

Summer Room Clean

The next time you visit your loved one, please take a few minutes to look through their belongings and remove any items they no longer need or use. This will help keep their room neat, organized, and comfortable.

It's also a great time to see if they need any new items, and updating family photos or favorite decorations can help make their room feel even more like home.

Thank you for helping us keep your loved one's room safe, comfortable, and welcoming!

Resident Bird Feeders

Residents are welcome to have hanging bird feeders. Feeders must be hung from the hook outside the room on the soffit. If your area does not have a hook, please ask Maintenance for assistance.

To help prevent bugs and mice in the building, all bird seed must be stored in a sealed Rubbermaid-style container.

Would you like HCC staff to fill your feeder once a week? This service is available for \$20 per month. Please see Activities to sign up.

Department Head Directory

319-378-8583

- | | |
|---|----------------------------------|
| Administrator: Kent Walton | Dietary Manager: Stephanie Cross |
| Director of Nursing: Amanda Lauterwasser | Dietitian: Linda Green |
| Social Service Director: Becky Stebral | Activity Director: Hannah Waters |
| Accountant: Karen Chadwick | |
| Environmental Supervisor: Shianne Robidoux | |
| Restorative Therapy Director: Tammy Ronnebaum | |

Hiawatha Care Center July 2026 Newsletter

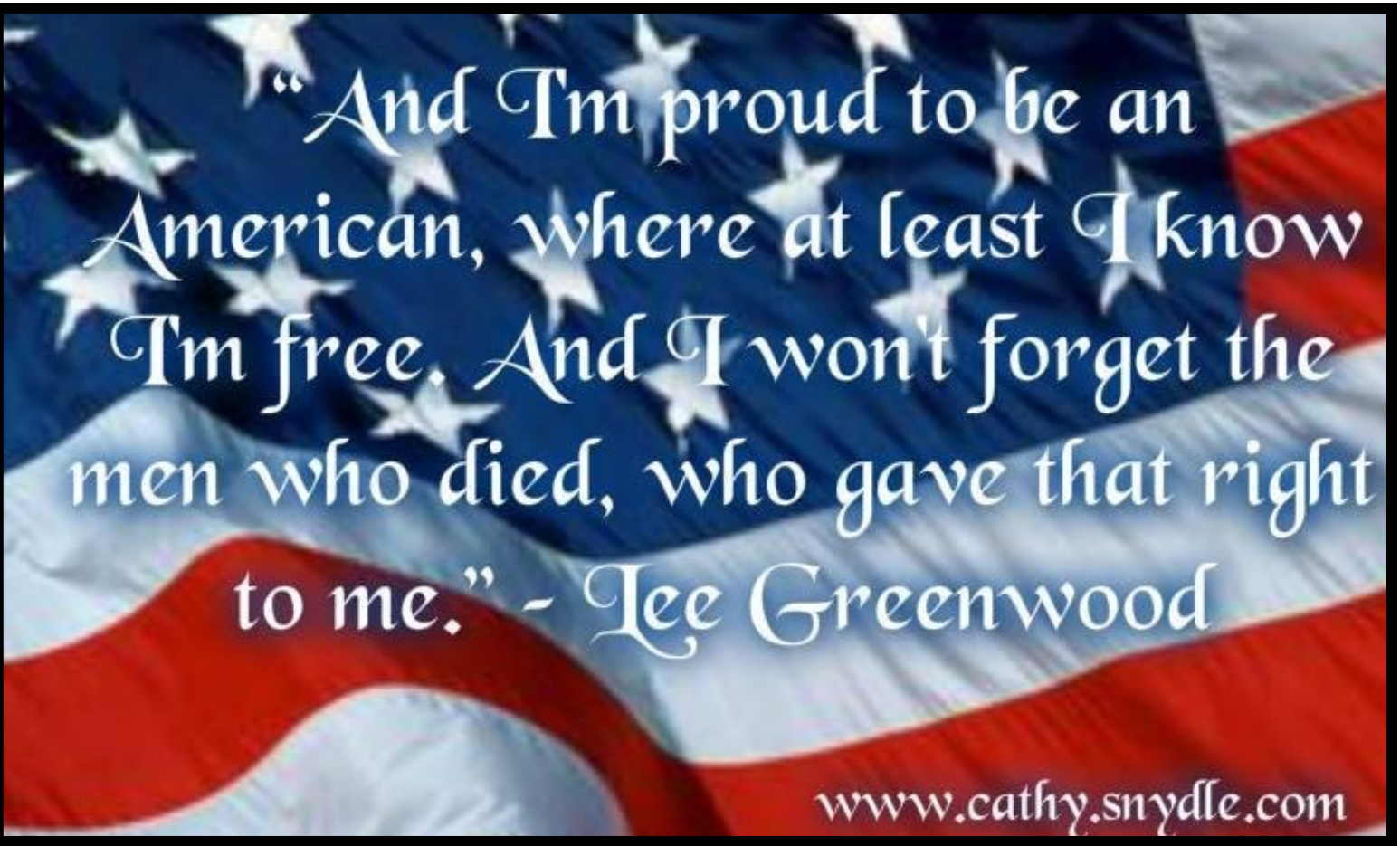


July Birthdays

- | | |
|----------------|------|
| Leroy Colbert | 7/4 |
| Duane Selken | 7/17 |
| Arlis Ford | 7/23 |
| Harriet Aarhus | 7/27 |
| Mary Darrow | 7/28 |
| James Smith | 7/30 |

Resident Council Leaders

- Beth Taggart
- Mary Heck
- Marlys Fischels
- Linda Spence



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
July Menu			1 Luscious Lemon Coffee Cake, Sauge Patty, Fruit Cocktail, Lunch #1 Enchilada Pasta Bake, Shredded Lettuce/Tomato, Refried Beans, #2 Beef Macaroni Casserole, Bread/ Butter, Mixed Vegetables, Sides: Summer Citrus Fruit Cup, Supper #1 Meatball Sub Sandwich, Green Beans, #2 Salami & Swiss Sandwich, Tomato Slice, Cucumber Slice, Sides: Italian Pasta Salad, Country Apple Dessert	2 Malt-O-Meal, Fruit & Yogurt Parfait, Danish, Lunch: Grilled Hamburger, Chips, Grapes, Red White and Blue Dessert, Coleslaw Supper #1 Chicken Philly Sandwich #2 Grilled Ham & Cheese Sandwich, Sides: Fried Potatoes, Country Trio Vegetables, Chunky Monkey Brownie	3 Oatmeal, Belgian Waffles, Maple Sausage Link, Lunch #1 Salad Bar, Tomato Wedges, Cucumber Slices, Crackers, #2 Chicken Salad Sandwich, Baked Chips, Sides: Jello Cake, Supper #1 Pulled Pork/Bun, Carrots, Potato Smiles, #2 Blue Fields Salad with Chicken Plate, Sides: Mandarin Oranges	4 Cream of Wheat, Scrambled Eggs/ Cheese, Toast, Fresh Strawberries, Lunch #1 Spaghetti, #2 Creamy Chicken Bowtie Pasta, Sides: Italian Vegetables, Garlic Toast, Watergate Desser, Supper #1 Chicken Bacon Swiss/Bun, #2 Hot Dog/Bun, Sides: Potato Salad, Calico Bean Bake, Lemon Fruit Cup			
			5 Malt-O-Meal, Sausage Link, Monkey Bread, Apricots, Lunch #1 Turkey Roast/Gravy, #2 Beef Pepper Steak/Gravy, Sides: Mashed Potatoes, Broccoli/Cheese, Dinner Roll, Pie, Supper #1 Grilled Patty Melt, Peas, #2 Chicken Noodle Soup, Ham Sandwich, Lettuce/Tomato, Sides: Watermelon	6 Oatmeal, Strawberry Yogurt Parfait, Toast, Lunch #1 Sour Cream Dill Chicken Breast, Country Trio Vegetables, #2 Crunchy Fish Sandwich, L/T/O, Sides: Roasted Ranch Potatoes, Lime Marshmallow Fluff, Supper #1 Chicken Meatball Sandwich, #2 BBQ Pork Ribette, Sides: Seasoned Mini Bakers, Capri Vegetables, Snickerdoodle Cookie	7 Cream of Wheat, Sausage Patty, Chocolate Chip Muffin, Applesauce, Lunch #1 Chicken & Dumpling Casserole, #2 Baked Ravioli/ Marinara, Sides: Sunshine Carrots, Dinner Roll, Cherry Cake, Supper #1 Italian Pork Sandwich, #2 Goulash, Sides: Italian Vegetables, Pears & Strawberries	8 Malt O Meal, Scrambled Egg, Toast, Tropical Fruit, Lunch #1 Cowboy Casserole, Flakey Biscuit, #2 Egg Roll Casserole, Crab Rangoon, Sides: Buttered Peas, Root Beer Float Cake, Supper #1 Dorito Taco Salad, Shredded Lettuce/Tomato, Sour Cream, Corn, #2 Asiago Cauliflower Soup, 1/2 Deli Turkey Sandwich, L/T/O, Sides: Peanut Butter Chocolate Chip Bar	9 Oatmeal, Breakfast Egg Bite, Toast, Raspberries, Lunch #1 BLT/Texas Toast, Cottage Cheese, #2 Deli Chicken on Croissant, Creamy Italian Cucumber Salad, Sides: Potato Chips, Almond Joy Cake, Supper #1 Breaded Pork Tenderloin, Garlic Mashed Potatoes, #2 Hamburger Rice Casserole, Breadstick, Sides: Mixed Vegetables, Frosted Orange Gelatin	10 Cream of Wheat, Ham & Egg Croissant/Cheese, Peaches, Lunch #1 Honey Garlic Meatballs #2 Pork Steak, Sides: Parsley Noodles, Carrots, Garlic Toast, Pineapple Pudding Cake, Supper #1 BBQ Grilled Chicken Breast/Bun, #2 Bratwurst on Bun Sides: Seasoned Tots, Crab Pasta Salad, Pears	11 Malt O Meal, Fried Egg, Caramel Pecan Donut Bake, Mango, Lunch #1 Meatloaf, Sour Cream Mashed Potatoes, Bread/Marg., #2 Dilly Egg Salad Slider, Cucumber Pasta Salad, Sides: Green Beans, Fruit Cocktail, Supper #1 Bacon Cheese Burger/ Bun, #2 Turkey Burger/Bun Sides: L/T/O, Buttered Dill Baby Red Potatoes, Summer Swirl Cake
			12 Oatmeal, Frittata, Toast, Blackberries, Lunch #1 Beef Pot Roast/Beef Gravy, #2 BBQ Ribette, Sides: Ranch Mashed Potatoes, Peas, Dinner Roll, Pie, Supper #1 Sloppy Joe, Mixed Vegetables, #2 Tuna Salad Sandwich, Lettuce/ Tomato/Onion, Sides: Potato Chips, Raspberry Peaches	13 Cream of Wheat, Scrambled Egg, Benignet Croissant, Fruit Medley, Lunch #1 Smothered Pork Steak #2 Chicken Tenders Sides: Roasted Diced Sweet Potatoes, Cascade Vegetable, Strawberry Shortcake, Supper #1 Beef & Noodles, Bacon Ranch Green Beans, Garlic Toast #2 Cottage Cheese Fruit Plate/Crackers, Sides: No Bake Cookie	14 Malt O Meal, Sausage Patty, Toast, Cantaloupe, Lunch #1 Chicken Fajita Pasta, #2 Tater Tot Casserole Sides: Carrots, Bread/Marg, Watermelon Cake, Supper #1 Pulled Pork/Hoagie, #2 Breaded Chicken/ Bun, Sides: Summer Fresh Pasta Salad, Marinated Tomatoes & Cucumbers, Fruit Cocktail	15 Oatmeal, Fruit & Yogurt Parfait, Raisin Toast, Lunch #1 Beef & Broccoli, #2 Chicken Stir Fry, Sides: Rice, Crab Rangoon, Stir Fry Vegetables, Pineapple & Cherries, Supper #1 Hot Dog/Bun, #2 Grilled Reuben Sides: Funyuns, Chips, Coleslaw, Mango	16 Cream of Wheat, Flaky Biscuit, Sausage Gravy, Honeydew Melon, Lunch #1 Smoked Paprika Chicken, #2 Breaded Pork Tenderloin, Sides: Baked Potato, Corn, Dinner Roll, Butterfinger Dessert, Supper #1 Ham & Cheese Croissant, #2 Chicken Salad Sandwich/Croissant, Sides: Twisted 7 Layer Salad, Potato Chips, Pears	17 Malt O Meal, Fried Egg, Toast, Grapes, Lunch #1 Tacos, Shredded Lettuce/Tomato, Sour Cream, Salsa #2 Breaded Fish Filet, Mixed Vegetables, Sides: Mexican Rice, Pineapple Dream Bar, Supper #1 Deli Club Sandwich, 2 Tuna Salad Plate, Sides: Cheddar Ranch Red Potato Salad, Tomato Wedges, Chocolate Banana Cake	18 Oatmeal, Scrambled Egg Patty, Danish, Watermelon, Lunch #1 Pineapple Glazed Pork Chop, #2 Swiss Steak, Sides: Baked Sweet Potato, Colorful Vegetable Casserole, Smores Pudding, Supper #1 Boneless Chicken Wings #2 BBQ Ribette Sides: Corn Bake, Ranch Pasta Salad, Apple Slices & Strawberries
			19 Cream of Wheat, Caramel Apple Muffins, Hard Boiled Egg, Lunch #1 Glazed Ham, #2 Smothered Turkey Patty, Sides: Au Gratin Potatoes, Key West Vegetables, Dinner Roll, Pie, Supper #1 Corned Beef & Swiss on Rye, #2 Ham & Cheese Omelet, Toast, Sides: Tomato Cucumber Slaw, Fruit Cocktail	20 Malt O Meal, French Toast Bites, Bacon, Strawberries, Lunch #1 Dorito Taco Salad, #2 Farmers Delich Sandwich, Potato Chips, Sides: Shredded Lettuce/Tomato, Fruits of Forest Crisp, Ice Cream Cup, Supper #1 Scalloped Potatoes & Ham, Caribbean Blend Vegetables, Parmesan Bread-stick, #2 Deviled Egg Salad Sandwich, L/T/O, Potato Chips, Sides: Caramel Mandarin Orange Cake	21 Oatmeal, Berry French Toast Bake, Ham Patty, Peaches, Lunch #1 Italian Cavatelli, #2 Summertime Turkey Casserole, Sides: Garlic Knot, Normandy Vegetables, Cookie Dough Cheesecake, Supper #1 Cuban Sliders, #2 French Onion Beef Slider, Sides: Tater Tots, Tossed Salad/Dressing, Emerald Pears	22 Cream of Wheat, Toast, Biscuit Egg Casserole, Mango & Pineapple, Lunch #1 Seafood Pasta Alfredo, #2 Teriyaki Chicken Casserole, Sides: Cheese Breadstick, Green Beans, White Chip Lemon Streusel Bars, Supper #1 BBQ Pulled Pork, Coleslaw, Baked Chips, #2 Chicken BLT Salad Plate, Crackers, Sides: Carrot Cake Oat Bars	23 Malt O Meal, Fried Egg, Donut Holes, Lunch #1 Honey BBQ Chicken, Baked Potato, Honey Buttered Carrots, #2 Taco Baked Potato, Shredded Lettuce/Tomato, Sides: Hawaiian Fruit Cup, Supper #1 BBQ Ribs, Fried Potatoes, #2 Italian Croissant, Club Pasta Salad, Sides: Corn, Flamingo	24 Oatmeal, Maple Sausage Link, Buttermilk Pancakes, Lunch #1 Meat Lovers Pizza, #2 Cheeseburger Slider, Sides: Riveria Vegetables, Tossed Salad, Toasted Coconut Caramel Dessert, Supper #1 Tuna Noodle Casserole, Buttered Peas, #2 Grilled Chicken Sandwich, L/T/O, Sides: Dinner Roll, Strawberries	25 Cream of Wheat, Cinnamon Toast, Breakfast Egg Bite, Peaches & Raspberries, Lunch #1 Chicken Bacon Ranch Casserole, Cheddar Garlic Biscuit, #2 Italian Grilled Cheese Sandwich, Sides: Italian Blend Vegetables, Pears & Cherries, Supper #1 Cauliflower Cheese Soup, #2 Beef Barley Soup, Sides: 1/2 Deli Turkey Sandwich, L/T/O, Fruit Cocktail Cake
			26 Oatmeal, Cheese Omelet, Mini donuts, Tropical Fruit, Lunch #1 Lasagna, #2 Pork Steak, Sides: Carrots, Cheesy Garlic French Bread, Pie, Supper #1 Chicken Salad Sandwich/Bun, L/T/O, Potato Chips, #2 Chef Salad, Crackers, Sides: Marinated Cucumbers, Mandarin Tapioca Fluff	27 Cream of Wheat, Toast, Cheesy Egg Bake, Apples & Cranberries, Lunch #1 BBQ Ribette, #2 Tavern Battered Cod, Sides: Baked Sweet Potato, Broccoli, Lemon Mt. Dew Dessert, Supper #1 Taco Twist Soup, #2 Honey Garlic Meatballs, Cheese Garlic Mashed Potatoes, Sides: Tossed Salad/Dressing, Breadstick, Pineapple Tidbits	28 Malt-O-Meal, Toast, Sausage Link, Orange Slices, Lunch #1 Chicken Bowtie Cordon Bleu, #2 Creamy Penne Sausage Casserole, Sides: Green Beans, Carlic Toast, Sunshine Cake, Supper #1 Grilled Brat Patty, #2 Deli Club Sandwich, Sides: L/T/O, Seasoned Fries, Peaches	29 Oatmeal, Scrambled Egg Patty, Bacon, English Muffin, Lunch #1 Bacon Cheddar Meatloaf, Ranch Mashed Potatoes, #2 Cheesy Broccoli Tuna Bake, Bread/Marg., Sides: Corn, Pears, Supper #1 Pork Tenderloin, #2 Italian Chicken Breast, Sides: Capri Blend Vegetables, Fried Potatoes, Banana Bread Cake	30 Cream of Wheat, Breakfast Ham Patty, French Toast Muffin, Lunch #1 Alaskan Pollock Wings, #2 Maple BBQ Pork Steak, Sides: Parslied Red Potatoes, Billed Cucumbers, Honeydew Melon, Supper #1 Turkey Ranch Slider, L/T/O, #2 Hot Dog/Bun Sides: Deviled Egg Pasta Salad, Tropical Fruit	31 Malt-O-Meal, Sausage & Potato Casserole, Toast, Strawberries, Lunch #1 Chicken Strips, #2 Baked Ham, Sides: Macaroni & Cheese, Roasted Asparagus, Watermelon, Supper #1 Cheeseburger/Bun, #2 Crunchy Fish Sandwich, Sides: Lettuce Leaf, Pickles & Onions, Tomato Wedges, Potato Chips, Boston Cream Poke Cake	Menu is subject to change based on food supply availability. Thank you!



Famous July Birthdays

The following people were born in July. Can you find their **last names**? Search horizontally, vertically, diagonally, forward, and backward.

- A. Delta **BURKE**
- B. Tom **CRUISE**
- C. Amelia **EARHART**
- D. Peggy **FLEMING**
- E. Henry **FORD**
- F. Don **HENLEY**
- G. Mick **JAGGER**
- H. Jimmy **JOHNSON**
- I. Rose **KENNEDY**
- J. Stanley **KUBRICK**
- K. Alex **RODRIGUEZ**
- L. Alex **TREBEK**

O	T	G	D	T	S	B	T	G	K	N	J
K	N	R	Y	B	U	E	R	N	C	I	O
E	O	V	A	R	G	Q	E	I	I	M	H
F	F	E	K	H	W	X	B	M	R	X	N
Y	W	E	H	L	R	W	E	E	B	R	S
H	E	N	L	E	Y	A	K	L	U	P	O
C	L	A	J	X	A	W	E	F	K	P	N
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R	O	D	R	I	G	U	E	Z	O	W	F
E	S	I	U	R	C	G	R	F	N	E	G
Q	Z	D	M	Q	Q	I	E	C	H	C	O
G	Z	F	X	F	I	M	K	R	J	I	S

Bonus: Match the person to the correct clue.

- | | |
|--|----------------------------|
| 1. Rolling Stones singer ____ | 7. JFK's mother ____ |
| 2. <i>Designing Women</i> actress ____ | 8. Yankees player ____ |
| 3. Former <i>Jeopardy</i> host ____ | 9. Automaker ____ |
| 4. NFL football coach ____ | 10. Singer-songwriter ____ |
| 5. Champion figure skater ____ | 11. Pioneer aviator ____ |
| 6. Actor ____ | 12. Director/writer ____ |

All Things Blue

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.



B	D	S	Y	A	L	G	L	E	K	D	P	D	S	M
L	C	K	C	R	Y	I	L	Z	Q	O	A	G	I	L
U	G	Y	U	B	R	A	Z	Y	N	O	O	G	A	L
E	K	Y	Q	B	H	E	Y	G	X	D	H	N	B	G
P	O	Q	D	W	L	Z	B	K	F	W	A	C	U	U
R	A	C	Z	Z	X	X	V	E	I	Z	O	W	T	S
I	E	R	I	H	P	P	A	S	U	B	M	S	T	W
N	M	O	O	N	K	O	P	R	A	L	O	N	E	R
T	D	Q	P	K	V	D	E	L	Y	G	B	A	R	E
P	E	A	C	O	C	K	T	Y	I	V	C	E	F	I
S	B	M	I	N	E	D	U	D	O	N	A	J	L	C
T	H	S	B	S	G	M	N	C	S	M	O	N	Y	A
H	P	V	I	S	M	I	E	G	D	W	V	R	N	L
X	T	C	L	M	C	A	P	P	Y	B	D	V	E	G
F	A	I	N	G	N	C	S	Q	C	F	V	K	E	H



AZURE	GLACIER	NAVY
BLUEBERRY	HERON	OCEAN
BLUEPRINT	INDIGO	PEACOCK
BUTTERFLY	JEANS	SAPPHIRE
COBALT	LAGOON	SKY
DENIM	MOON	WHALE

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
						1 10:00 Crafty Hour with Mercy Friends 2:30 Music Hour with the Famous Lena Adams		2 11:00 Resident Parade for the 4th of July  2:30 4th of July Party with Dave Wirtz		3 Independent Activities		4 	
5 10:00 Catholic Communion 4:00 King of Kings Lutheran Church Service		6 10:00 Manicures & Social 2:30 County Music Hour with Bruce Wright 4:45 Bible Study with Bible Baptist Church		7 10:30 Piano Music with Melinda 2:30 Jeopardy Hour		8 10:00 Reminisce on Patio 2:30 Slushie's on the Patio		9 8:45 Catholic Mass 10:00 Card/Dice Games with ARC Friends 2:30 Happy Hour with the La La Ladies		10 10:00 Fun with the McCullough Kids 2:30 Bingo Hour		11 2:30 Crafty Hour with Joanne Aromatic Sachet Bags	
12 10:00 Catholic Communion 2:30 Movie & Popcorn		13 10:00 Manicures & Social 2:30 Serenity Spa Hour 4:45 Bible Study with Bible Baptist Church		14 10:00 Gospel Light Baptist Church Service 2:30 Guess that Song on the Patio		15 10:00 Exercises on the Patio 2:30 Birthday Party with Dave Marshall		16 8:45 Catholic Mass 10:00 Crafty Hour with Discovery Friends 2:30 Happy Hour with The Flip Side		17 10:00 Fun with the McCullough Kids 2:30 Bingo Hour		18 Independent Activities	
19 10:00 Catholic Communion 4:00 King of Kings Lutheran Church Service		20 10:00 Manicures & Social 2:30 CR Community Symphony Orchestra 4:45 Bible Study with Bible		21 10:00 Piano Music with Melinda 2:30 Her History: Betsy Ross		22 10:15 Lovely Lane Methodist Church Service 2:30 Ice Cream Social		23 8:45 Catholic Mass 10:00 Reminisce on the Patio 2:30 Happy Hour with Harold Gray		24 10:00 Trivia Hour 2:30 Bingo Hour		25 2:30 Wine– Cheese– Gossip	
26 10:00 Catholic Communion 2:30 Creative Hour with Joanne		27 10:00 Manicures & Social 2:30 Corks & Canvas 4:45 Bible Study with Bible Baptist Church		28 10:00 Games & Fun with the Mother Goose Kids 2:30 Guess that Drink on the Patio		29 Independent Activities 2:30 Movie– West Dining Room		30 8:45 Catholic Mass 10:00 Reminisce on the Patio 2:30 Happy Hour with DJ Clay Wille		31 10:00 Fun with the McCullough Kids 2:30 Bingo Hour		All activities are subject to change. Please refer to the whiteboards in the dining rooms for the daily schedule!	