

Hiawatha Care Center September 2025 Newsletter

405 N 15TH Avenue Hiawatha, IA 52233

319-378-8583

kw Walton@hiawathacarecenter.com

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

GRANDPARENTS' DAY!

Sunday, September 7th | 10:00 AM – 12:00 PM

Front Parking Lot – Rain or Shine

*All Residents & their families are invited
to spend Grandparents' Day with us!*

What's Happening

- ◆ Petting Zoo | 10:00 AM – 11:30 AM
- ◆ BINGO | 10:30 AM – 11:30 AM *(A resident favorite!)*
- ◆ Drawing for the Fall Raffle Basket | 11:40 AM
- ◆ Lunch for All | Served at 12:00 PM

Special Treat

The Maui Wowi Smoothie Truck will be on-site!

Residents: one free smoothie

Families & Staff:

\$5 Small (12oz)

\$9 Regular (20oz)

Enjoy quality time, great food, animals,
and fun for all ages!

We look forward to seeing you there!

Department Head Directory

319-378-8583

Administrator: Kent Walton

Director of Nursing: Amanda Lauterwasser

Care Plan Coordinator: Kelly VanGinkel

Social Service Director: Becky Stebral

Accountant: Karen Chadwick

Dietary Manager: Stephanie Cross

Dietitian: Linda Green

Environmental Supervisor: Alex Studt

Activity Director: Hannah Waters

Restorative Therapy Director: Tammy Ronnebaum

Resident Council Leaders

Kay Riehl

Gayla Ruiz

Beth Taggart

Linda Spence

Mary Heck

Marlys Fischels

September Birthdays

Joyce Spaight 9/5

Carl Hoffmann 9/6

Gayla Ruiz 9/8

Loretta Higham 9/9

Ellen Henningson 9/15

Bev Wren 9/18

Robin Sage 9/21

Jim Fee 9/21

Ione LeHew 9/26

Vaccine Clinic

We are having a **COVID-19 & Influenza vaccine clinic** in **Monday, October 6th**

For more information or to sign up, please
contact our **Infection Preventionist Nurse,**
Amy Jons at **319-378-8583** or email
ajons@hiawathacarecenter.com

Pets in the Building

All visiting pets must have **proof of up-to-date vaccinations** on file.
Please provide a copy of the vet's documentation before or at the
time of the visit. Thank you for helping keep everyone safe!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
The menu is subject to change based on food supply availability. Thank you!	1 Cream of Wheat, Toast, Cheesy Egg Bake, 1/2 Banana, Lunch: Choice 1: BBQ Ribette, Choice 2: Tavern Battered Cod, Sides: Baked Sweet Potato, Broccoli, Fresh Grapes, Supper: Choice 1: Taco Twist Soup, Breadstick, Choice 2: BBQ Meatballs, Cheesy Garlic Mashed Potatoes, Sides: Tossed Salad, Pineapple Tidbits	2 Malt-O-Meal, Toast, Sausage Link, Cantaloupe, Lunch: Choice 1: Chicken Bowtie Cordon Bleu, Choice 2: Salisbury Steak/Gravy, Mashed Potatoes, Sides: Green Beans, Garlic Toast, Blueberry Lemon Upside Down Cake, Supper: Choice 1: Grilled Brat Patty, Choice 2: Chicken Club Sandwich, Sides: L/T/O, Seasoned Fries, Peaches	3 Oatmeal, Scrambled Egg Patty, Bacon, English Muffin, Lunch: Choice 1: Breaded Pork Tenderloin, Choice 2: Grilled Rueben, Sides: Potato Wedges, Dilled Cucumbers, Pears, Supper: Choice 1: Alaska Pollock Wings, Choice 2: Italian Chicken Breast, Sides: Capri Blend Vegetables, Fried Potatoes, Banana Bread Cake	4 Cream of Wheat, Breakfast Ham Patty, Blueberry Muffin, Honeydew Melon, Lunch: Choice 1: Glazed Meatloaf, Choice 2: Maple BBQ Pork Steak, Sides: Parsleyed Red Potatoes, Corn, Cherry Cha Cha Dessert, Supper: Choice 1: Turkey Ranch Club Slider, L/T/O, Choice 2: Hot Dog/Bun, Ketchup, Mustard, Relish, Sides: Deviled Egg Pasta Salad, Mixed Fruit	5 Malt O Meal, Sausage & Potato Breakfast Casserole, Toast, Fresh Strawberries, Lunch: Choice 1: Chicken Strip, Choice 2: Baked Ham, Sides: Macaroni & Cheese, Dilled Carrots, Watermelon, Supper: Choice 1: Cheeseburger/Bun Choice 2: Crunchy Fish Sandwich, Tartar Sauce, Sides: Lettuce, Pickles & Onion, Tomato Wedges, Potato Chips, Mixed Berries	6 Oatmeal, Scrambled Egg, Toast, 1/2 Banana, Lunch: Choice 1: Country Fried Steak, Baked Potato/Marg., Green Beans, Choice 2: Cottage Cheese Fruit Plate, Crackers, Sides: Frosted Cake, Supper: Choice 1: Chili/Fixings, Cheese Sandwich, Choice 2: Hamburger Steak/Gravy, Mashed Potatoes, Caribbean Blend Vegetables, Sides: Mandarin Oranges
7 Cream of Wheat, Little Smokies, Cinnamon Coffee Cake, Lunch: Choice 1: Herbed Pork Loin, Choice 2: Baked Chicken, Sides: Scalloped Potato, Cauliflower w/Cheese, Dinner Roll, Pie, Supper: Choice 1: Ham & Cheese Omelet, Tomato Wedges, Muffin, Choice 2: Turkey Burger/Bun, L\T\O, Sides: Hashbrowns, Apricots	8 Malt O Meal, Egg Bites, Toast, 1/2 Banana, Lunch: Choice 1: Taco Salad, Lettuce/Tomato, Southwest Vegetable Blend, Choice 2: Pork Tenderloin/Bun, Pickles & Onions, Potato Chips, Sides: Twisted Strawberry Shortcake, Supper: Choice 1: Dilly Egg Salad on Croissant, Sun Chips, Choice 2: BLT Salad Plate, Crackers, Sides: Marinated Cucumbers, Pears & Blueberries	9 Oatmeal, Breakfast Ham Patty, Bagel/Cream Cheese, Lunch: Choice 1: Glazed Ham Balls, Choice 2: Beef Minute Steak, Sides: Broccoli, Baked Potato, Garlic Toast, Cantaloupe, Supper: Choice 1: BBQ Boneless Wings, Corn, Choice 2: Tuna Salad/Rye Bread, Sides: Ruby Tuesday Pasta Salad, Peaches	10 Cream of Wheat, Blueberry Toast, Sausage Patty, Fruit Cocktail, Lunch: Choice 1: Hawaiian Sloppy Joe Sliders, Choice 2: Breaded Cod, Sides: Coleslaw, Peaches & Cream Cobbler, Supper: Choice 1: Meatball Sub Sandwich, Green Beans, Choice 2: Salami & Swiss Sandwich, Tomato Slices, Cucumber Slices, Sides: Italian Pasta Salad, Country Apple Dessert	11 Malt O Meal, Fruit & Yogurt Parfait, Danish, Lunch: Choice 1: Brown Sugar Glazed Pork Steak, Choice 2: Crab Cakes Sides: Baked Sweet Potato, Peas, Fresh Grapes, Supper: Choice 1: Chicken Philly Sandwich, Choice 2: Grilled Ham & Cheese Sandwich, Sides: Fried Potatoes, Country Trio Vegetables, Brownie	12 Oatmeal, Mini Waffles/Syrup, Maple Sausage Link, Lunch: Choice 1: Salad Bar, Tomato Wedges, Cucumber Slice, Crackers, Choice 2: Shaved Turkey Sandwich, L/T/O, Potato Chips, Sides: Jello Cake, Supper: Choice 1: Tater Tot Casserole, Breadstick, Choice 2: Pulled Pork/Bun Sides: Carrots, Mandarin Oranges	13 Cream of Wheat, Scrambled Egg with Cheese, Toast, Fresh Strawberries Lunch: Choice 1: Spaghetti, Italian Blend Vegetables, Garlic Toast, Choice 2: Chicken Salad Sandwich, L/T/O, Chips Sides: Watergate Dessert, Supper: Choice 1: Chicken Bacon Swiss/Bun, Choice 2: Hot Dog/Bun Sides: Potato Salad, Calico Bean Bake, Lemon Fruit Cup
14 Malt O Meal, Sausage Link, Monkey Bread, Apricots, Lunch: Choice 1: Turkey Roast/Gravy, Choice 2: Beef Pepper Steak/Gravy, Sides: Mashed Potatoes, Broccoli/Cheese, Dinner Roll, Pie, Supper: Choice 1: Grilled Patty Melt, Peas, Choice 2: Chicken Noodle Soup, 1/2 Ham Sandwich, Lettuce/Tomato Slice, Sides: Watermelon, Pudding	15 Oatmeal, Blueberry Yogurt Parfait, Toast, Lunch: Choice 1: BLT Sandwich, Cottage Cheese, Choice 2: Crunchy Fish Sandwich, Tartar Sauce, L/T/O, Sides: Potato Chips, Oreo Fluff, Supper: Choice 1: Chicken Meatball Sandwich Choice 2: BBQ Ribette, Sides: Capri Vegetables, Snickerdoodle Cookie	16 Cream of Wheat, Sausage Patty, Chocolate Chip Muffin, Lunch: Choice 1: Breaded Chicken Fillet, Mashed Potatoes/Gravy, Sunshine Carrots, Dinner Roll, Choice 2: Chef Salad, Crackers, Sides: Cherry Cake, Supper: Choice 1: Italian Pork Sandwich, Choice 2: Italian Goulash, Breadstick Sides: Mixed Vegetables, Mixed Berries	17 Malt O Meal, Scrambled Egg, Toast, Tropical Fruit, Lunch: Choice 1: Cheeseburger, L/T/O, Choice 2: Salami & Swiss with Lettuce & Tomato, Sides: Tater Roundabouts, Strawberry Milkshake Dessert, Supper: Choice 1: Dorito Taco Salad, Shredded Lettuce/Tomato, Sour Cream, Corn, Choice 2: Asiago Cauliflower Soup, 1/2 Deli Turkey Sandwich, L/T/O, Sides: Chocolate Chip Cookie	18 Oatmeal, Egg Bite, Toast, Raspberries, Lunch: Choice 1: Grilled Sour Cream Dill Chicken Breast, Choice 2: Baked Ham, Sides: Roasted Ranch Red Potatoes, Country Trio Vegetables, Almond Joy Cake, Supper: Choice 1: Breaded Pork Tenderloin, Garlic Parmesan Mashed Potatoes, Choice 2: Hamburger Rice Casserole, Breadstick, Sides: Mixed Vegetables, Summertime Gelatin	19 Cream of Wheat, Ham & Egg Croissant/Cheese, 1/2 Banana, Lunch: Choice 1: Honey Garlic Meatballs, Choice 2: Pork Steak Sides: Parsley Noodles, Carrots, Garlic Toast, Candy Apple Dessert, Supper: Choice 1: BBQ Grilled Chicken Breast/Bun, Choice 2: Bratwurst/Bun, Sides: Seasoned Tots, Crab Pasta Salad, Pears	20 Malt O Meal, Fried Egg, Caramel Pecan Donut Bake, Mango Lunch: Choice 1: Glazed Meatloaf, Sour Cream Mashed Potatoes, Green Beans, Bread/Marg. Choice 2: Dilly Egg Salad on Slider, Cucumber Pasta Salad, Sides: Fruit Cocktail, Supper: Choice 1: Bacon Cheeseburger/Bun, Choice 2: Turkey Burger/Bun, Sides: Lettuce/Tomato/Onion, Buttered Dill Baby Red Potatoes, Summer Swirl
21 Oatmeal, Frittata, Toast, 1/2 Banana, Lunch: Choice 1: Beef Pot Roast/Beef Gravy, Choice 2: BBQ Ribette, Sides: Ranch Mashed Potatoes, Peas, Dinner Roll, Pie Supper: Choice 1: Sloppy Joe/Bun, Mixed Vegetables, Choice 2: Tuna Salad Sandwich, L/T/O, Sides: Raspberry Peaches, Potato Chips	22 Cream of Wheat, Scrambled Egg, Flaky Biscuit, Mixed Berries, Lunch: Choice 1: Smothered Pork Steak, Choice 2: Chicken Tenders Sides: Roasted Diced Sweet Potatoes, Cascade Vegetables, Strawberry Shortcake, Supper: Choice 1: Beef & Broccoli, Rice, Crab Rangoon, Stir Fry Vegetables, Choice 2: Cottage Cheese Fruit Plate, Crackers, Sides: Pineapple & Cherries	23 Malt O Meal, Sausage Patty, Toast, Cantaloupe, Lunch: Choice 1: Hot Dog/Bun, Choice 2: Tavern Battered Cod, Tartar Sauce Sides: Funyuns Chips, Coleslaw, Watermelon Cake Supper: Choice 1: Pulled Pork/Hoagie Bun Choice 2: Breaded Chicken/Bun Sides: Summer Fresh Pasta Salad, Marinated Tomatoes & Cucumbers, Fruit Cocktail	24 Oatmeal, Fruit & Yogurt Parfait, Raisin Toast, Lunch: Choice 1: Grilled Smokey Ranch Chicken, Choice 2: Beef Minute Steak/Gravy, Sides: Baked Potato/Marg, Broccoli, Dinner Roll, Strawberry Lemonade Cookie, Supper: Choice 1: Tater Tot Casserole, Carrots, Bread/Marg., Choice 2: Chicken Salad Sandwich, Chips Sides: Tropical Fruit	25 Cream of Wheat, Skillet Breakfast, Toast, Honeydew, Lunch: Choice 1: Beef & Noodles, Choice 2: Breaded Pork Tenderloin, Sides: Bacon Ranch Green Beans, Garlic Toast, Chocolate Toffee Dessert, Supper: Choice 1: Ham & Swiss/Croissant, Lettuce & Tomato Slice, Choice 2: Grilled Reuben, Sides: Potato Chips, Pears	26 Malt O Meal, Fried Egg, Toast, Fresh Grapes, Lunch: Choice 1: Tacos, Shredded Lettuce/Tomato, Sour Cream, Salsa, Choice 2: Breaded Fish Fillet, Mixed Vegetables, Sides: Mexican Rice, Lemon Cream Cake, Supper: Choice 1: Deli Club Sandwich Choice 2: Tuna Salad Plate, Sides: Cheddar Ranch Potato Salad, Tomato Wedges, Chocolate Banana Cake	27 Oatmeal, Scrambled Egg Patty, Danish, 1/2 Banana, Lunch: Choice 1: Baked Ham, Choice 2: Swiss Steak, Sides: Baked Sweet Potato, Colorful Vegetable Casserole, S’more Pudding, Supper: Choice 1: Boneless Chicken Wings, Choice 2: BBQ Ribette, Sides: Corn Bake, Ranch Pas-ta Salad, Apple Slices & Strawberries
28 Cream of Wheat, Caramel Apple Muffins, Hard Boiled Eggs, Lunch: Choice 1: Glazed Pork Loin, Choice 2: Smothered Turkey Patty, Sides: Au Gratin Potatoes, Key West Vegetables, Dinner Roll, Pie Supper: Choice 1: Corned Beef & Swiss on Rye, Choice 2: Ham & Cheese Quiche, Mixed Vegetables, Sides: Tomato Cucumber Slaw, Fruit Cocktail	29 Malt O Meal, French Toast Bites, Bacon, Strawberries, Lunch: Choice 1: Dorito Taco Salad, Shredded Lettuce/Tomato, Choice 2: Farmers Delight Sandwich, Sides: Cranberry Fruit Salad, Ice Cream Cup, Supper: Choice 1: Scalloped Potatoes & Ham, Caribbean Vegetables, Garlic Breadstick, Choice 2: Dill Pickle Chicken Salad Sandwich, L/T/O, Potato Chips Sides: Caramel Mandarin Orange Cake	30 Oatmeal, Baked Cherry Cheesecake French Toast, Breakfast Ham Patty, Peaches, Lunch: Choice 1: Italian Cavatelli, Choice 2: Summer-time Turkey Casserole, Sides: Cheesy Garlic Bread, Normandy Vegetables, Brownie Batter Cheesecake, Supper: Choice 1: Cuban Slider, Tossed Salad, Choice 2: French Onion Beef Slider, Shredded Lettuce/Tomato, Sides: Tater Tots, Emerald Pears	September Menu			

Fall Raffle Drawing

*Enter to win a Fall Basket filled with fun seasonal items
— perfect as a gift or a treat for yourself!*

Drawing Date: Sunday, September 7th

Drawing Time: 11:40 AM

Ticket Sales End: 11:00 AM Sunday, September 7th

Raffle Location: Grandparents Fun Day Event @ HCC

You **DO NOT** need to be present to win!

All proceeds support future activities and events
for our residents.

Raffle Ticket Prices:

1 Ticket – \$1

6 Tickets – \$5

13 Tickets – \$10

28 Tickets – \$20

Bonus: Spend \$20 & donate an item to the Resident
Shopping Spree, you'll receive 5 additional tickets!

Contact Hannah Waters to buy your tickets today!
319-368-2626 - hwaters@hiawathacarecenter.com

FALL WORD SEARCH

H	J	N	I	F	I	P	J	K	R	F	H	R	E	T
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ACORN

APPLES

AUTUMN

CANDY

CIDER

FOOTBALL

HALLOWEEN

HARVEST

HAYRIDE

LEAVES

NOVEMBER

OCTOBER

PUMPKIN

RAKE

SCARECROW

SEPTEMBER

SUNFLOWER

SWEATER

THANKSGIVING

TURKEY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All activities are subject to change. Please refer to the whiteboards in the dining rooms for the daily schedule!	1 <u>Labor Day</u> 10:30 Word Puzzles 2:30 Bingo Hour with Lucy & Joanne	2 10:00 Memory Lane Project 10:30 Piano Music with Melinda 2:30 Wheel of Fortune 4:00 Games & Fun	3 10:00 Mover’s & Shakers Group 2:30 Crafty Hour: Jewelry Making Part 2 4:00 Activity Hour	4 8:50 Mass at the Church 10:00 Bingo with A.R.C Friends 2:30 Happy Hour: Music with Dave Writz	5 10:00 Movers & Shakers 2:30 Bingo Hour 3:30 Snack & a Show	6 Morning Independent Activities 2:30 Weekend Games 4:30 Flute Music with Charlotte Weekend Popcorn
7 10:00–12:00 Grandparents’ Fun Day 4:00 King of Kings Lutheran Church Service	8 10:00 Manicures & Social 2:30 Serenity Spa Hour 4:45 Bible Study Group	9 10:00 Gospel Light Baptist 2:30 Creative Baking Hour 4:00 Memory Lane Project	10 10:00 Movers & Shakers 2:30 Decks or Dice 4:00 Activity Hour	11 <u>Patriots Day</u> 8:50 Mass at the Church 11:00 9/11 Memorial Service 2:30 Social Snacks on the Patio	12 10:00 Manicures & Social 2:30 Bingo Hour 3:30 Snack & a Show	13 Morning Independent Activities 2:30 Live Music with C.R. Express Formally The Parlor City Ramblers Weekend Popcorn
14 10:00 Catholic Communion 2:30 Weekend Bingo Hour	15 10:00 Manicures & Social 2:30 Music with Grant Beck 4:45 Bible Study Group	16 10:00 Memory Lane Project 2:30 History in Her Shoes: Marie Curie 4:00 Games & Fun	17 10:00 Outdoor Doggie Visits with Sophie 2:30 Name that Tune with Friends from Suncrest 4:00 Activity Hour	18 8:50 Mass at the Church 10:30 Piano Music with Melinda 2:30 Happy Hour: Live Music with the La La Ladies	19 10:00 Movers & Shakers 2:30 Bingo Hour 3:30 Snack & a Show	20 Morning Independent Activities 2:30 Charades 4:30 Social & Coloring Weekend Popcorn
21 10:00 Catholic Communion 2:30 Crafty Hour: Painting 4:00 King of Kings Lutheran Church Service	22 <i>1st Day of Fall</i> 10:00 Manicures & Social 2:30 Ice Cream Social 4:45 Bible Study Group	23 10:00 Outdoor Fun with Mother Goose Daycare Kids 2:30 Movie & Fresh Popcorn 4:00 Memory Lane Project	24 10:15 Lovely Lane Methodist Church Service 2:30 Birthday Party: Live Music with Dave Marshall 4:00 Activity Hour	25 8:50 Mass at the Church 10:00 Reminisce on the Patio 2:30 Bingo Hour 3:30 Snacks & a Show	26 10:00 Crafts with Friends from Discovery Living 2:30 Happy Hour: Live Music with Harold Gray	27 Morning Independent Activities 2:30 Weekend Games Weekend Popcorn
28 10:00 Catholic Communion 2:30 Weekend Bingo Hour	29 10:00 Manicures & Social 2:30 Coffee & Pie Social 4:45 Bible Study Group	30 10:00 Doggie Visits with Sophie 2:30 Travel Adventures: To New York 4:00 Games & Fun	September Activities			