SUMMER WORD SEARCH

B Ε S S S

Hiawatha Care Center Newsletter August 2020



WORD BANK: HOT PLAY SUN **SUNGLASSES BBQ ICE CREAM POOL BEACH POPSICLE SWIM JUMP CAMPING KITE** SAND **SWING PICNIC FUN SUMMER VACATION**



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HIAWATHA CARE CENTER

405 N 15TH AVENUE, HIAWATHA, IA 52233 319-378-8583

> hccinfo@hiawathacarecenter.com kwalton@hiawathacarecenter.com

DEPARTMENT HEADS

ADMINISTRATOR	Kent Walton
ACCOUNTANT	Karen Chadwick
DIRECTOR OF NURSING	Nancy Young
ASSISTANT DIRECTOR OF NURSING	Amanda Lauterwasser
ASSISTANT DIRECTOR OF NURSING	Karmin Boote
CERTIFIED DIETARY MANAGER, CFPP	Laurie Fish
ACTIVITIES DIRECTOR	Hannah Waters
DIETARY CONSULTANT	Linda Green
SOCIAL SERVICES DIRECTOR	Becky Stebral
ENVIROMENTAL SERVICES SUPERVISOR	Donna Radeke
RESTORATIVE THERAPY DIRECTOR	Tammy Ronnebaum
CARE PLAN COORDINATOR	Kelly VanGinkel
HUMAN RESOURCE DIRECTOR	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.

Family Reminders

Window Visits Guide Lines

- You only need to call the day of and not days ahead.
- We are asking for at least an hour notice the day of.
- You can set this up with the first person who answers the phone.
- Both visitors and residents are required to wear masks the entire visit, for everyone's safety.
- We are please asking not to visit during meals times.

Video Chats/Visitation Stations Guide lines

- You must schedule at least one day in advance using the online scheduling system.
- At this time we are only doing this Monday—Friday.
- Schedules will be available one week at a time with the new schedules opening for sign up on Friday evenings.
- When signing up, please list your full name and the residents name.
- Masks are to be worn at all times, along with staying behind the plexiglass.
- If you can't make it, please call as soon as possible to let the staff know.



August Birthdays



Evelyn Lacock 8/4/1918 Ron Jorgensen 8/19/1943

Helen Macek 8/21/1920 Bruce Kubik 8/25/1948

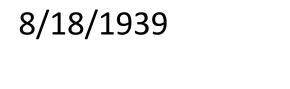
Marllys Gerritsen 8/06/1930

Susan Kinkead 8/21/1950

Don Scott 8/18/1930

Vern Martensen 8/25/1933

Joyce Thornton 8/18/1939











Welcome to HCC



Cheryl Brobston

Linda Hughes

Janice Smith

Todd Muckler

Robert Langfitt

Audrey McIntire

Albert Hass

Beverly Wren

Anna Vittengl

Madonna Brown

Ronald Hardy

Richard Harken

John Jaeger

Dora Coleman



In Loving Memory

Bernice Zenisek

Dolores Jarboe

Eldred Svoboda

Judith Nesper

Wayne Kimm

Wed Thu Fri Sun Mon Tue Sat



August 2020

Biscuit

Banana Bread Blondie.

Mandarin Oranges



Breakfast: Malt-O-Meal, Bacon, Toast, Margarine/Jelly,

Lunch: Honey Garlic Meatballs, Scalloped Potatoes, Pickled Beets, Bread/Marg, Fresh Melon Cup

Supper: Sloppy Joe on Bun, Ranch Tater Tots, Cucumber & Onion Salad, Sides:

2 Breakfast: Oatmeal, Scrambled Egg, Glazed Donut

Lunch: Roast Turkey, Parsley Butter Red Potatoes, Sides: Creamed Peas, Dinner Roll. Pie.

Supper: Ham & Cheese Quiche, Mixed Vegetables, Muffin/Marg, Sides: Banana & Mandarin Oranges

9 Breakfast: Oatmeal, Scrambled Egg/ Cheese, Cinnamon Roll/Frosting Lunch: Chicken Breast Tenders, Mashed Potatoes, Chicken Gravy, Creamy Coleslaw, Sides: Dinner Roll/Marg, Pie, Supper: Hot Dog/Bun, Potato Salad, Sides: Carrots, Mandarin Oranges

16 Breakfast: Cream of Wheat, Poached Egg, Danish

Lunch: Baked Ham, Dilled Carrots, Sides: Party Potatoes, Dinner Roll/Marg., Pie, Supper: Denver Hashbrown Casserole, Cinnamon Roll, Sides: Capri Blend Vegs, Sunrise Fruit Blend

23 Breakfast: Malt-O-Meal, Sausage Patty, Glazed Long John

Lunch: Herbed pork Loin, Peas, Sides: Baked Sweet Potato/Marg. Dinner Roll/ Marg, Pie,

Supper: Sweet & Sour Meatballs, Bread/ Butter, Sweet Macaroni Salad, Sides: Cascade Blend Vegetables, Blushing Pears

30 Breakfast: Oatmeal, Scrambled Egg. **Glazed Donut**

Lunch: Roast Turkey, Parsley Butter Red Potatoes, Sides: Creamed Peas, Dinner

Supper: Ham & Cheese Quiche, Mixed Vegetables, Muffin/Marg, Sides: Banana & Mandarin Oranges

3 Breakfast: Cream of Wheat, Skillet Breakfast, Toast

Lunch: Lasagna, Garlic Toast, Sides: Cascade Blend Vegetables, Toss Salad/Drg, Root Beef Float Cake.

Supper: Italian Croissant with Lettuce/ Tomato, Potato Chips, Sides: Pineapple

10 **Breakfast:** Cream of Wheat, Scrambled Egg Patty, Bacon, Toast,

Lunch: Spaghetti/Meatsauce, toss Salad/ Dressing, Sides: Garlic Toast, Triple Fudge

Supper: Turkey Burger on Bun, Sides: Lettuce/Tomato/Onion, Scalloped corn, Fresh Grapes

17 Breakfast: Malt-o-Meal, Scrambled

Lunch: Beef & Noodles, . Sides: Asparagus w/Bacon, Bread/Marg, Angle Food Cake, w/ Strawberries, Whipped Topping, Supper: Country Fried Steak, Mashed Potatoes, Country Gravy, Riviera Vegetables, , Sides: Tapioca Pudding

24 Breakfast: Oatmeal, Fried Egg, Toast, Lunch: Lemon Pepper Tilapia, Tartar Sauce, Sides: Fried Potatoes, Parslied Carrots, Triple Berry Buckle,

Supper: Chicken Breast/Bun Italian Tomato Salad, Cheddar Munchers, Sides: Fruit Cup

31 Breakfast: Cream of Wheat, Skillet Breakfast, Toast,

Lunch: Lasagna, Garlic Toast, Sides: Cascade Blend Vegetables, Toss Salad/Drg, Root Beef Float Cake,

Supper: Italian Croissant with Lettuce/ Tomato, Potato Chips, Sides: Pineapple Tidbits

4 Breakfast: Malt-O-Meal, Hard Boiled Egg, Raisin Toast

Lunch: Hot Dog on Bun, Summer Fresh Pasta Salad, Green Beans, , Sides: Fresh Grapes.

Supper: Goulash, Garlic Toast, Sides: Tossed Salad/Dressing, Applesauce

11 Breakfast: Malt-O-Meal, Sausage Link, Pancakes/Syrup, Banana Half, Lunch: Caribbean Pork chop, Mixed Vegetables, Sides: Baked Sweet Potato, Bread/Marg. Lime Crunch.

Supper: Chicken Caesar Salad, Tomato Wedges, Assorted Crackers, Cucumber Slices, Sides: Jell-O Cake

18 Breakfast: Oatmeal, Blueberry Toast, Sausage Link

Lunch: BLT Sandwich, Cottage Cheese, Potato Chips, Sides: Fresh Melon Cup, **Supper:** Fiesta Potato Platter, Shredded Lettuce/Tomato, Sour Cream, Sides: Cascade Blend Vegs, Chocolate Chip Cookie

25 Breakfast: Cream of Wheat, Little Smokies, Toast

Lunch: Swiss Steak w/ Tomatoes, Beef Gravy, Sides: Mashed Potatoes, Asparagus, Fresh Baked Bread, Strawberries, **Supper:** Taco Salad, Shredded Lettuce/ Tomato, Salsa, Sour Cream, Sides: Manda-

rin Oranges, Ice Cream Cup

26 Breakfast: Malt-O-Meal, Sausage Gravy, Biscuit,

Fresh Grapes

5 Breakfast: Oatmeal, Sausage Gravy,

Capri Blend Vegetables, Garlic Breadstick,

Supper: Cheeseburger Deluxe, Sides:

Lettuce/Tomato/Onion, Potato Salad,

12 Breakfast: Oatmeal, Fried Egg, Toast,

Lunch: Hot Beef Sandwich, Mashed Pota-

Soup, Salami & Swiss on Focaccia Square/

toes, Beef Gravy, Sides: Lemon Glazed

Supper: Homemade Vegetable Beef

Lettuce & Tomato, Sides: Apricots

19 Breakfast: Cream of Wheat, hard

Lunch: Baked Pork Chop, Mashed Pota-

Supper: Philly Steak Sandwich, Roasted

peppers & Onions, Sides: Potato Salad,

toes, Pork Gravy, Sides: Garlic Breadstick,

Boiled Egg, Toast, Banana Half,

Carrots, Peach Cobbler Cake,

Lunch: Chicken Enchilada Casserole, Mexican Rice, Sides: Country Trio Vegetables, French Silk Dessert,

Supper: Supreme Pizza, Tossed Salad/ Dressing, Mixed Vegetable, Sides: Lemon Fruit Cup

6 Breakfast: Cream of Wheat, Scrambled Egg with Cheese, Toast

Lunch: Scalloped Potatoes, & Ham, Sides: Lunch: Roast Beef, Beef Gravy, Asparagus, , Sides: Mashed Potatoes, Bread/ Marg, Cherry Cheesecake

> Supper: Pasta Primavera w/Chicken, Mixed Vegetables, Fresh Baked Bread, Sides: Oregon Berry Cup

13 Breakfast: Cream of Wheat, Fruit & Yogurt Parfait, Donut

Lunch: Smothered Chicken, Garden Blend Rice, Sides: Broccoli, Toss Salad/Dressing, **Cherry Chocolate Crisp**

Supper: Meatball Sub Sandwich, Sides: Pasta Salad, Dilly Green Bean Salad, Scotcharoos

20 Breakfast: Malt-O-Meal, Breakfast

Lunch: Meatloaf, , Sides: Baked Sweet Potato, Capri Blend Veg, Bread/Marg, Cream Puff Dessert,

Supper: Turkey Swiss Sandwich, Lettuce/ Tomato, Potato Chips, #Sides: Pears

27 Breakfast: Oatmeal, Cheese Omelet, Blueberry Muffin,

Lunch: Baked Ham, Baked Potato/Marg & Sour Cream, Green Beans, , Sides: Bread/ Marg, Very Berry Gelatin,

Supper: Herb Roasted Chicken, Mashed Potatoes, Chicken Gravy, Sides: Capri Blend Vegs, Bread/Marg. Heath Bar Blondie

7 Breakfast: Malt-O-Meal, Poached Egg, **Blueberry Toast Lunch:** Tavern Battered Cod, Tartar

Sauce, Parmesan Rice, , Sides: Country Trio Vegetables, Bread/Marg. Candy Bar

Supper: Salisbury Steak w/Mushroom Gravy, Baked Potato, Sour Cream/

14 Breakfast: Malt-O-Meal, Sausage Gra-

Lunch: Tavern Battered Cod, Tartar Sauce, Fried Potatoes, Country Fried Steak, Country Trio Vegetables, Bread/Butter, , Sides: Lemon Angel Dessert

Supper: Chicken & Noodles, Cascade Blend Vegetables, Sides: Fruit Cocktail,

21 Breakfast: Oatmeal, Fried Egg, Toast, Margarine/Jelly

Lunch: Hamburger Steak w/ Gravy, Sides: Fried Potatoes, Green Beans, Bread/Butter, Frosted Brownie,

Supper: Ham Pasta Salad, Tomato Wedges, Deviled Egg Halves, Sides: Fresh Baked Bread, Tropical Fruit

28 Breakfast: Cream of Wheat, Sausage Link, Pancakes/Syrup

Lunch: Spaghetti/Meat sauce, Mini Chef Salad, Garlic Toast, Sides: Lemon Cheese-

Supper: Salami & Swiss Sandwich, Tomato Slices, 3 Bean Salad, Sides: Apricots

8 Breakfast: Oatmeal, Breakfast Sand-

wich. Lunch: Ham Ball, Baked Sweet Potato,

Corn, Bread/MargSides: Watermelon, **Supper:** Cheeseburger Casserole, Green Beans, Sides: Dark Sweet Cherries, Ice

Cream Cup

15 Breakfast: Oatmeal, Hard Boiled Egg,

Lunch: Hamburger on Bun, Potato Salad, Lettuce, Tomato, Onion, Sides: Watermel-

Supper: Turkey Provolone Croissant, Potato Chips, Toss Salad/Dressing, Sides: Berry Cup

22 Breakfast: Cream of Wheat, Fruit & Yogurt Parfait, Wheat Toast

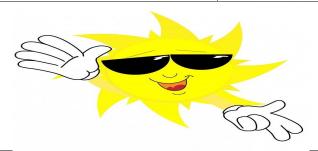
Lunch: Chicken Fajita Pasta Bake, Riviera Vegetables, Bread/Marg.

Supper: Scalloped Potatoes & Ham, Mixed Vegetables, , Sides: Mandarin Oranges, Sherbet Cup

29 Breakfast: Malt-O-Meal, Bacon, Toast, Margarine/Jelly,

Lunch: Honey Garlic Meatballs, Scalloped Potatoes, Pickled Beets, Bread/Marg, Fresh Melon Cup

Supper: Sloppy Joe on Bun, Ranch Tater Tots, Cucumber & Onion Salad, Sides: **Ranger Cookies**



Happy Birthday HCC

We are going to be celebrating
Hiawatha's 25th birthday with a
cookout and entertainment. Staff and
Residents please join us on
Tuesday, August 18th @ 5:30 on the
patio for a grill out and music
entertainment by Grant Beck.



2020 Quilt Raffle

We are once again raffling off Jenny Gronewold's famous t-shirt quilts.

This year we will be doing throw/lap quilts.

The raffle with be on September 20th

\$5 = 1 ticket

\$10 = 3 tickets

\$20 = 4 tickets

For every t-shirt donation after a \$20 purchase, you will receive an additional ticket. T-shirts need to be size large or x-large; Hawkeyes, Cyclones, or a military branch.

The proceeds will go to the activities department for the residents.

Detailed information with be coming in Septembers newsletter.

Contact Hannah Waters for your tickets or if you have any questions

(319) 378-8583 or (319) 368-2626

hwaters@hiawathacarecneter.com

August Resident of the Month is Helen Macek



Helen was born in Cedar Rapids, Iowa and lived has lived her entire life on the North East side. She attended Garfield and then graduated from Franklin High School. In high school she worked at the A&W root beer stand.

After High School she started working as a Secretary and then ended up as the office manager for a group of doctors in Cedar Rapids.

Helen met the love of her life Mike Macek and they were married nearly 60 years. They had one son, Gary, and were later blessed with two grandchildren and 5 great grandchildren. She lived in the house that she and her husband built for over 65 years.

Helen spent much of her life caring for her mother and her brother and has enjoyed spending time with her grandchildren and great grandchildren.

She is very proud of her Czech heritage, being a Cedar Rapidian, a big Hawkeye fan.

She has enjoyed playing golf, card games with friends, and attending church activities.

It wasn't until her eighties that she started traveling, she went with her friends to many countries throughout Asia.

Her family would say that she was accomplished "Back seat driver"

August 21st Helen will be turning 100 years old.
Happy Birthday Helen!



Shucking Corn





We decided to play dress up... Can you guess who is who?

















Guess the staff member & their job Title











Carla____

Kim____

A) Nurse____

B) Med Records____

Deanna

Deb____

C) CNA____

D) Dietary____

Becky____

Melissa____

E) Activities_

F) Social Service_

9:30 Online Lutheran

Church Service

Independent Room Activities

3:00 Staff lead Movies

August 2020 Wednesday

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

All activities are subject to change



Grab & Go Popcorn &
Resident Lead Activities

			mange		J. J. CAN	
9:30 Online Methodist Church Service 3:00 Staff lead Movies Independent Room Activities	3 10:00 Exercise Fun 2:30 Outdoor Social Snacks 4:00 Music Therapy Group	4 National Day 9:30 Online Catholic Church 2:30 Baking with Activities 4:00 Movies & Games	5 10:00 Room to Room Resident Visits & Activities 2:30 JW Bible Stories 2:30 Games & Fun 4:00 Music Therapy Group	6 10:00 Brunch Bunch 3:00 Happy Hour with Dave Wirtz Outdoors	7 10:00 Nail Care & More 11:00 Bible Study Group with Cathy 2:30 Bingo 4:00 Farkle	8 Grab & Go Popcorn & Resident Lead Activities
9 9:30 Online Baptist Church Service 3:00 Staff lead Movies Independent Room Activities	10 10:00 Exercise Fun 2:30 Virtual Vacation Tour & Snacks 4:00 Music Therapy Group	11 9:30 Online Catholic Church 2:30 Outdoor Social Hour 4:00 Farkle	12 10:00 Room to Room Resident Visits & Activities 2:30 JW Bible Stories 2:30 Games & Fun 4:00 Music Therapy Group	13 10:00 Brunch Bunch 2:30 Happy Hour with the La La Ladies Outdoors	14 10:00 Nail Care & More 11:00 Rosary Prayer with Marty 2:30 Bingo 4:00 Farkle	15 Grab & Go Popcorn & Resident Lead Activities
16 9:30 Online Lutheran Church Service 3:00 Staff lead Movies Independent Room Activities	17 10:00 Exercise Fun 2:30 100th Birthday Party 4:00 Farkle & Games	189:30 Online Catholic Church2:30 Movies & Snacks5:30 HCC Picnic on the Patio	19 10:00 Room to Room Resident Visits & Activities 2:30 JW Bible Stories 2:30 Games & Fun 4:00 Music Therapy Group	20 10:00 Brunch Bunch 2:30 Happy Hour with The Flip Side Outdoors	21 10:00 Nail Care & More 11:00 Bible Study Group with Cathy 2:30 Bingo 4:00 Farkle	22 Grab & Go Popcorn & Resident Lead Activities
23 9:30 Online Methodist Church Service 3:00 Staff lead Movies Independent Room Activities	24 10:00 Exercise Fun 2:30 Crafts with Activities	9:30 Online Catholic Church10:15 Devotional Service withBecky & Marty2:15 Outdoor Fishing	26 10:00 Room to Room Resident Visits & Activities 2:30 JW Bible Stories 2:30 Games & Fun 4:00 Music Therapy Group	27 10:00 Brunch Bunch 2:30 Happy Hour with Music & Activities	28 10:00 Nail Care & More 11:00 Rosary Prayer with Marty 2:30 Bingo 4:00 Farkle	29 Grab & Go Popcorn & Resident Lead Activities
30	31	A. S. Berling, and S. C.		<u> </u>	<u> </u>	



10:00 Exercise Fun

4:00 Music Therapy

2:00 Spa Day



