oatmeal, Hot Breakfast Slider, Peaches Lunch: Choice 1: Glazed Ham Balls, Choice 2: Beef Minute Steak, Sides: Broccoli, Baked Potato, Garlic Toast, Cantaloupe, Supper: Choice 1: BBQ Boneless Wings, Choice 2: Tuna Salad/Croissant Sides: Potato Wedges, Big Mac Pasta Salad, Chocolate Peanut Butter Cup Parfait</p>	<p>29 Cream of Wheat, Blueberry Toast, Sausage Patty, Fruit Cocktail Lunch: Choice 1: Hawaiian Sloppy Joe Sliders, Choice 2: Breaded Cod, Sides: Coleslaw, Green Beans, Peaches & Cream Cobbler Supper: Choice 1: Italian Combo Sandwich, Choice 2: Meatball Sub Sandwich, Sides: Italian Pasta Salad, Dreamsicles Gelatin</p>	<p>30 Malt-O-Meal, Fruit & Yogurt Parfait, Danish, Lunch: Choice 1: Glazed Pork Chop, Choice 2: Hamburger Steak/Gravy, Sides: Baked Sweet Potato, Peas, Fresh Fruit Cup, Supper: Choice 1: French Dip Sandwich, Choice 2: Breaded Chicken Fillet on Bun, Sides: Cheddar Cheese Munchers, County Trio Vegetables, Brownie</p>	<p>31 Oatmeal, Breakfast Griddle Sandwich, Lunch: Choice 1: Salad Bar, Tomato Wedges, Cucumber Slices, Crackers, Choice 2: Turkey Sandwich, Lettuce/Tomato/Onion, Potato Chips, Sides: Jell-O Cake, Supper: Choice 1: Tatar Tot Casserole, Choice 2: BBQ Pork Steak, Sides: Carrots, Breadstick, Mandarin Oranges</p>	<p style="text-align: center;"><u>Dietary Updates</u> New Spring Summer Menus start Sunday May 19th. Soup of the day will be discontinued during spring/summer menus.</p>

Mother's Day Brunch & Mimosas



*Come spend time with Mom on
Saturday, May 11th, 10:30 am.*

*We will be serving fresh fruit, muffins,
and mimosas, all while listening to the
elegant music of our harpist!*

*Please RSVP no later than
Tuesday, May 7th!*

*Hannah Waters, Activity Director
319-368-2626*

National Nursing Home Week Menu

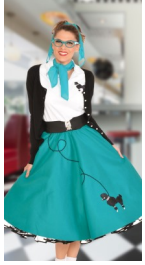
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Mother's Day	50's Day	60's Day	70's Day	80's Day	90's Day	
B R E A K F A S T	Choice of Juice Oatmeal Honey Bun Coffee Cake Hard Boiled Egg Milk	Choice of Juice Frosted Flakes Mini Donuts Breakfast Ham Patty Banana Half Milk	Choice of Juice Lucky Charms Funfetti Pan-cakes Syrup Bacon Blueberries Milk	Choice of Juice Fruity Pebbles Sausage Gravy Quiche Mixed Fruit Milk	Choice of Juice Cinnamon Toast Crunch Breakfast Burger on a Ciabatta Strawberries Milk	Choice of Juice Reese's Puff Cereal Trix Yogurt Strudel Bites Sunrise Fruit Blend Milk	Choice of Juice Cream of Wheat Pancakes/ DT Syrup Sausage Patty Milk
L U N C H	Chicken & Tortellini Alfredo Broccoli Garlic Bread Stick Strawberry Pie Milk	Chicken Bacon Ranch Pizza Tossed Salad Banana Spit Cake Milk	Taco in a Bag Shredded Lettuce/ Tomato Pears Turtle Brownie Milk	Brisket Slider Lettuce/ Tomato/ Onion Baked Garlic Parm Potato Wedges Watergate Salad Milk	Sloppy Joe on a Bun Cool Ranch Doritos Seven Layer Salad Monkey Bread Milk	Chicken Caesar Salad Bar Butter Finger Cake Milk	Bacon Cheese- burger Meatloaf Ranch Tater Tots Carrots Pears Milk
D I N N E R	Bacon Dill Egg Salad on a Croissant Lettuce/ Tomato/ Onion Chips Cherry Cheesecake Trifle Milk	Western Burger Lettuce/ Tomato/ onion Chips French Onion Dip Cupcake Milk	Cola Glazed Pork Chop Buttered Peas Fresh Baked Bread Peaches & Cream Fluff Milk	Beef Stroganoff Herbed Mashed Potatoes Cheesy Garlic French Bread Carrots Hawaiian Bread Pud- ding Milk	Popcorn Chicken Mashed Potatoes Chicken Gravy Corn Marble cake w/ Frosting Milk	Chili Dog on Bun Diced Onion Mixed Vegetables French Fires Creamy Orange Fluff Milk	Italian Combo Slider Lettuce/ Tomato Kettle Chips Mixed Fruit Milk

NNHW Week Dress Up Days


Let's time travel as we dive into the different decades. Get your groove on and dress up as we journey through the ages! Let's make work a blast from the past!

See the Activities calendar for the fun activities for the week!

Monday, May 13th
 It's the 1950's



Pencil Skirts

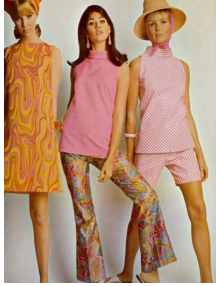


Cat eye glasses


Cuban Collar Shirts

Capri Pants

Tuesday, May 14th
 It's the 1960's



Tie Dye




Cardigan Sweater


Palazzo Pants

Baby Doll Dress

Wednesday, May 15th
 It's the 1970's



Bell Bottoms




Glam Rock


Corduroy

Aviator Glasses

Thursday, May 15th
 It's the 1980's



Tracksuits




NEON COLORS


Over Sized Blazers

Shoulder Pads

Friday, May 16th
 It's the 1990's



Slip Dress



Overalls

Chucky Shoes

Bomber Jackets



Spring Cleaning

It's that time of year Families!

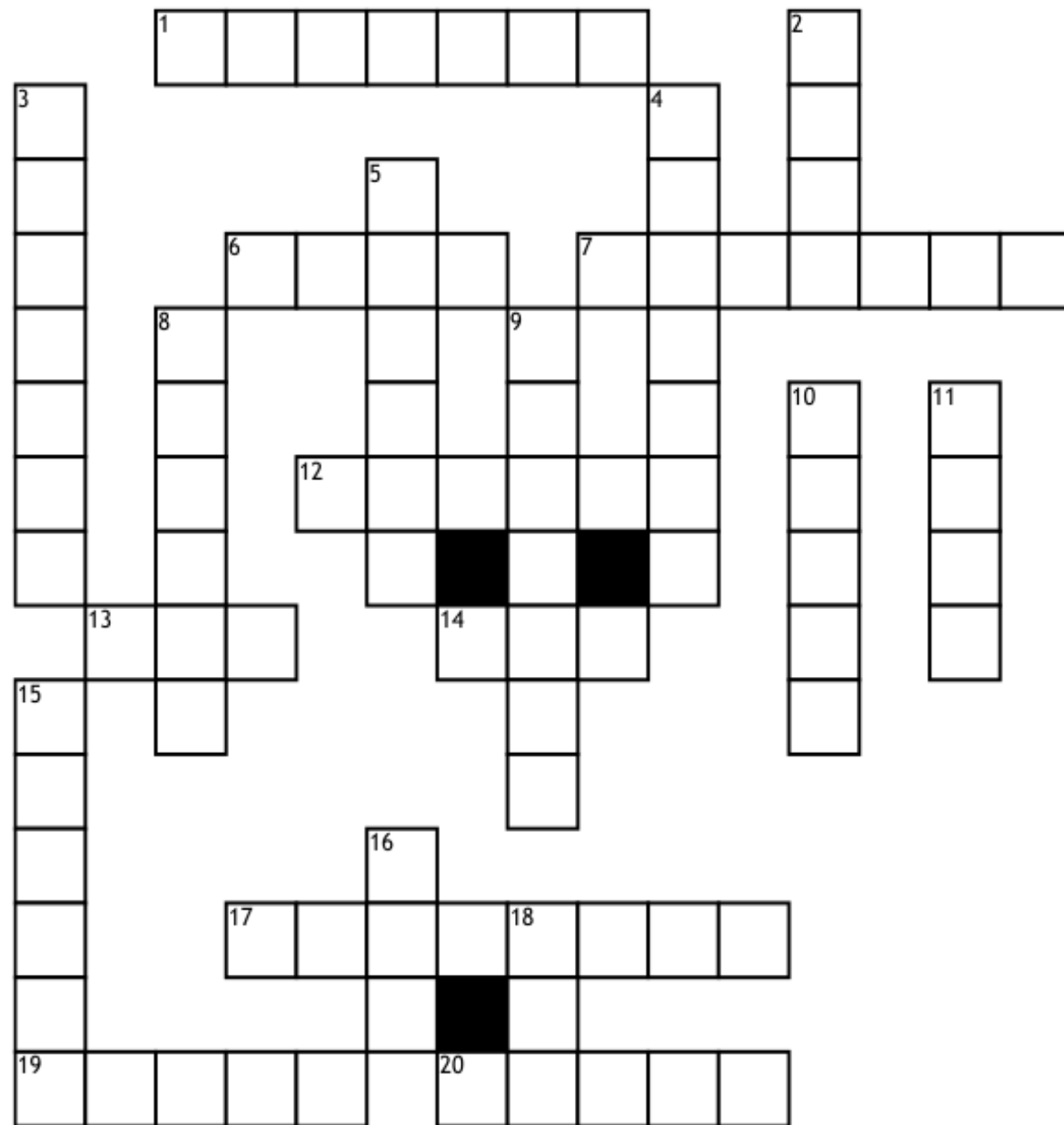
In an effort to keep the rooms clean, neat, and organized, we ask that you would do some spring cleaning in your loved ones room.

Remove any unnecessary clothing and items.

If you have any questions, please contact Social Services or Activities!

(319) 378-8583

Mothers Day



Across

- 1. Mother of Moses
- 6. Mother of Ishmael
- 7. Mother of Salomon
- 12. Mother of Jacob(Isreal)
- 13. Mother of Samuel
- 14. one of kishas fav colors
- 17. Three words you should tell your mom
- 19. Mother of Isaac

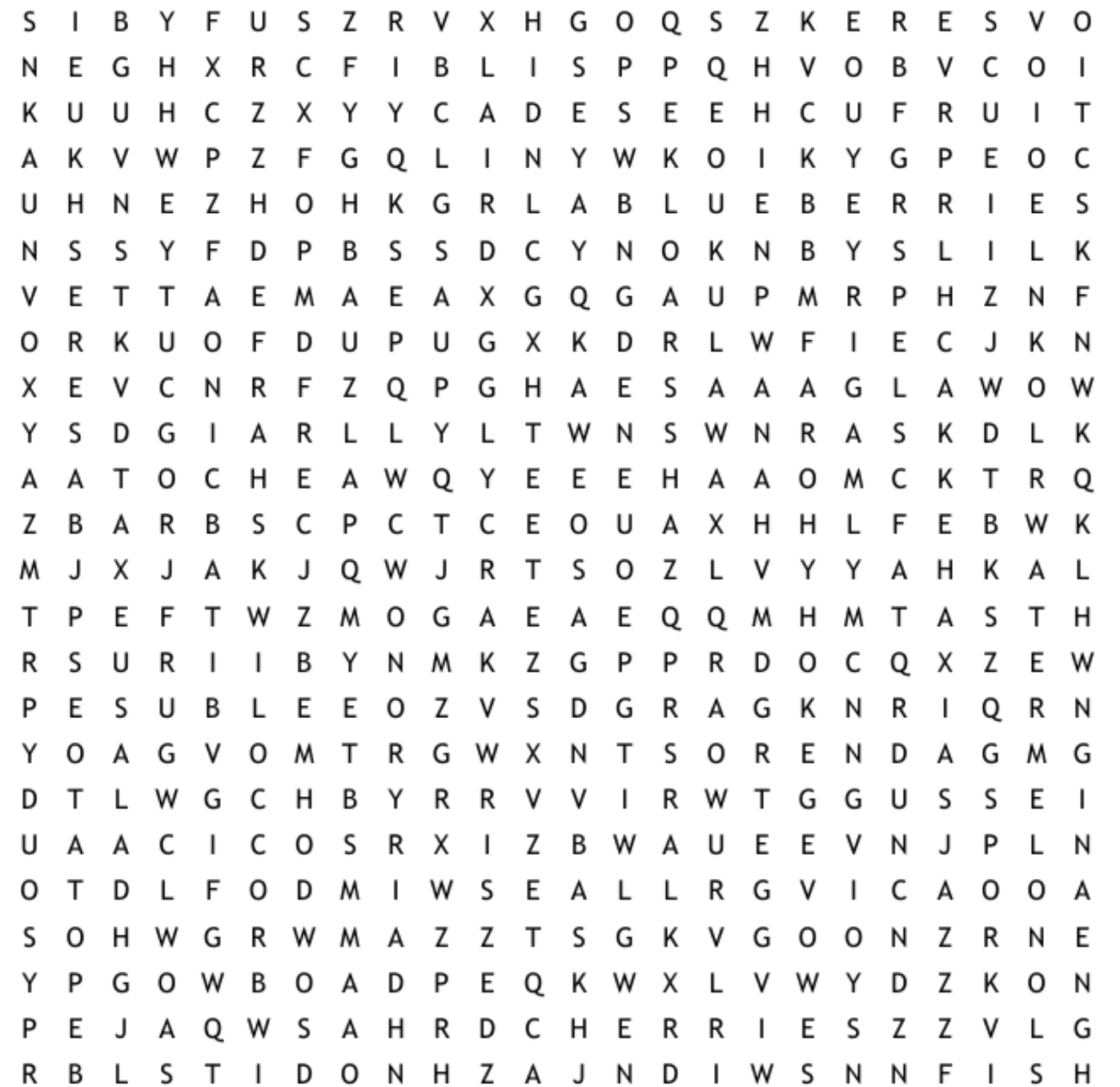
Down

- 2. Something mom gives, tight squeeze
- 3. Something that moms like to get that smell good
- 4. My mom is...
- 5. Mother of Jose
- 8. My mom is...
- 9. Something all moms like to get on mothers day

10. Tachi's favorite color (Bonus if someone gets it)

- 11. My mom is....
- 15. Something moms do all the time, mostly on the cheek
- 16. The person who gave birth to you
- 18. Mother of Abel and Cain

Healthy Foods



- | | | | | |
|--------------|-------------|------------|----------|----------|
| strawberries | blueberries | watermelon | broccoli | cherries |
| tomatoes | potatoes | peanuts | almonds | chicken |
| protein | granola | carrots | greens | orange |
| banana | grapes | yogurt | grains | cheese |
| apple | fruit | dairy | salad | bread |
| water | fish | eggs | meat | milk |

6	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>May activities 2024</h1>			1 8:15 Delivery of May Day Baskets 10:00 Table Games 2:30 Corks & Canvas 4:00 Activity Hour <i>4:00 Music Therapy (Private Group)</i>	2 8:50 Catholic Mass 10:15 Coffee & Cocoa Social 2:30 Happy Hour with Dave Wirtz 4:00 Book Reading	3 10:15 Jokes/Reminisce 11:00 Cathy's Bible Study Group 2:15 Bingo Hour 3:30 Independent Social Hour	4 All Morning Independent Activities 2:30 Krafts with Kate 4:30 Flute Music with Charlotte In the West Dining Room Weekend Popcorn	
			5 10:00 Catholic Communion with St. Elizabeth Ann Seton Church 2:30 Games/Social on the Patio 4:00 King of Kings Lutheran Church Service	6 10:00 Manicures & Social 2:30 Cards /Games 4:45 Bible Study Group	7 10:00 Jokes/ Reminisce 10:30 Piano Music with Melinda 2:30 Resident Council 3:30 Independent Social & Snacks	8 10:00 Bingo with Students from Andrews Christian Academy 2:30 Happy Hour with the Flip Side 4:00 Activity Hour <i>4:00 Music Therapy (Private Group)</i>	9 8:50 Catholic Mass 10:00 Guess the Puzzle with Friends from the ARC 2:30 Wheel of Fortune 4:00 Book Reading
12 Happy Mother's Day 10:00 Catholic Communion with St. Elizabeth Ann Seton Church 2:15 Weekend Bingo with Lucy	13 The 50's Day 10:00 Old McDonalds Farm on the Patio 2:30 See the Show with the "Country Steppers" 4:45 Bible Study Group	14 The 60's Day 10:00 Outdoor Visit with the Pony 2:30 Live Concert with the Elvis Presly & Fried Peanut Butter Banana Sandwiches	15 The 70's Day 10:30 Homemade Chocolate Chip Cookie Contest 2:30 Drive in Movie "JAWS" <i>No Music Therapy</i>	16 The 80's Day 8:50 Catholic Mass 10:00 Video Games VS Board Games 2:30 Rocking Party with the La La Ladies 4:00 Book Reading	17 The 90's Day 10:15 Casino Hour 2:15 Bingo Hour 3:30 Independent Social Hour	18 All Morning Independent Activities 2:30 Music with the Parlor City Ramblers 4:00 Movie & Popcorn	
19 10:00 Catholic Communion with St. Elizabeth Ann Seton Church 2:30 Music with Richard Lee 4:00 King of Kings Lutheran Church Service	20 10:00 Manicures & Social 2:30 Resident Memorial with Dr. Jim Coyle 4:45 Bible Study Group	21 10:00 Outdoor Activities with Mother Goose Pre-K Class 2:30 Guest Speaker: Laura Elizabeth Ingalls Wilder	22 10:15 Lovley Lane Methodist Church Service 2:30 May Birthday Party with Dave Marshall 4:00 Activity Hour <i>4:00 Music Therapy (Private Group)</i>	23 8:50 Catholic Mass 10:30 Piano Music with Melinda 2:30 Happy Hour with Harold Gray 4:00 Book Reading	24 10:15 Jokes/Reminisce 11:00 Cathy's Bible Study Group 2:15 Bingo Hour 3:30 Independent Social Hour	25 All Morning Independent Activities 2:30 Weekend Games with Lucy Weekend Popcorn	
26 10:00 Catholic Communion with St. Elizabeth Ann Seton Church 2:30 Weekend Bingo with Lucy	27 Memorial Day  All Day Independent Activities	28 10:00 Outdoor Activities with Mother Goose Daycare 2:30 Story Telling with August Green	29 9:45 Voting with the Election Office 10:00 Gospel Light Baptist Church Service 2:30 Ice Cream Social on the Patio <i>4:00 Music Therapy (Private Group)</i>	30 8:50 Catholic Mass 10:15 Manicures & Social 2:30 Happy Hour with Clay Willie 4:00 Book Reading	31 10:00 Lemonade Social 2:15 Bingo Hour 3:30 Independent Social Hour	<div style="border: 2px solid black; padding: 10px; text-align: center;"> <p>All Activities are subject to change. Refer to the white boards in the dining rooms for the daily Activities!</p> </div>	