

Valentine Flowers & Cupcake Sale!

Want to brighten someone's day, well look no further!

Hiawatha Care Center is selling flowers and cupcakes for Valentine's Day.

Beautiful carnation and rose assortments will come with babies breath, greenery, vase, and a cute Valentine's tag.

Cupcakes will come individually wrapped in a Valentine's box, with your choice of vanilla or chocolate.

Cash or check is accepted, checks need to be made out to the Hiawatha Care Center.

Orders and money need to be in no later than Tuesday February 8th by 4:00 PM.

Pick up is on Friday February 11th at 2:00 PM staff will deliver to the residents.

To place your order today, contact Hannah or Mary at 319-368-2626 or 319-213-0977

hwaters@hiawathacarecenter.com

Cupcake: \$5.00

Single flower arrangement: \$5.00

3 flower arrangement: \$12.00

6 flower arrangement: \$24.00

12 flower arrangement: \$45.00



Hiawatha Care Center's February 2022 Newsletter



405 N 15TH AVENUE, HIAWATHA, IA 52233

319-378-8583

hccinfo@hiawathacarecenter.com or kw Walton@hiawathacarecenter.com



February Birthday's

Jeanette Cervone 2/1

Cynthia Sheldon 2/1

Sharon Cornelius 2/5

LaRue McIntire 2/7

Virgil Smith 2/8

Evelyn Covington 2/22

Jo McDole 2/22

February Highlight Events

We now have group activities on the weekends!

2/2 Ground Hog's Day

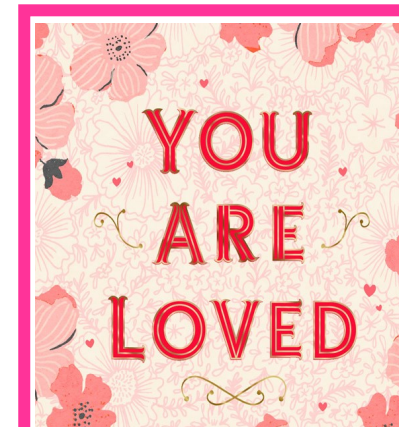
2/11 Valentine's Flowers

2/14 Valentines Day Party for Residents

2/21 President's Day

In Loving Memory

Jeanette Robinson	Robert Ebeling
Rose Downs	France Frett
Ron Olinger	Arlene Bader
Harold Clark	Gary West
Naomi Mitchell	



Welcome to Hiawatha Care Center

Lloyd Sodawasser	John Paul
Linda Whittle	Mary Turner
Charles Cummins	Betty Manternach
Arlen Gerhold	Maridith Koch
Kathleen Scherbring	Evelyn Covington
Terry Shaffer	Douglas Trachta



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

Department Directory

Administrator	Kent Walton
Accountant	Karen Chadwick
Director of Nursing	Amanda Lauterwasser
Assistant Director of Nursing	Karmin Boote
Social Services Director	Becky Stebral
Social Services Assistant	Kristin Voss
Social Services Assistant	Kyann Banghart
Care Plan Coordinator	Kelly VanGinkel
Certified Dietary Manager, CFPP	Stephanie Cross
Assistant Dietary Manager, CFPP	Shianne Bascom
Dietary Consultant	Linda Green
Activity Director	Hannah Waters
Activities Assistant	Mary Obiedzinski
Environmental Service Supervisor	Emma Ness
Restorative Therapy Director	Tammy Ronnebaum
Human Resource Director	Amanda Kennedy

2022 Resident Council Board Members

Ron Jorgensen—President
 James Vick—Vice President
 Carma Reiss—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.

Hiawatha Care Center's Valentine's King & Queen


Vote for your resident of choice
 for King and Queen!

Voting will end on
Friday, February 11th.

On Monday, February 14th,
 the King & Queen will be
 announced at the resident's
 Valentine's Day Party.

Everyone is encouraged to vote!

February Menu 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1 Oatmeal, Hard Boiled Egg, Bacon, Toast, Margarine/Jelly Lunch: Choice 1: Hot Italian Sandwich, Sweet Potato Fries Choice 2: Swiss Steak w/ Tomatoes, Cheesy Mashed Potatoes, Sides: Roasted Parmesan Green Beans, Red Velvet Cake Roll, Dinner: Choice 1: Chicken Fajita Bake, Choice 2: Sweet Potato Fish, Sides: Mexican Coleslaw Strawberries & Bananas, Apple Filled Churro</p>	<p>2 Cream of Wheat, Scrambled Egg w/ Cheese, Toast, Margarine/Jelly, Lunch: Choice 1: Gola Glazed Ham Steak Choice 2: Baked Chicken Breast, Sides: Hashbrown Casserole, Country Trio Vegetables, Bread/Marg. Berry 7-UP Cobbler, Dinner: Choice 1: Wisconsin Cheese Soup/Crackers, Roast Beef Sandwich, Choice 2: Hamburger on Bun, Baked Beans, Sides: Lettuce/Tomato/Onion, Mandarin Oranges</p>	<p>3 Malt-O-Meal, Banana Half, Toast, Margarine/Jelly, Cheesy Egg Bake, Lunch: Choice 1: Roast Turkey/Gravy, Stuffing, Choice 2: Pork Chop/Gravy, Sides: Apple Butter Squash, Cran Raspberry Fluff, Dinner: Choice 1: Sweet & Tangy Meatballs, Sour Cream & Onion Potato Bake, Bread/Marg. Choice 2: BBQ Chicken on Bun, Potato Salad, Sides: Carrots, Pineapple</p>	<p>4 Oatmeal, Fried Egg, French Toast/Syrup, Lunch: Choice 1: Baked Spaghetti Pie, Choice 2: Breaded Cod Scrod, Baked Potato/Marg. Sides: Broccoli & Cauliflower, Garlic Toast, Apricot Oat Bar, Dinner: Choice 1: Classic Tuna & Noodle Bake, Seasoned Peas, Choice 2: Cottage Cheese Fruit Plate Sides: Fresh Baked Vegetable Bread, Cinnamon Baked Apples</p>	<p>5 Cream of Wheat, Cheese Omelet, Biscuit, Apple Butter, Lunch: Choice 1: Cheddar Ranch Chicken, Scalloped Potatoes, Mixed Vegetables, Choice 2: Hamburger on Bun, Lettuce/Tomato/Onion, Pasta Salad, Sides: Angel Food Cake, Whipped Topping, Dinner: Choice 1: Pulled Pork Cornbread Casserole, Green Beans, Choice 2: Bacon Cheddar Ranch Chicken Salad Wrap, Tossed Salad w/ Dressing, Sides: Cranberry Fruit Salad, Chocolate Chip Cookie</p>
<p>6 Malt-O-Meal, Poached Egg, Fruit Turnover Lunch: Choice 1: Beef Pot Roast, Choice 2: BBQ Chicken, Sides: Roasted Vegetables, Dinner Roll/Marg., Pie, Dinner: Choice 1: Hamburger Macaroni & Cheese, Peas & Carrots, Bread/Marg., Choice 2: Chicken Noodle Soup, Ham & Cheese Sandwich w/ Lettuce/Tomato Sides: Pears</p>	<p>7 Oatmeal, Sausage & Potato Breakfast Casserole, Toast Lunch: Choice 1: Ranch Chicken Breast, Cheesy Rice, Broccoli Florets, Fresh Baked Bread Choice 2: Chef, Crackers Sides: Strawberry Snickerdoodle Crunch, Dinner: Choice 1: Loaded Potato Soup, Roast Beef Slider w/lettuce & tomato, Choice 2: Sloppy Joe on Bun, Potato Chips, Sides: Creamy Cucumber Salad, Peaches</p>	<p>8 Cream of Wheat, Sausage Gravy/Biscuit, Banana Half, Lunch: Choice 1: Grilled Turkey & Bacon on Sourdough, French Fries, Choice 2: Italian Goulash, Garlic Toast, Sides: Mixed Vegetables, Frosted Pumpkin Bar Dinner: Choice 1: Homemade Beef & Noodles, Fresh Baked Bread, Choice 2: Fish Sandwich, Cinnamon Sweet Potato Tots, Sides: Seasoned Peas, Mandarin Oranges</p>	<p>9 Malt-O-Meal, Cheese Omelet, Toast, Lunch: Choice 1: Smothered Pork Chop, Mashed Potatoes/Gravy Cascade Vegetables, Choice 2: Taco Salad, Shredded Lettuce/Tomato, Sides: Caramel Apple Crisp, Dinner: Choice 1: Country Fried Steak, Mashed Potatoes/Country Gravy, Capri Vegetables, Choice 2: Cheeseburger Soup, Crackers, Chicken Salad Wrap, Sides: Blueberry Bread Pudding</p>	<p>10 Oatmeal, Sausage Link, Cinnamon Roll, Strawberries, Lunch: Choice 1: Beefy Ranch Casserole, Garlic Toast, Choice 2: Pork Tenderloin on Bun, Lettuce/Tomato/Onion, Sides: Green Beans, Banana Split Fluff, Dinner: Choice 1: BBQ Rib Sandwich, Choice 2: Hot Dog on Bun Sides: Pickles & Onions, Potato Chips, Baked Beans, Mixed Berries</p>	<p>11 Cream of Wheat, Scrambled Egg with Ham, Toast Lunch: Choice 1: Parmesan Baked Cod, Choice 2: Hamburger Steak w/Gravy, Sides: Baked Potato/Marg, Brown butter & Garlic Roasted peas, Bread/Butter, Lemon Cream Cake Dinner: Choice 1: Scalloped Potatoes & Ham Choice 2: Herb Baked Fish, Rice, Sides: Carrots, Cornbread/Marg, Apricots</p>	<p>12 Malt-O-Meal, Hard Boiled Egg, Bacon, Raisin Toast, Margarine/Jelly Lunch: Choice 1: Brown Sugar Meatloaf Choice 2: Baked Pork Chop Sides: Smokey Mac & Cheese, Parslied Cauliflower, Bread/Butter, Rosy Applesauce, Dinner: Choice 1: Chicken Tot Pie, Mixed Vegetables, Bread/Marg. Choice 2: Cheeseburger on Bun, Lettuce/Tomato/Onion, Potato Chips Sides: Pineapple</p>
<p>13 Oatmeal, Scrambled Egg Patty, Pumpkin Spice Donut, Lunch: Choice 1: Country Fried Steak Choice 2: Herb Baked Chicken Sides: Mashed Potatoes, Country Gravy, Steamed Asparagus, Dinner Roll, Pie Dinner: Choice 1: Sloppy Jon on Bun, Potato Chips, Choice 2: Biscuit Breakfast Sandwich, Hashbrowns Sides: Mandarin Oranges</p>	<p>14 Cream of Wheat, Scrambled Eggs w/Bacon, Raisin Toast, Lunch: Choice 1: Pork Roast, Choice 2: Herb Baked Fish, Sides: Maple Glazed Squash, Peas, Bread/Marg. Pumpkin, Dinner: Choice 1: Potato Soup, Ham & Cheese Sandwich, Tossed Salad/ Dressing Choice 2: Creamed Turkey over Biscuit, Green Beans, Sides: Fruit Cocktail</p>	<p>15 Malt-O-Meal, Fried Egg, Danish, Banana Half, Lunch: Choice 1: Baked Chicken, Chicken Gravy, Choice 2: Hamburger Steak w/ Gravy, Sides: Stuffing, Parslied Carrots, Cookies & Cream Brownie, Dinner: Choice 1: Shaved Beef on Bun, Choice 2: Breaded Chicken Tenders, Sides: Sweet Potato Fries, Baked Beans, Mango & Bananas</p>	<p>16 Oatmeal, Poached Egg, Cinnamon Sour Cream Coffee Cake, Lunch: Choice 1: Cheesesteak Tater Casserole, Fresh Baked Bread, Choice 2: Grilled Turkey & Swiss Cheese Sandwich, Sides: Peas & Carrots, Ice Cream Cup, Strawberries, Dinner: Choice 1: Cream of Tomato Soup, Crackers, Grilled Cheese Sandwich, Marinated Cucumbers, Choice 2: Chef Salad, Dinner Roll, Sides: Winter Fruit Cup</p>	<p>17 Cream of Wheat, Bacon, Toast Lunch: Choice 1: Ham Balls, Scalloped Potatoes, Green Beans, Bread/Butter Choice 2: Hamburger/ Bun, Potato Chips, Lettuce/Tomato/ Onion, Sides: Pineapple Upside Down Cobbler, Dinner: Choice 1: Cheddar Chicken Rice Bake, Broccoli, Cheese Breadstick, Choice 2: Hot Dog/Bun, Potato Salad, Sides: Peaches, Chocoalte chip Cookies</p>	<p>18 Malt-O-Meal, Sausage Link, Pancakes/Syrup, Lunch: Choice 1: Breaded Pollock Filet, Choice 2: Baked Ham, Sides: Macaroni & Cheese, Capri Blend Veggies, Bread/Butter, Ritzy Strawberry Dessert, Dinner: Choice 1: Pizza, Choice 2: Fish Sandwich/Bun, Sides: Mixed Vegetables, Tossed Salad w/ Dressing, Cinnamon Applesauce Gelatin</p>	<p>19 Oatmeal, Hoard Boiled Egg, Toast, Lunch: Choice 1: Walking Taco, Shredded Lettuce/Tomato Choice 2: Baked Pork Chop, Pork Gravy, Mashed Potatoes, Sides: Corn, Frosted Cake, Dinner: Choice 1: Meatball Sub Sandwich, Carrots, Choice 2: Turkey Burger/Bun, Lettuce/ Tomato/Onion, Sides: French Fries, Peaches</p>
<p>20 Oatmeal, Scrambled Egg Patty, French Toast Bites, Lunch: Choice 1: Applewood Smoked BBQ Ribette, Choice 2: Beef Minute Steak/Gravy, Sides: Cheddar Ranch Scalloped Potatoes, Green Beans, Dinner Roll, Pie, Dinner: Choice 1: Crispy Chicken Sandwich, Honey Mustard, Lettuce/ Tomato/Onions, Choice 2: Cheddar Omelet, Sides: Onion Tangles, Creamy Coleslaw, Sugar Cookie</p>	<p>21 Cream of Wheat, Scrambled Egg, Bacon, Toast, Margarine/Jelly, Lunch: Choice 1: Goulash, Choice 2: Breaded Pollock Filet, Sides: Broccoli, Garlic Toast, Banana Brownie, Dinner: Choice 1: Cheddar chicken & Rice Bake, Seasoned Peas, Bread/Marg. Choice 2: Turkey on a Croissant, Lettuce/Tomato/Onion, Potato Chips, Sides: Winter Fruit Cup</p>	<p>22 Malt-O-Meal, Cheese Omelet, Toast, Margarine/Jelly, Banana Half Lunch: Choice 1: Savory Roast Beef, Choice 2: Pork Chop, Sides: Mashed Potatoes/Gravy, Candied Carrots, Bread/Marg. Dinner: Choice 1: Hamburger on Bun, Lettuce/Tomato/Onion, Potato Salad, Choice 2: Ham & Bean Soup, Crackers, Cottage Cheese & Peaches, Maple Cornbread Sides: Ice Cream Cup</p>	<p>23 Oatmeal, Sausage Gravy, Biscuit, Lunch: Choice 1: Butter Pecan Chicken, Sweet Potatoes, Parslied Cauliflower, Bread/Marg. Choice 2: Taco Salad, Shredded Lettuce, Diced Tomatoes, Sides: Cranberry Orange Crisp, Dinner: Choice 1: Reuben Bake Choice 2: Breaded Chicken Tenders, French Fries, Sides: Mixed Vegetables, Pears</p>	<p>24 Cream of Wheat, hard Boiled Egg, Apple Butter Pancakes w/Glaze Lunch: Choice 1: Bacon Cheddar Meatloaf. Choice 2: Pork Tenderloin/Bun, Pickles & Onions Sides: French Fries, Capri Vegetables, Hot Chocolate Dessert, Dinner: Choice 1: Roasted Chicken, Choice 2: Meatballs with Sauce Sides: Mashed Potatoes/Gravy, Fried Corn w/ Bacon, Bread/Marg., Fruit Cocktail</p>	<p>25 Malt-O-Meal, Poached Egg, Strawberry Danish Coffee Cake, Lunch: Choice 1: Beer Battered Tilapia Choice 2: Pork Chop, Sides: Mini Baker Potatoes, Cascade Blend Vegetables, Cherry Angel Dessert, Dinner: Choice 1: Shepherd's, Pie Soup, Fresh Baked Bread, Honey Butter, Choice 2: Cream of Tomato Soup, Grilled Cheese Sandwich, Sides: Marinated Cucumbers, Butterscotch Fluff</p>	<p>26 1Oatmeal, Sausage Link, Raisin Toast, Margarine/Jelly Lunch: Choice 1: BBQ Bacon Cheeseburger, Choice 2: Chicken Club Sandwich, Sides: Tater Tots, Lettuce/Tomato/Onion, Tutti Frutti Gelatin, Dinner: Choice 1: Creamy Chicken Alfredo, Seasoned Peas, Garlic Toast, Choice 2: Beef & Noodles Sides: Seasoned Peas, Garlic Toast, Mandarin Oranges</p>
<p>27 Cream of Wheat, Scrambled Egg, Cinnamon Roll, Lunch: Choice 1: Chicken Fried Chicken, Choice 2: Herb Baked Fish, Sides: Mashed Potatoes/Gravy, Beets in Orange Sauce, Dinner Roll/Marg, Pie, Dinner: Choice 1: Chili Dog on Bun, Shredded Cheese/ Diced Onion, Choice 2: Egg Salad Sandwich, Sides: Peaches, Potato Chips</p>	<p>28 Malt-O-Meal, Sausage Patty, Maple Pecan Coffee Cake, Lunch: Choice 1: Braised Steak w/ Mushroom Gravy, Choice 2: Baked Ham, Sides: French Onion Rice, Cabbage Cheddar Bake, Fresh Baked Bread, Peanut Buter Mousse, Dinner: Choice 1: Fish Sandwich Deluxe Choice 2: Turkey Burger Deluxe, Sides: Lettuce Leaf/ Tomato Slice, Potato Salad, Blushing Pears, Sherbet Cup</p>					



Valentine's Day

February 14th

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

ADORE
AFFECTION
ARROW
BE MINE
BELOVED
BOYFRIEND
CANDY
CHAMPAGNE
CHERUB
CHOCOLATE

CUPID
DARLING
DEAREST
FLOWERS
GIFTS
GIRLFRIEND
HEARTS
HUG
I LOVE YOU
KISS

LOVE
PINK
POEM
RED
ROMANCE
ROSES
SWEETHEART
VALENTINE



Valentine's Word Scramble

Unscramble the Valentine's Day-themed words and phrases.

1. weste ahetr

2. hotcaoeccl

3. udpci

4. i vleo ouy

5. tromacin

6. athre

7. suhg & sksise

8. intaelnev

9. srseo

10. velo ritete

11. eubafryr

12. edta hngit

13. teesrc riderma

14. ompe

15. evlo ridbs

DISTINCTUS PARTY

Volunteering

If you would be interested in becoming a volunteer at the Hiawatha Care Center or know of anyone, please see Hannah Waters, Activity Director for more information.

(319) 368-2626

hwaters@hiawathacarecenter.com

- . Flexible schedule!
- . Enriching peoples lives!
- . Fun while helping!

A Note from the Nurse

The Eye Doctor



If you wish for your loved one to be seen by the eye doctor that comes to the facility, please contact Amanda Lauterwasser, Director of Nursing for more information.

(319) 378-8583

The Dentist

Dr. Witt, will be here on Wednesday, March 16th. If you wish for your loved one to be seen by him, please contact Karmin Boote, Assistant Director of Nursing for more information.

(319) 378-8583

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>All Activities are subject to change. Please refer to the whiteboards in the dining rooms for the daily activities.</p>		<p>1 Morning Independent Activities</p> <p>2:30 Cards & Snacks</p>	<p>2 <u>Ground Hog's Day</u></p> <p>10:00 Online Catholic Mass</p> <p>10:30 Ground Hog Hunt</p> <p>2:30 Corks & Canvas</p> <p>3:45 Select Music Therapy</p>	<p>3</p> <p>10:00 Kitchen Creations</p> <p>2:30 Happy Hour with Dave Wirtz</p>	<p>4 <u>Wear Red Day</u></p> <p>11:00 Cathy's Bible Study Group</p> <p>2:15 Bingo Hour</p>	<p>5</p> <p>2:00 Farkle with Tesa</p> <p>4:00 Games with Tesa</p>
<p>6</p> <p>10:00 Catholic Communion with St. Elizabeth's</p> <p>2:00 Weekend Bingo with Tesa</p> <p>4:00 Kings of Kings Lutheran Church Service</p>	<p>7</p> <p>10:00 Manicure Monday's</p> <p>2:30 Music with the Leo Shima Band</p> <p>5:00 Bible Study Group</p>	<p>8 <u>National Iowa Day</u></p> <p>10:00 Gospel Light Baptist Church Service</p> <p>2:30 February Birthday Party with Dave Marshall</p>	<p>9</p> <p>10:00 Morning Manicures</p> <p>2:00 Rest & Relax Afternoon Spa</p> <p>3:45 Select Music Therapy</p>	<p>10</p> <p>10:00 Kitchen Creations</p> <p>2:30 Resident Council Meeting</p>	<p>11 <u>Valentine's Flowers</u></p> <p>10:00 Morning Movie</p> <p>2:30 Social & Snacks</p> <p>4:00 Matinee Movie</p>	<p>12</p> <p>2:00 Weekend Bingo with Kate</p> <p>4:30 Movie & Popcorn</p>
<p>13 <u>Super Bowl Sunday</u></p> <p>10:00 Catholic Communion with St. Elizabeth's</p> <p>2:00 Crafts with Kate</p>	<p>14 <u>Valentine's Day</u></p> <p>10:00 Manicure Monday's</p> <p>2:00 Valentines Day Party with Dave Wirtz</p> <p>5:00 Bible Study Group</p>	<p>15</p> <p>10:00 Dice Games with Activities</p> <p>2:30 Cards & Snacks</p>	<p>16</p> <p>10:00 Online Church Service</p> <p>2:30 Resident Memorial Services with Dr. Jim Coyle</p> <p>3:45 Select Music Therapy</p>	<p>17</p> <p>10:00 Kitchen Creations</p> <p>2:30 Happy Hour with "The Flip Side"</p>	<p>18 <u>National Caregivers Day</u></p> <p>11:00 Cathy's Bible Study Group</p> <p>2:30 Music with the Cedar Rapids Symphony Orchestra</p>	<p>19</p> <p>2:00 Weekend Bingo with Tesa</p> <p>4:30 Social & Popcorn</p>
<p>20</p> <p>10:00 Catholic Communion with St. Elizabeth's</p> <p>2:00 Farkle with Tesa</p> <p>4:00 Kings of Kings Lutheran Church Service</p>	<p>21 <u>President's Day</u></p> <p>10:00 Manicure Monday's</p> <p>2:30 Piano Music with Eldred Gerhold</p> <p>5:00 Bible Study Group</p>	<p>22 <u>National Margarita Day</u></p> <p>10:00 Room to Room Visits</p> <p>2:30 Cards & Snacks</p>	<p>23</p> <p>10:15 Lovely Lane Methodist Church Service</p> <p>2:30 Crafts & Fun</p> <p>3:45 Select Music Therapy</p>	<p>24</p> <p>10:00 Kitchen Creations</p> <p>2:30 Happy Hour with Harold Gray</p>	<p>25</p> <p>10:00 Morning Manicures</p> <p>2:15 Bingo Hour</p> <p>4:00 Matinee Movie</p>	<p>26</p> <p>2:00 Farkle with Kate</p> <p>4:30 Social & Popcorn</p>
<p>28</p> <p>10:00 Catholic Communion with St. Elizabeth's</p> <p>2:00 Crafts with Kate</p>	<p>28</p> <p>10:00 Manicure Monday's</p> <p>2:30 Movie & Popcorn</p> <p>5:00 Bible Study Group</p>	 <h1 style="color: #e91e63; text-decoration: underline;">February Activities Calendar</h1> 