



February Birthdays



Beverly Russell 2-11-1938

Ron Andrews 2-20-1950

Evelyn Covington 2-22-1935

Jo McDole 2-22-1964

Lois Hagedorn 2-28-1934

Hiawatha Care Center

Newsletter

February 2020



HAPPY
Valentine's
Day

HIAWATHA CARE CENTER
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kw Walton@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

2019 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.

Valentine's Day Word Search

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

CANDY
CARDS
CUPID
DEAR
DOVES
FEBRUARY
FLOWERS
FRIENDS
HEART

TREATS
VALENTINE
SWEETHEART
RED
LOVE
KISS
PINK
HUG



JINXYKIDS.COM



Valentine Dance

Thursday, February 13th at 2:30 p.m.

We are celebrating Valentines Day with food, music, and dancing.

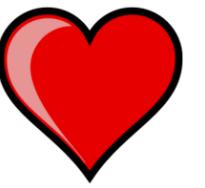
We will have the crowning of our new King and Queen.



Families, if you are interested in attending, please contact Hannah or Carlie in Activities.



Welcome to HCC



- | | | |
|------------------|--------------------|-----------------|
| Gisela Huhndorf | David McCormick | Janice Peterson |
| Evelyn Covington | Mary Kendhammer | Lowell Dahlgren |
| Rollo Bredeson | Dave Dohnalek | Wilma Funk |
| Marjorie Morris | Della Barnett | Harry Berckes |
| Chris Glick | David White | Robert Burns |
| | Barbara Schierholz | |



In Loving Memory



- | | | |
|-----------------------|------------------------|-----------------------|
| <i>James West</i> | <i>John Carbaugh</i> | <i>Dolores Hubert</i> |
| <i>Ralph Wilfong</i> | <i>Madeline Kubitz</i> | <i>Doug Johnson</i> |
| <i>Kenneth Miller</i> | | |

Sun

Mon

Tue

Wed

Thu

Fri

Sat



2020

1 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

2 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

3 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

4 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

5 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:

6 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

7 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

8 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:

9 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

10 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

11 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

12 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

13 Cream of Wheat, Glazed Donut, Fruit & Yogurt Parfait, Lunch #1 Chicken Tenders, Cheddar Cheese Munchers, Coleslaw, 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

14 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

15 Oatmeal, Sausage Gravy, Biscuit Lunch #1 Lasagna, Peas, #2 Baked Ham, 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

16 Oatmeal, Scrambled Egg, Long John, Lunch #1 Beef Pot Roast, Stew Vegetables, #2 Honey Garlic Pork Chop, Broccoli Florets, Mashed Potatoes, Sides: Dinner Roll/Marg., Pie, Supper #1 Hearty Sausage Soup, Crackers, Creamy Cucumber Salad, #2 Cheddar Omelet, Tomato Juice, Sides: Garlic Toast, Mandarin Oranges

17 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

18 Malt-O-Meal, Sausage Patty, Pancake/Syrup, Banana Half, Lunch #1 Maple BBQ Pork Chop, Brussels Sprouts #2 Breaded Fish Filet, Creamed Peas, Sides: Baked Sweet Potato, Bread/Butter, Cranberry Mousse, Supper #1 Fish Sandwich, Scalloped Potatoes, Coleslaw, #2 Italian Goulash, Corn Muffin/Marg. Mixed Vegetables

19 Oatmeal, Hard Boiled Egg, Cinnamon Coffee Cake, Lunch #1 Honey Baked Ham, Swiss Corn Casserole, #2 Country Fried Steak, Mashed Potatoes, 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, Sides, Tropical Fruit, Rice

20 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 Cherries

21 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

22 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

23 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

24 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

25 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

26 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:

27 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

28 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

29 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

Artist of the Month



Bruce Kubik



Resident of the Month

Linda Meineke



Linda was born in Ft. Warren Cheyenne, Wyoming. Shortly after she was born, she and her family moved to Hazleton, Iowa where she grew up and graduated High School.

Linda married the love of her life Fritz Meineke on June 5th 1965. Linda went to school for her nursing degree and worked as a nurse for a short while before becoming a stay at home mom to her two sons. She enjoyed attending all of RJ and Bob's extracurricular activities and she helped with the cub scouts.

Linda enjoyed gardening, knitting, and spending time with her family, friends, and neighbors.

After her boys moved out, she started working for the Cedar Rapids School District as a bus aid for several years. She enjoyed being around all the children.

Linda has been with us at the Hiawatha Care Center since April of 2019, she enjoys visiting with the staff, coming to activities, and watching her favorite TV programs.

February 2020

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

All activities are
subject to change



1 Fresh Popcorn
10:00
Baking with Activities
Mid Afternoon
Resident Led Games
(Activity Room)

2 **Ground Hogs Day**

10:00 Catholic Communion
2:30 Bingo with Deanna
4:00 King of Kings
Lutheran Service

3
10:00 Exercise Fun
10:30 Nail Care
11:00 Ground Hog Hunt
3:00 Book reading with Carlie

4
9:45 Catholic Mass & Social
3:00 Crafts and Fun
4:00 Select Music Therapy

5
10:00 Lovely Lane Methodist
Church
2:00 Jehovah Witness Bible Stories
3:00 Reading and Relaxation
3:00 Cards

6
10:00 Brunch Bunch & News
3:00 Happy Hour with
Nancy Hooten
4:00 Select Music Therapy

7
10:00 Exercise Yoga Fun
11:00 Cathy's Bible Study Group
2:45 Bingo

8
Fresh Popcorn

Mid Afternoon
Resident Led Games
(Activity Room)

9
10:00 Catholic Communion
11:00 Pet Visit with Norman
& Carlie
2:45 Friendship Baptist
Church
2:30 Bingo with George

10
10:00 Exercise Fun
10:30 Manicures
3:00 Baking with Activities
5:00 Bible Study Group

11
9:45 Catholic Mass & Social
2:45 February Birthday Party
(East Dining Room)
4:00 Select Music Therapy

12
10:00 St. Andrews Academy & Craft
10:00 ARC Friends Visit
2:00 Jehovah Witness Bible Stories
3:00 Room to Room Reminiscing
3:00 Cards

13
9:30 Select Music Therapy
10:00 Movie Time
**2:30 Valentines Day Party
with the La La Ladies**



14 **Happy Valentines Day**
10:00 Exercise Music Fun
11:00 Rosary Prayer with Marty
2:45 Bingo

15 Fresh Popcorn
10:00
Crafts with Activities
Mid afternoon
Resident Led Games
(Activity Room)

16
10:00 Catholic Communion
10:00 Movies and snacks
2:30 Bingo with Deanna
4:00 King of Kings
Lutheran Service

17
10:00 Reminiscence with Friends
& Neighbors (door to door)
2:30 Celebration of Life Service
5:00 Bible Study Group

18
9:45 Catholic Mass & Social
2:30 Art with Xene
4:00 Select Music Therapy Group

19
10:00 ARC Friends Exercise & Games
2:00 Jehovah Witness Bible Stories
3:00 Reading and Relaxation
3:00 Cards

20
10:00 Brunch Bunch & News
3:00 Happy Hour with
Dave Writz
4:00 Select Music Therapy

21
10:00 Exercise Hawaiian Fun
11:00 Cathy's Bible Study Group
2:45 Bingo

22
Fresh Popcorn

Mid afternoon
Resident Led Games
(Activity Room)

23
10:00 Catholic Communion
2:45 Friendship Baptist
Church
2:30 Bingo with George

24
10:00 Manicures
3:00 Resident Council Meeting
4:30 Social Hour with Carlie
5:00 Bible Study Group

25 **Mardi Gras**
9:45 Catholic Mass & Social
10:00 Devotional with Becky & Marty
3:00 Heartland String Band
4:00 Select Music Therapy Group
4:45 Games with Jared

26 **Ash Wednesday**
10:00 Exercise Fun and Trivia
2:00 Jehovah Witness Bible Stories
2:30 Music with Eldred Gerhold
3:00 Cards
4:00 Craft with Carlie

27
10:00 Brunch Bunch & News
3:00 Happy Hour with
Harold Gray
4:00 Select Music Therapy

28
10:00 Exercise 80's Fun
11:00 Rosary Prayer with Marty
2:45 Bingo
4:30 Book Reading with Carlie

29 **Leap Day**
Fresh Popcorn
Mid afternoon
Resident Led Games
(Activity Room)