

# You asked what can I help with.....

*Look no further, here is a list of helpful ideas you can do to help us out.*

- 1) letters to your loved ones: They love snail mail.
- 2) Window visits: Please give staff a heads up an hour ahead of time, so that we may get the resident to the window. Also, please keep in mind that the windows should only be cracked to visit, so we are not defeating the purpose of keeping a distance.
- 3) Snacks: Sending prepackaged snack food for staff to keep them fueled.
- 4) Letters of encouragement: Sometimes a kind word or pick-me-up is what a staff member needs to hear.
- 5) Hiawatha Care Center has a wish list on our Amazon Account.  
Below

[https://www.amazon.com/hz/wishlist/ls/2EK8FCEF39JPL?  
ref\\_=wl\\_share](https://www.amazon.com/hz/wishlist/ls/2EK8FCEF39JPL?ref_=wl_share)

Thank you Families for your patience and understanding in these times.

# Hiawatha Care Center Newsletter April 2020



April showers will bring  
May flowers

## HIAWATHA CARE CENTER

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319-378-8583

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kwalton@hiawathacarecenter.com

### DEPARTMENT HEADS

ADMINISTRATOR

ACCOUNTANT

DIRECTOR OF NURSING

ASSISTANT DIRECTOR OF NURSING

ASSISTANT DIRECTOR OF NURSING

CERTIFIED DIETARY MANAGER, CFPP

ACTIVITIES DIRECTOR

DIETARY CONSULTANT

SOCIAL SERVICES DIRECTOR

ENVIROMENTAL SERVICES SUPERVISOR

RESTORATIVE THERAPY DIRECTOR

CARE PLAN COORDINATOR

HUMAN RESOURCE DIRECTOR

Kent Walton

Karen Chadwick

Nancy Young

Amanda Lauterwasser

Karmin Boote

Laurie Fish

Hannah Waters

Linda Green

Becky Stebral

Donna Radeke

Tammy Ronnebaum

Kelly VanGinkel

Amanda Kennedy

### 2020 RESIDENT COUNCIL BOARD MEMBERS

Ron Jorgensen—President

Vonnie Higginbotham—Vice President

Eileen Baird—Secretary

If you have any questions or concerns, please report them to your  
Resident Council Officers.

You may also want to contact a staff member to resolve the issue immediately.  
Hiawatha Care Center's admissions, room assignment, and resident services are  
provided without regard to race, creed, color, national origin, religion, or disability.



Families, in order to keep you  
updated on our most current  
information, please be sure we have  
your current email address.

If possible check it daily; things  
change around the building often and  
we want to keep you updated.



The staff is working hard to keep your loved ones  
happy, healthy, and safe.



# Fun-Games-Entertainment

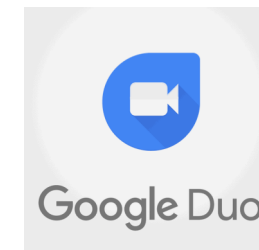
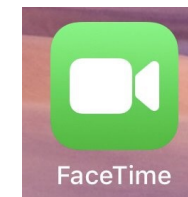


## Missing your loved one?

Well your in luck, we can arrange a video chat to keep you in touch with your loved one throughout the week.



Hiawatha Care Center is currently using Facetime, Duo and Zoom for video chatting.

Email or Call to set up a time.



Hannah Waters Activity Director  
 Hiawatha's main line: 378-8583  
 Activity Directors Line: 368-2626  
[hwaters@hiawathacarecenter.com](mailto:hwaters@hiawathacarecenter.com)



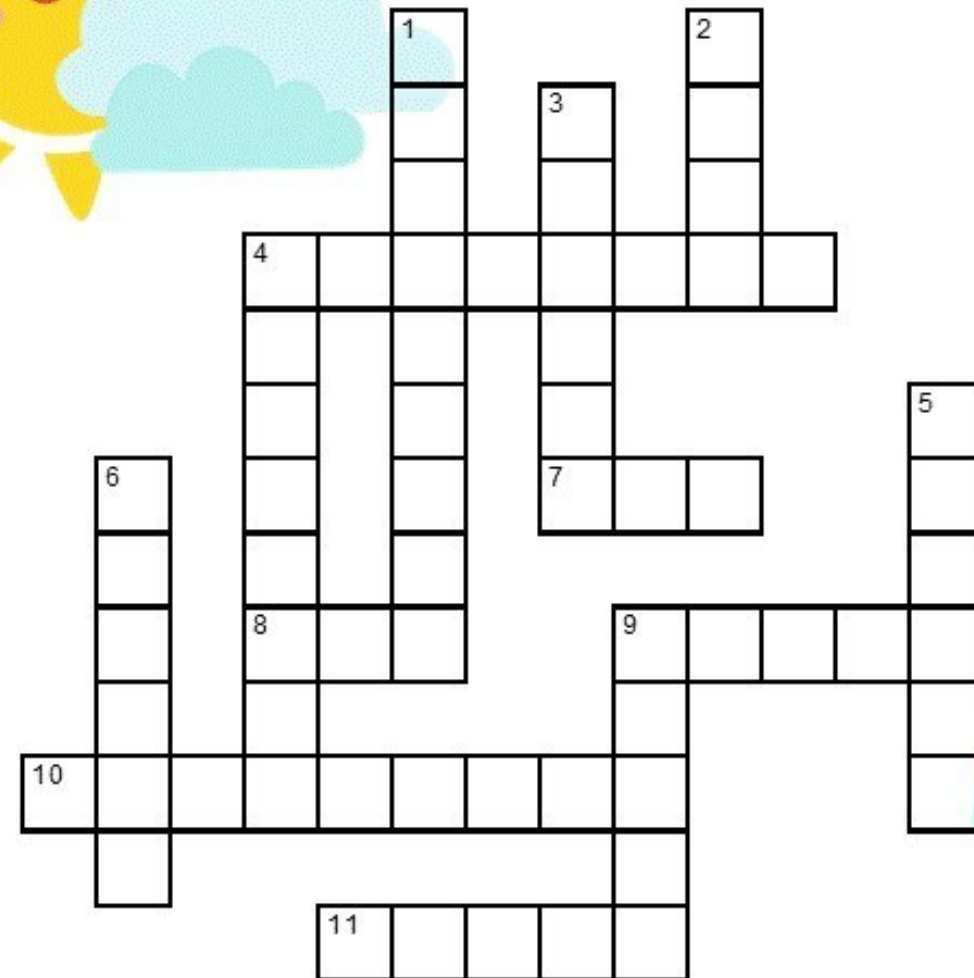
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Malt-O-Meal, Poached Egg, Raisin Toast, Lunch #1 Honey Baked Ham, Swiss Corn Casserole, #2 Country Fried Steak, Mashed Potatoes, Country Gravy, Sides: Green Beans, Bread/Marg., Snicker Apple Dessert, Supper #1 Hamburger Gravy, Flaky Biscuit, Broccoli Florets #2 Chicken Noodle Soup, Cheese & Cracker Plate, spinach Craisin Salad/Dressing, Sides:	2 Oatmeal, Breakfast Sandwich, Lunch #1 Hot Beef Sandwich, Mashed Potatoes, Beef Gravy, #2 Honey Dijon Pork Chop, Stuffing, Bread/Butter, Sides: Cascade Vegetables, Chocolate Lasagna, Supper #1 Honey Garlic Meatballs, Garlic Breadstick, #2 Tenderloin on Bun, Pickles & Onions, Sides: Cheesy Hashbrowns, Peas & Carrots, Ice Cream Cup	3 Cream of Wheat, Scrambled Eggs w/ Cheese, Toast, Margarine/Jelly, Lunch #1 Breaded Chicken Fillet on Bun, Mayo, Lettuce & Tomato, #2 Popcorn Shrimp, Cocktail Sauce, Country Trio Veggies, Cheddar Garlic Biscuit/Margarine Sides: French Fries, Frosted Cake, Supper #1 Tomato Soup, Grilled Cheese Sandwich, Marinated Cucumbers, #2 Tater Tot Casserole, Green	4 Malt-O-Meal, Sausage Patty, Blueberry Muffin, Lunch #1 Chili, Chili Fixins, Crackers, Cinnamon Roll/Frosting, #2 Turkey & Swiss Sandwich, Potato Chips Sides: Tossed Salad/Dressing, Pears, Supper #1 Taco Salad, Shredded Lettuce/Tomato/Cheese, Salsa/Sour Cream, #2 Battered Cod, Tartar Sauce, Ranch Tater Tots, Riviera Vegetables, Fresh Baked Bread Sides:
5 Oatmeal, Sausage Link, Strudel Stick Lunch #1 Baked Ham, Dilled Carrots #2 Turkey Roast, Corn, Sides: Baked Potato/Marg, Dinner Roll, Pie, Supper #1 Smoked Pulled Pork/Bun, #2 Boneless Chicken Wings, Bread/Butter, Sides: Parmesan French Fries, Capri Blend Veggies, Peaches	6 Cream of Wheat, Fried Egg, Toast, Margarine/Jelly, Lunch #1 Swiss Steak w/ Tomatoes, #2 Sweet & Sour Meatballs Sides: Mashed Potatoes/Marg, Green Beans, Bread/Butter, Pear Upside Down Cake, Supper #1 Philly Joe on Bun, Ranch Tater Tots, #2 Vegetable Soup, Crackers, Deli Roast Beef Sandwich, Sides: Tropical Fruit, Ice Cream Cup	7 Malt-O-Meal, Sausage Patty, Cinnamon Roll, Lunch #1 Glazed Meatloaf, Hashbrown Casserole, #2 Cod Scrod, Tartar Sauce, Roasted Potato Medley Sides: Sourdough Bread/Butter, Riviera Vegetables, Apple Crisp, Supper #1 Turkey Stuffing Bake, Peas, # 2 Taco in a Bag, Shredded Lettuce/Tomato, Sides: Strawberries	8 Oatmeal, Hard Boiled Egg, Toast, Margarine./Jelly, Melon Cup, Lunch #1 Country Fried Steak, Mashed Potatoes, Country Gravy, Bread/Butter, #2 Breaded Fish Sandwich, Tartar Sauce, Potato Wedges, Sides: Cascade Vegetables, Frosted Pumpkin Bar, Supper #1 Broccoli Cheese Soup, Crackers Turkey Sandwich, #2 Hamburger/Bun, Lettuce/Tomato/Onion, Potato Salad	9 Cream of Wheat, Glazed Donut, Fruit & Yogurt Parfait, Lunch #1 Chicken Tenders, Cheddar Cheese Munchers, Cole-slaw, Bread/Butter, #2 Sloppy Joe on Bun, Sides: Peach Crisp, Supper #1 Savory Beef Stroganoff, Noodles, Carrots, Fresh Baked Bread, #2 Cheeseburger Soup, Crackers, Ham Sandwich, Sides: Fruited Gelatin	10 Malt-O-Meal, Bacon, English Muffin Lunch #1 Battered Tilapia, Tartar Sauce, Potato Casserole, Bread/Butter, #2 Chili Mac, Cornbread Muffins, Sides: Asparagus, Lemon Cheesecake, Supper #1 Turkey Burger/Bun, Lettuce/Tomato/Onion, Pasta Salad #2 Chef's Salad, Assorted Crackers, Sides: Apricots	11 Oatmeal, Sausage Gravy, Biscuit Lunch #1 Lasagna, Peas, #2 Baked Pork Chop, Mashed Potatoes/Marg. Sides: Tossed Salad/Dressing, Garlic Bread, Frosted Cake, Supper #1 Chicken Enchilada Casserole, Mexican Rice, #2 Hot Dog/Bun, Potato Salad, Sides: Country Trio Veggies, Peach Slices
12 Oatmeal, Scrambled Egg, Long John, <b>Happy Easter Sunday</b> Lunch #1 Ham, #2 Beef Roast/Brown Gravy, Sides: Au Gratin Potatoes, Bacon Ranch Green Beans, Dinner Roll/Marg., Pie, Supper #1 Hearty Sausage Soup, Crackers, Creamy Cucumber Salad, #2 Cheddar Omelet, Tomato Juice, Sides: Garlic Toast, Mandarin Oranges	13 Cream of Wheat, Fried Egg, Raisin Toast, Margarine/Jelly Lunch #1 Baked Swiss Chicken, Rice Pilaf, Bread/Marg. #2 Tenderloin on bun, Pickles & Onions, Cheddar Cheese Munchers, Sides: Cascade Vegetables, Cherry Almond Trifle, Supper #1 Hamburger on Bun, Lettuce/Tomato/Onion, Potato Wedges, Peaches #2 Scalloped Potatoes & Ham, Mixed	14 Malt-O-Meal, Sausage Patty, Pancake/Syrup, Banana Half, Lunch: #1 Corned Beef, Cabbage & Carrots, #2 Breaded Fish Fillet, Tartar Sauce, Creamed Peas, Sides, Marble Reuben Bread, Red Potatoes, Andes Mint Pie, Supper #1 Chili, Crackers, Tossed Salad, Fresh Baked Bread, #2 Cheddarwurst on Bun, Potato Salad, Sides: Rainbow Sher-	15 Oatmeal, Hard Boiled Egg, Cinnamon Coffee Cake, Lunch #1 Ham Balls, Baked Potato, #2 Baked Caesar Chicken, Parsley Noodles, Sides: Green Beans, Butterstoch Dessert, Supper: Pizza, Mixed Vegetables, #2 Deli Roast Beef Sandwich, Chips, Sides: Emerald Pears, Chocoalte chip Cookie	16 Cream of Wheat, Scrambled Egg Patty, Toast, Margarine/Jelly, Lunch #1 Chicken Parmesan Stuffed Shells, Tossed Salad/Drsg, Riviera Vegetables, Garlic Toast, #2 BBQ Rib Sandwich, Peas & Carrots, Sides: Snickers Blondie, Supper #1 Turkey Sandwich, Dill Pickle Spear, Sweet Potato Puffs, #2 Shepherd's Pie, Country Trio Vegetables, Sides: Dark Sweet Cher-	17 Malt-O-Meal, Bacon, Toast, Margarine/Jelly, Lunch #1 Salmon Patty, Lemon Broccoli Bread/Butter, #2 Beef Minute Steak, Corn, Sides: Fried Potatoes, Devils Food Cake/Frosting, Supper #1 Chicken & Dumplings, Peas, Biscuit #2 Tomato Soup, Grilled Cheese Sandwich, Sides: Fruit Cocktail	18 Oatmeal, Sausage Gravy over Biscuit, Lunch #1 Swedish Meatballs, Cheesy Party Potatoes, Sunshine Carrots, Bread/Marg. #2 Chef Salad/Dressing, Bread/Marg, Sides: Applesauce Gelatin, Supper #1 Pulled Pork Mac & Cheese, Bread/Marg. Cascade Blend Vegetables, #2 Vegetable Beef Soup, Ham Sandwich, Sides: Sweet Pepper Slaw, Ice Cream Cup
19 Cream of Wheat, Sausage Link, Cinnamon Roll, Lunch #1 Roast Turkey, Turkey Gravy, Stuffing, Glazed Carrots, #2 Country Fried Steak, Green Beans, Sides: Mashed Potatoes, Pie, Supper #1 Chili dog on Bun, Capri Blend Veggies, #2 Breaded Fish Sandwich, Coleslaw, Sides: Potato Chips, Pineapple	20 Malt-O-Meal, Skillet Breakfast, Wheat Toast, Lunch #1 Italian Goulash, Garlic Toast, #2 Chicken Tenders, Mashed Potatoes, Chicken Gravy, Sides: Mixed Vegetables, Apple Crisp, Supper #1 Ham & Eggs, Tomato Juice, Muffin/Marg. #2 Reuben Sandwich. Sides: Sweet Potato Puffs, Sunrise Fruit Blend	21 Oatmeal, Poached Eggs, Wheat Toast, Margarine/Jelly, Lunch #1 Meatloaf, Beef Gravy, Peas, #2 BBQ Pork Chop, Cascade Blend Vegetables, Sides: Mashed Potatoes, Bread/Marg, Chocolate Crunch Cheesecake, Supper #1 Cream Cheese Chicken Soup, Crackers, Turkey Sandwich, Lettuce & Tomato Slice, #2 Beef & Noodles, Mixed Vegetables, Sides: Applesauce	22 Cream of Wheat, Scrambled Egg, Danish, Lunch #1 Swiss Steak w/ Tomatoes, Garlic Buttered Noodles, #2 Tavern Battered Cod, Tartar Sauce, Roasted Potato Medley, Sides: Bread/Marg, Country Trio Veggies, Lemon Pudding w/ Topping, Supper #1 BBQ Rib Sandwich, Pickles & Onions, Coleslaw, #2 Taco in a Bag, Shredded Lettuce/Tomato, Sides:	23 Malt-O-Meal, Cheese Omelet, Wheat Toast, Banana Half, Margarine/Jelly, Lunch #1 Ranch Chicken Breast, Baked Potato/Marg, Cheesy Corn, Bread/Marg. #2 Chef's Salad, Assorted Crackers, Sides: Triple Fudge Brownie, Supper #1 Cabbage & Beef Soup, Crackers, Fresh Baked Bread #2 Creamed Turkey/Biscuit, Sides: Cottage Cheese, Winter Fruit Cup	24 Oatmeal, Toast, Fruit & Yogurt Parfait Lunch #1 Pork Chops in Sour Cream Gravy, Carrots, #2 Breaded Cod Scrod, Brussels Sprouts, Sides: Parsley Buttered Mashed Potatoes, Bread/Marg. Oatmeal Caramel Bar, Supper #1 Grilled Asian Chicken, Garden Blend Rice, Sesame Green Beans, #2 Cream of Potato Soup, Crackers, English Muffin Tuna Melt, Creamy Cucumber Salad, Sides: Raspberry Peaches	25 Cream of Wheat, Hard Boiled Egg, Blueberry Toast, Margarine/Jelly, Lunch #1 Classic Beef Stew, Tossed Salad w/Dressing #2 Loaded Baked Potato, Broccoli/Cheese Sauce, Diced Ham, Sour Cream, Sides: Angel Food Cake w/Strawberries, Supper #1 Hot Dog on Bun, #2 Pork Tenderloin on Bun, Pickles & Onions, Sides: Macaroni & Cheese, Peas & Carrots, Sherbet Cu
26 Malt-o-Meal, Scrambled Egg Patty, Long John, Lunch #1 Herbed Pork Loin, #2 Beef Minute Steak, Sides: Baked Sweet Potato, BR Sprouts, Roll, Pie, Supper #1 Chicken Tenders, French Fries, Peas, Bread/Marg., #2 Wisconsin Cheese Soup, Crackers, Sloppy Joe/Bun, Pickled Beets, Sides: Cookie	27 Oatmeal, Bacon, Toast, Banana Half, Lunch #1 Spaghetti/Meatsauce, Capri Veggies, Garlic Toast, #2 Cottage Cheese Fruit Plate, Crackers, Sides: Tossed Salad/Dressing, Hot Chocolate Mousse, Supper #1 Turkey Dumpling soup, Crackers, #2 Hamburger/Bun, Potato Wedges, Sides: Peach Salad, Cookie	28 Cream of Wheat, Sausage Gravy/Biscuit, Lunch #1 Creamy Chicken Carbonara, #2 BBQ Rib Patty, Cheddar Cheese Munchers, Sides: Carrots, Sourdough Bread/Marg., Pumpkin Cake, Supper #1 Fish Sandwich, Scalloped Potatoes, Coleslaw, #2 Italian Goulash, Corn Muffin, Mixed Vegetables, Sides: Fruit Cocktail	29 Malt-O-Meal, Poached Egg, Raisin Toast, Lunch #1 Honey Baked Ham, Swiss Corn Casserole, #2 Country Fried Steak, Mashed Potatoes, Country Gravy, Sides: Green Beans, Bread/Marg., Snicker Apple Dessert, Supper #1 Hamburger Gravy, Flaky Biscuit, Broccoli Florets #2 Chicken Noodle Soup, Cheese & Cracker Plate, spinach Craisin Salad/Dressing, Sides:	30 Oatmeal, Breakfast Sandwich, Lunch #1 Hot Beef Sandwich, Mashed Potatoes, Beef Gravy, #2 Honey Dijon Pork Chop, Stuffing, Bread/Butter, Sides: Cascade Vegetables, Chocolate Lasagna, Supper #1 Honey Garlic Meatballs, Garlic Breadstick, #2 Tenderloin on Bun, Pickles & Onions, Sides: Cheesy Hashbrowns, Peas & Carrots, Ice Cream Cup		



# Messages To Our Families



## Easter Crossword



### ACROSS

4. You might do this to eggs for Easter
7. A hen makes this
8. Used to color eggs
9. The hen's baby
10. Colorful candy you might find in an Easter basket
11. Peter Cottontail is one

### DOWN

1. Eggs might be made from this
2. Look for eggs
3. Easter Day event
4. Yellow or white spring flower that grows from a bulb
5. What the Easter Bunny brings
6. A pretty hat worn on Easter
9. Don't eat too much of this or you might get a belly ache





# April 2020

**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**!ATTENTION!**

**All Activities are subject to change daily  
due to our current circumstances.**

**Social distancing is being encouraged at this time.**

<div><div>!ATTENTION!</div><div>All Activities are subject to change daily due to our current circumstances.</div><div>Social distancing is being encouraged at this time.</div></div>			<div>1<div>April Fools Day</div>10:00 Room to Room Exercises 3:00 Board &amp; Letter Notes 3:00 Cards/Games/Movies <div>National Walking Day</div></div>	<div>210:00 Traveling Brunch Bunch 2:45 Hallway Karaoke &amp; PB &amp; J Day 4:30 Farkle in Activity Room</div>	<div>310:15 NW Hall Spring Clean Room to Room Reminiscing 11:00 You-Tube Methodist Church Service 2:45 Bingo</div>	<div>4* Independent In Room Activities * Grab and Go Activities * Popcorn at Nurses Stations</div>
<div>59:30 You-Tube Catholic Service SW Dining TV Area  *Independent Room Activities *Resident Lead Games</div>	<div>610:15 NW Hall Spring Clean Room to Room Reminisce  *All Day Movie Marathon  “National Caramel Popcorn Day”</div>	<div>79:45 YouTube Catholic Service 10:00 Room to Room Nail Care 2:30 Hallway Birthday Party Fun  *One to One Visits all Day</div>	<div>810:15 NW Hall Spring Clean Room to Room Reminisce 3:00 Cards (500) Activity Room 3:00 Stuffing Envelopes for For Freedom Festival</div>	<div>9Miss Match Day10:30 Traveling Brunch Bunch 2:45 Snack &amp; Happy Hour with Name that Song  *Independent Room Activities Throughout the Day</div>	<div>10Good Friday10:00 YouTube Baptist Church Service 2:45 Bingo 4:00 Resident Lead Farkle</div>	<div>11* Independent Room Activities * Grab and Go Activities * Popcorn at Nurses Stations</div>
<div>129:30 YouTube Catholic Service SW Dining TV Area  10:30 Resident Easter Egg Hallway Hunt with Staff</div>	<div>1310:15 SW Hall Spring Clean Room to Room Reminisce 2:30 Outdoor Fun with Music Peach Cobber &amp; Pecan Pie (Weather Permitting) One to One visits all Day</div>	<div>149:45 YouTube Catholic Service 10:15 SW Hall Spring Clean Room to Room Reminisce 2:30 Hallway Traveling Art</div>	<div>1510:00 Room to Room Nail Care 2:00 Movie "Titanic" &amp; Popcorn  “National Titanic Day”</div>	<div>16PJ Day10:00 Traveling Brunch Bunch 2:45 Traveling Happy Hour &amp; Music Sing-a-long  *Independent Room Activities Throughout the Day</div>	<div>1710:00 YouTube Baptist Church Service 10:30 East Hall Spring Clean &amp; Reminisce 2:45 Bingo and Snacks</div>	<div>18* Independent Room Activities * Grab and Go Activities * Popcorn at Nurses Stations</div>
<div>199:30 You-Tube Catholic Service SW Dining TV Area  * Independent Room Activities *Resident Lead Games</div>	<div>20Look a Like Day10:15East Hall Spring Clean Room to Room Reminisce 2:30 Outdoor Music and Snacks  *Independent Room Activities Throughout the Day</div>	<div>219:45 YouTube Catholic Service 10:00 Farkle and Games 2:30 Ice Cream Hallway Social  *Independent Room Activities Throughout the Day</div>	<div>22Earth Day10:00 Exercise Games 2:30 Outdoor Snacks &amp; Garden Talk  *Independent Room Activities all Day</div>	<div>2310:00 Traveling Brunch Bunch 2:45 Doorway Happy Hour &amp; Music with Activities  *Independent Room Activities Throughout the Day</div>	<div>2410:00 YouTube Devotional Video SW Dining Room 2:45 Bingo and Snacks 4:30 Resident Lead Farkle</div>	<div>25* Independent Room Activities * Grab and Go Activities * Popcorn at Nurses Stations</div>
<div>269:30 You-Tube Catholic Service SW Dining TV Area  *Independent Room Activities *Resident Lead Games</div>	<div>2710:00 Room to Room Hand Massages &amp; Nailcare 2:30 Crafts and Fun with Activities Room to Room</div>	<div>289:45 YouTube Catholic Service 10:00 Farkle with Activities 2:30 Ice Cream Doorway Social</div>	<div>2910:00 Exercise Games 2:30 Cards/Farkle/Movie 4:30 Independent Room Activities.</div>	<div>3010:00 Traveling Brunch Bunch 2:45 Traveling Happy Hour &amp; Music  *Independent Room Activities Throughout the Day</div>		