

HCC Activities, Events, & Reminders

- Wednesday, August 3rd we will be going to the Kernels baseball game!
- Rock & Roll and The Blues Hall of Famer Rob Lumbard will be here Tuesday, August 16th for great entertainment!
- Hiawatha Care Center will be turning 27 on August 4th!
 - Next Month, we will be celebrating Grandparents Day, Hiawatha Care Center's Birthday, and September 11th, so stay tuned for more upcoming information.

Which staff to contact to get on the following lists:

Karmin Boote: Dentist List

Amanda Lauterwasser: Eye Doctor List

Kim Bell: Podiatrist List

Hiawatha Care Center August 2022 Newsletter



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

August Birthday's

Dorothea Johnson 8/1

Judy Heims 8/2

Dolores Wagner 8/5

Marllys Gerritsen 8/6

Rita Kay 8/7

Doran Welch 8/9

Irene White 8/20

Evelyn Durow 8/21

Sandy Schneider 8/22

David Gerber 8/25

Jeffery Dahn 8/25

Elizabeth Stolba 8/27



August Events


8/3: Kernels Baseball Game

8/4: "Happy Birthday Hiawatha Care Center!"

8/16: Musical Performance by Hall of Famer "Rob Lumbard"

8/22: Resident Council Meeting

8/30 Ice Cream Social

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1 Cream of Wheat, Scrambled Egg, Flaky Biscuit, Honey, Lunch : Choice 1: Brisket Grilled Cheese, Choice 2: Tavern Battered Cod, Tartar Sauce, Sides: French Fries, Coleslaw, Mango & Pineapple, Dinner: Choice 1: Teriyaki Chicken Casserole, Crab Ragoon, Choice 2: Philly Beef Sandwich w/ Onions & Peppers, Potato Chips, Sides: Monster Bars</p>	<p>2 Malt-O-Meal, Sausage Patty, Toast, Apple Slices, Lunch : Choice 1: Smothered Pork Chop, Pork Gravy, Choice 2: Chicken Tenders, Sides: Mashed Potatoes, Cascade Blend Vegetables, Strawberry Shortcake, Dinner: Choice 1: Pulled Pork/Hoagie Bun, Choice 2: Breaded Chicken Fillet/Bun, Sides: Summer Fresh Pasta Salad, Marinat-ed Tomatoes & Cucumbers, Fruit Cocktail</p>	<p>3 Oatmeal, Fruit & Yogurt Parfait, Raisin Toast, Lunch : Choice 1: Smokey Ranch Chicken, Potato Salad, Choice 2: Beef Minute Steak, Mashed Potatoes, Beef Gravy, Sides: Green Beans, Scotcharoos, Dinner: Choice 1: Cheeseburger Tot Casserole, Carrots. Bread/Marg., Choice 2: Turkey Club Slider with Lettuce/Tomato, Potato Chips, Sides: Tropical Fruit</p>	<p>4 Cream of Wheat, Skillet Breakfast, Toast, Honeydew Melon, Lunch : Choice 1: Nacho Chicken, Shredded Lettuce/ Tomato, Sour Cream, Spanish Rice, Choice 2: Beef & Noodles, Bread/Marg. Sides: Chuckwagon Corn, Chocolate Toffee Desert, Dinner: Choice 1: Ham & Swiss/ Croissant, Lettuce & Tomato Slice, Potato Chips, Choice 2: Cottage Cheese Fruit Plate, Assorted Crackers, Sides: Pears</p>	<p>5 Malt-O-Meal, Poached Egg, Toast, Banana Half, Lunch : Choice 1: Lemon Pepper Tilapia Filet, Fried Potatoes, Cornbread/ Marg. Choice 2: Pork Tenderloin/Bun, Sides: Sunshine Carrots, Raspberry Ripple, Dinner: Choice 1: Deli Chicken Sandwich on Bun , Choice 2: Ham Salad Sandwich on Bun, Sides: Deviled Egg Halves, Tomato Wedges, Chocolate Banana Cake</p>	<p>6 Oatmeal, Scrambled Egg Patty, Danish, Fresh Grapes, Lunch : Choice 1: Baked Ham, Choice 2: Swiss Steak, Sides: Baked Potato/Marg., Sour Cream, Colorful Vegetable Casserole, Smores Pudding, Dinner: Choice 1: Boneless Chicken Wings, Choice 2: BBQ Ribette, Sides: Corn Bake, Twisted 7 Layer Salad, Cantaloupe</p>
<p>7 Oatmeal, Cheese Omelet, Mini Donuts, Mandarin Oranges, Lunch : Choice 1: French Onion Roast Beef, Beef Gravy Choice 2: Pork Chop Sides: Mashed Potatoes, Honey Dill Carrots, Pie, Dinner: Choice 1: Garden Vegetable Soup, Roast Beef Sandwich on Hoagie Bun w/ Lettuce/ Tomato, Choice 2: Chef Salad, Crackers Sides: Reese's Krispie Treat</p>	<p>8 Cream of Wheat, Sausage Link, Pancakes, Banana Half Lunch : Choice 1: BBQ Ribette Choice 2: Tavern Battered Cod, Sides: Baked Sweet Potato, Broccoli, Salt-ed Caramel Pudding, Dinner: Choice 1: Supreme Pizza Choice 2: Pulled Pork on Bun, Sides: Tossed Salad w/Dressing, Mixed Vegetables, Mango & Pineapple</p>	<p>9 Malt-O-Meal, Sausage Gravy, Biscuit, Cantaloupe, Lunch : Choice 1: Chicken Bacon Ranch Casserole, Choice 2: Salisbury Steak/Gravy, Mashed Potatoes, Sides: Peas, Garlic Toast, Fresh Grapes, Dinner: Choice 1: Cheddarwurst/Bun Choice 2: Grilled Chicken Sandwich on Bun, Lettuce/ Tomato/Onion, Sides: Seasoned Fries, Peaches, Brownie w/Chocolate Cream Cheese Frosting</p>	<p>10 Oatmeal, Scrambled Egg Patty, Bacon, English Muffin, Lunch : Choice 1: Chicken Strips, Choice 2: Pork Tenderloin/Bun, Pickles, Onions, Sides: Potato Salad, Creamy Cucumber Salad, Ice Cream Cup Dinner: Choice 1: Dr. Pepper Meatballs, Seasoned Asparagus, Fried Potatoes Choice 2: Ham & Swiss Sandwich, Lettuce/ Tomato/Onion Sides: Pears</p>	<p>11 Cream of Wheat, Hard Boiled Egg, Blueberry Muffin, Banana Half, Lunch : Choice 1: Philly Meatloaf, Parslied Red Potatoes, Choice 2: Turkey Noodle Casserole, Sides: Corn, Bread/Marg., Black Forest Cheesecake, Dinner: Choice 1: Turkey Ranch Club Sandwich Choice 2: Hot Dog on Bun, Pickle Relish, Ketchup/Mustard Sides: Coleslaw, Baked Beans, Mixed Fruit</p>	<p>12 Malt-O-Meal, Sausage & Potato Breakfast Casserole, Toast, Fresh Strawberries, Lunch : Choice 1: Butter Crumb Pollock, Tartar Sauce, Choice 2: Baked Ham, Sides: Macaroni & Cheese, Cascade Blend Vegetables, Watermelon, Dinner: Choice 1: Chesseburger on Bun, Choice 2: Crunchy Fish Sandwich/Bun Tartar Sauce Sides: Lettuce/Tomato/Onion</p>	<p>13 Oatmeal, Scrambled Egg, Toast, Margarine/Jelly, Honeydew Melon Lunch : Choice 1: Country Fried Steak, Mashed Potatoes, Country Gravy, Green Beans Choice 2: Cottage Cheese Fruit Plate, Crackers Sides: Carrot Cake, Dinner: Choice 1: Chicken and Noodles, Choice 2: Hamburger Steak w/Gravy , Mashed Potatoes Sides: Peas & Carrots, Breadstick, Mandarin Oranges</p>
<p>14 Cream of Wheat, Little Smokies, Cinnamon Coffee Cake, Lunch : Choice 1: Spiced Ham Choice 2: Herb Baked Chicken, Sides: Swiss Scalloped Potatoes, Asparagus, Dinner Roll, Pie Dinner: Choice 1: Hamburger on Bun, Lettuce/Tomato/Onion, French Fries, Choice 2: Ham & Cheese Quiche, Carrots, Muffin/Marg. Sides: Apricots</p>	<p>15 Malt-O-Meal, Poached Egg, Toast, Margarine/Jelly, Banana Lunch : Choice 1: Chicken Enchilada Casserole Choice 2: Pork Tenderloin/Bun, Pickles & Onions, Mashed Potatoes, Sides: Chuckwagon Corn, Twisted Strawberry Shortcake Dinner: Choice 1: Mini Egg Salad/Slider, Multi Grain Sun Chips, Marinated Cucumbers, Choice 2: Grilled Chicken Salad, Dinner Roll/Marg. Sides: Pears & Blueberries</p>	<p>16 Oatmeal, Fried Egg, Everything Bagel Bake, Lunch : Choice 1: Creamy Swedish Meatball Bake, Choice 2: Beef Minute Steak, Mashed Potatoes, Sides: Seasoned Green Beans, Garlic Toast, Cantaloupe Dinner: Choice 1: Turkey & Swiss on Croissant, Choice 2: Tuna Salad on Croissant, Sides: Lettuce/Tomato Slice, Potato Chips, Chocolate Peanut Butter Cup Parfait</p>	<p>17 Cream of Wheat, Blueberry Toast/ Marg. Sausage Patty, Fruit Cocktail, Lunch : Choice 1: Cod Scrod Choice 2: BBQ Meatballs, Sides: Baked Potato/Marg. Broccoli, Peaches & Cream Cobbler, Dinner: Choice 1: Hot Ham & Cheese Melt, Choice 2: Meatball Sub Sandwich, Sides: Coleslaw, Fruited Gelatin</p>	<p>18 Malt-O-Meal, Fruit & Yogurt Parfait, Danish, Lunch : Choice 1: Smothered Pork Chop, Choice 2: Turkey Burger/Bun, Lettuce/Tomato/Onion Sides: Baked Sweet Potato, Peas, Frosted Brownie, Dinner: Choice 1: Sloppy Joe/Bun Choice 2: Breaded Chicken Fillet/Bun Sides: Parmesan French Fries, Country Trio Vegetables, Fresh Melon Cup</p>	<p>19 Oatmeal, Apple Fritter French Toast Bake, Banana Half, Lunch : Choice 1: Swiss Steak w/Tomatoes, Beef Gravy Choice 2: Lemon Pepper Tilapia Filet Sides: Mashed Potatoes, Corn, Cherry Pineapple Fluff, Dinner: Choice 1: TatorTot Casserole, Choice 2: Porcupine Meatballs, Sides: Carrots, Breadstick, Mandarin Oranges</p>	<p>20 Cream of Wheat, Scrambled Egg with Cheese, Fresh Strawberries, Lunch : Choice 1: Spaghetti, Garlic Toast, Choice 2: Chicken Salad Sandwich, Sides: Tossed Salad w/Dressing, Ice Cream Cup, Dinner: Choice 1: Hot Dog on Bun, Potato Salad, Baked Beans, Choice 2: Chef Salad, Crackers, Sides: Fresh Grapes</p>
<p>21 Malt-O-Meal, Sausage Link, Mini Donuts, Apricots, Lunch : Choice 1: Turkey Roast, Turkey Gravy, Choice 2: Cheddarwurst, Sauerkraut Sides: Mashed potatoes, Broccoli with Cheese, Dinner Roll, Pie, Dinner: Choice 1: Creamed Chipped Beef/Toast, Peas Choice 2: Chicken Noodle Soup, Roast Beef Sandwich, Lettuce & Tomato Slice Sides: Watermelon, Pudding</p>	<p>22 Banana Half, Lunch : Choice 1: Cheeseburger Deluxe Choice 2: Tavern Battered Cod, Tartar Sauce, Cascade Vegetables, Sides: Tater RoundAbouts, Oh Henry Bar, Dinner: Choice 1: Chicken Parmesan Sandwich, Choice 2: BBQ Ribette on Bun, Sides: Rotini Pasta Salad, Mango & Bananas, Snickerdoodle Cookie</p>	<p>23 Cream of Wheat, Sausage Patty, Chocolate Chip Pancakes/Syrup, Lunch : Choice 1: Open Face Hot Beef Sandwich, Mashed Potatoes, Beef Gravy, Choice 2: Chicken & Rice Bake, Tossed Salad w/Dressing, Sides: Sunshine Carrots, Cherry Pie Crisp, Dinner: Choice 1: Cream of Potato Soup, Crackers, Egg Salad on Slider Bun, Lettuce/Tomato Slices, Choice 2: Italian Goulash, Mixed Vegetables Sides: Mixed Berries</p>	<p>24 Malt-O-Meal, Scrambled Egg, Toast, Tropical Fruit, Lunch : Choice 1: BLT, Cottage Cheese, Potato Chips, Choice 2: Turkey A La King, Flaky Biscuit, Sides: Peaches, Dinner: Choice 1: Cheesy Spaghetti Bake, Garlic Toast, Green Beans, Choice 2: Taco Salad, Shredded Lettuce, Tomatoes, Salsa, Sour Cream, Sides: Italian Cream Cake</p>	<p>25 Oatmeal, Sausage Gravy, Flaky Biscuit, Raspberries, Lunch : Choice 1: Sour Cream Dill Chicken Breast Choice 2: Baked Ham, Sides: Roasted Ranch Red Potatoes, Asparagus, Strawberry Shortcake, Dinner: Choice 1: Turkey & Rice Casserole, Choice 2: Tenderloin/Bun, Lettuce/Tomato, Sides: Mixed Vegetables, Apple Cranberry Crunch</p>	<p>26 Cream of Wheat, Ham & Egg Croissant/Cheese, Banana Half, Lunch : Choice 1: Chicken Alfredo, Choice 2: Beef & Noodles, Sides: Broccoli Florets, Garlic Toast, Blueberry Gelatin Dessert, Dinner: Choice 1: Bratwurst/Bun, Seasoned Tots Choice 2: Fiesta Potato Platter, Shredded Lettuce/ Tomatoes Sides: Twisted 7 Layer Salad, Pears</p>	<p>27 Malt-O-Meal, Fried Egg, Caramel Roll, Mango, Lunch : Choice 1: Glazed Meatloaf, Sour Cream Mashed Potatoes, Carrots, Bread/Marg. Choice 2: Roast Beef & Swiss on Croissant, Cucumber Pasta Salad Sides: Fruit Cocktail, Dinner: Choice 1: Walking Taco Casserole, Choice 2: Turkey Burger/ Bun, Lettuce/Tomato, Sides: Chuckwagon Corn, Brownie</p>
<p>28 Baked Oatmeal Casserole, Frittata, Toast, Lunch : Choice 1: Lasagna, Choice 2: Beef Minute Steak, Sides: Tossed Salad w/ Dressing, Peas, Garlic Toast, Pie, Dinner: Choice 1: Beef Stroganoff, Bread/Marg. Choice 2: Sloppy Joe on Bun, Sides: Mixed Vegetables, Raspberry Peaches</p>	<p>29 Cream of Wheat, Scrambled Egg, Flaky Biscuit, Honey, Lunch : Choice 1: Brisket Grilled Cheese, Choice 2: Tavern Battered Cod, Tartar Sauce, Sides: French Fries, Coleslaw, Mango & Pineapple, Dinner: Choice 1: Teriyaki Chicken Casserole, Crab Ragoon, Choice 2: Philly Beef Sandwich w/ Onions & Peppers, Potato Chips, Sides: Monster Bars</p>	<p>30 Malt-O-Meal, Sausage Patty, Toast, Apple Slices, Lunch : Choice 1: Smothered Pork Chop, Pork Gravy, Choice 2: Chicken Tenders, Sides: Mashed Potatoes, Cascade Blend Vegetables, Strawberry Shortcake, Dinner: Choice 1: Pulled Pork/Hoagie Bun, Choice 2: Breaded Chicken Fillet/Bun, Sides: Summer Fresh Pasta Salad, Marinat-ed Tomatoes & Cucumbers, Fruit Cocktail</p>	<p>31 Oatmeal, Fruit & Yogurt Parfait, Raisin Toast, Lunch : Choice 1: Smokey Ranch Chicken, Potato Salad, Choice 2: Beef Minute Steak, Mashed Potatoes, Beef Gravy, Sides: Green Beans, Scotcharoos, Dinner: Choice 1: Cheeseburger Tot Casserole, Carrots. Bread/Marg., Choice 2: Turkey Club Slider with Lettuce/Tomato, Potato Chips, Sides: Tropical Fruit</p>	<h1 style="font-family: cursive;">August Menu 2022</h1>		

Coming to the Hiawatha Care Center Tuesday, August 16th @ 2:30 Hall of Famer Rob Lumbard!

Rob received his musical education in the barrooms of Forest Avenue in his home town of Des Moines, Iowa, sitting in with the likes of Rose Marie Webster, Sonny Terry and Brownie McGhee, and Luther Allison.

During the '80s he barnstormed the midwest in The Wapsie River Band, then in 1990 went back to playing solo. Opening up for Lyle Lovett, The Band, John Hiatt, The Austin Lounge Lizards, Dr. John, Dan Hicks, Jerry Jeff Walker, Norman Blake, Steve Forbert, Leon Redbone, and dozens of Blues acts. This, coupled with a legendary weekly gig at Flanagan's, lead to recording three cds on the Hot Fudge label and being a part of the trio Two Bobs and a Babe that included label-mates Bob Dorr and Molly Nova.

Blues/Folk based, he can cover Jazz or blues standards, or do a set of his own tunes. His finger-picking style comes from listening to Blind Blake, Doc Watson, and the prewar Chicago Blues players. His slide playing is heavily influenced by Johnny Winter, Lowell George and Ry Cooder. For slide Rob uses his '32 National Duolian. For most of the regular guitar work his '35 Epiphone archtop, or '54 Gibson Lg-2. His songwriting is influenced by Texas songwriters and is laced with self-deprecating humor.

Playing festivals, bar rooms, churches and private parties from The Grand Canyon to Rabbit Hash, Kentucky, mostly as a solo act, he's also played guitar for The CJC Big Band, The Party Gras Classic Jazz Band and The NOLA trad Jazz band. Rob's songs can be heard on KUNI, KFMG, and blues programs around the nation and Europe. His music has appeared in several Public Television projects, which have received EMMY, and other awards.

Rob's 2015 release, *Blues In a Bottle*, won The International Blues Foundation's 2016 Best Self-Produced CD award.

Rob is an honorary member of the Central Iowa Blues Society, The Iowa Blues Hall of Fame, The Iowa Rock and Roll Hall of Fame, and has participated in the Blues in the Schools programs with Frutelnd Jackson, and Billy Branch.

Rob and Tina Haase Findlay won the 2018 Iowa Blues Challenge (solo/duo) and will represent Iowa at the 2019 International Blues Challenge in Memphis.

He's guest lectured at Drake University and Buena Vista University on Piedmont style blues.

Festivals and other larger shows include: Mississippi Valley Blues Festival, Northland Bluegrass Fest, LaCrosse Folk Fest, Bowlful O Blues, Blue Ribbon Blues Fest, Harkin Steak Fry, The M-Shop, and The Val Air Ballroom on several occasions.

Thank you to Right Dose Pharmacy and the Merry Makers!



AUGUST Word Search Puzzle



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

Find these words related to the month of August

BOAT	KAYAK	SUN	WARM
GARDEN	BARBECUE	SHADE	LAKE
CAMPFIRE	OCEAN	VACATION	TOWEL
BIKING	CANOE	SWIMSUIT	POOL
FLOATIE	PICNIC	SWIMMING	PARK
FISHING	BEACH	POPSICLES	CAMPING
RIVER	ICE (as in ice cream)	READING	SUNSET
AUGUST			



Sunday**Monday****Tuesday****Wednesday****Thursday****Friday****Saturday**

<p>All Activities are subject to change at any time. Please refer to the daily activity white boards located in the dining rooms.</p>	<p>1 10:00 Manicure Monday's 2:30 Entertainment with the Leo Shima 4:45 Bible Study Group</p>	<p>2 10:00 Shucking Corn and Games with St. Elizabeth Friends 2:30 Corks & Canvas</p>	<p>3 All Day Independent Activities 11:00 Music Therapy Group Kernel's Baseball Game</p>	<p>4 8:45 Catholic Mass at St. Elizabeth's 10:15 Kitchen Creations 2:30 Happy Hour with Dave Wirtz</p>	<p>5 11:00 Cathy's Bible Study Group 2:15 Bingo Hour</p>	<p>6 <u>Root Beer Float Day</u> 2:00 Weekend Games 4:00 Root Beer Floats on the Patio</p>
<p>7 10:00 St. Elizabeth's Catholic Communion 2:00 Weekend Bingo 4:00 Kings of Kings Lutheran Church Service</p>	<p>8 10:00 Manicure Monday's 2:30 Spa Day 4:45 Bible Study Group</p>	<p>9 10:00 Gospel Light Baptist Church Service 2:30 August Birthday Party with David Marshall</p>	<p>10 10:00 Outdoor Social 11:00 Music Therapy Group 2:30 S'mores on the Patio</p>	<p>11 8:45 Catholic Mass at St. Elizabeth's 10:00 Adventures with ARC Friends 2:30 Happy Hour with the "The Flip Side"</p>	<p>12 10:00 Friday Manicures 2:15 Bingo Hour</p>	<p>13 2:00 Weekend bowling on the Patio 4:00 Popcorn & Movies</p>
<p>14 <u>Spirit of '45 Day</u> 10:00 St. Elizabeth's Catholic Communion 2:00 Crafters Corner: Rosie the Riveter 4:00 Social Hour & Movies</p>	<p>15 10:00 Manicure Monday's 2:30 Music with Eldred Gerhold 4:45 Bible Study Group</p>	<p>16 10:30 Outdoor Adventures with Mother Goose Daycare 2:30 Music Entertainment with Hall of Famer Rob Lumbard</p>	<p>17 10:00 Outdoor Social 11:00 Select Music Therapy Group 2:30 Cards or Games</p>	<p>18 8:45 Catholic Mass at St. Elizabeth's 10:15 Kitchen Creations 2:30 Happy Hour with La La Ladies</p>	<p>19 11:00 Cathy's Bible Study Group 2:15 Bingo Hour</p>	<p>20 <u>World Honey Bee Day</u> 2:00 Weekend adventures on The Patio 4:00 Bee Facts & Honey Tasting</p>
<p>21 10:00 St. Elizabeth's Catholic Communion 2:00 Weekend Bingo 4:00 Kings of Kings Lutheran Church Service</p>	<p>22 10:00 Manicure Monday's 2:30 Resident Council Meeting 4:45 Bible Study Group</p>	<p>23 10:00 Outdoor Reminisce 2:30 Music with Clay Willie</p>	<p>24 10:15 Lovely Lane Methodist Church Service 11:00 Select Music Therapy Group 2:30 Cards or Games</p>	<p>25 8:45 Catholic Mass at St. Elizabeth's 10:00 Adventures with ARC Friends 2:30 Happy Hour with Harold Gray</p>	<p>26 9:30 Cup of Joe & Jibber Jabber 2:15 Bingo Hour</p>	<p>27 2:00 Weekend Adventures on the Patio 4:00 Popcorn & Movies</p>
<p>28 10:00 St. Elizabeth's Catholic Communion 2:00 Crafters Corner: Bow Ties 4:00 Social Hour & Movies</p>	<p>29 10:00 Manicure Monday's 2:30 Movie & Popcorn 4:45 Bible Study Group</p>	<p>30 10:00 Outdoor Social on the Patio 2:30 Ice Cream Social</p>	<p>31 10:00 Outdoor Social 11:00 Select Music Therapy Group 2:30 Music with Scott Engledow</p>			