

HCC Activities, Events, & Reminders

Vote for Resident Valentine King & Queen!

Voting Boxes are located at each nurse's station. Voting will end on

Monday, February 13th and the Queen & King will be announced at the Valentines Day Party Tuesday, February 14th at 3:00 pm.

Everyone is encouraged to vote!

Attention Residents & Families

Beginning Wednesday, February 1st and until completed, we will be going into each resident's room to refinish floors along with general maintenance. All their items in the room will be removed to complete this task. The goal is to have their belongings returned to their rooms by 4:00 pm. If you have any questions, please contact Alex Studt, Environmental Supervisor.

319-378-8583

Hiawatha Care Center February 2023 Newsletter



405 N 15TH AVENUE, HIAWATHA, IA 52233

319-378-8583

hccinfo@hiawathacarecenter.com or kwalton@hiawathacarecenter.com

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

February Birthdays

Jeanette Cervone 2/1/27

LaRue McIntire 2/7/40

Virgil Smith 2/8/30

Fred Madison 2/21/38

Evie Covington 2/22/35

February Events

2/2: Ground Hogs Day

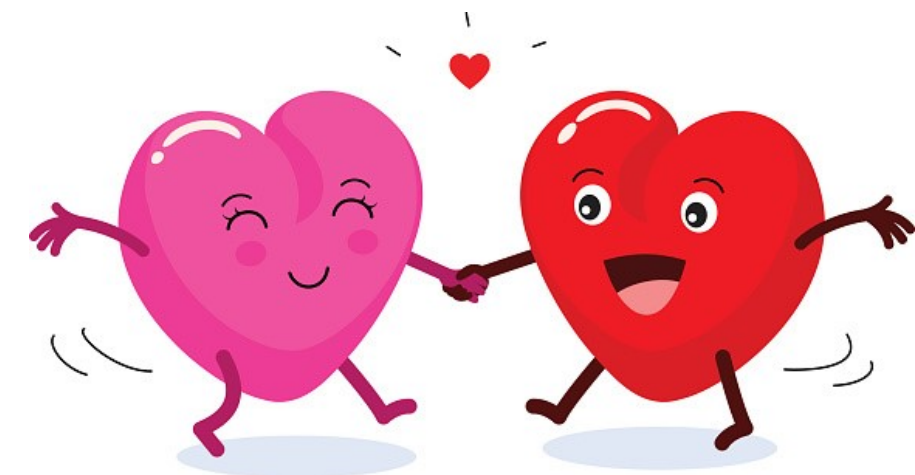
2/3: Wear Red

2/12: Super Bowl Sunday

2/14 Valentines Day Party

2/20: Presidents Day

2/21: Mardi Gras



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February 2023 Menu

"Menu is subject to change"

			<p>1 Oatmeal, Poached Egg, Cinnamon Sour Cream Coffee Cake, Lunch: Choice 1: Ham Balls, Scalloped Potatoes, Choice 2: Hot Ham & Cheese Melt, Sides: Corn, Pineapple Upside Down Cobbler, Dinner: Choice 1: Cream of Tomato Soup, Grilled Cheese Sandwich, Marinated Cucumbers, Choice 2: Chef Salad, Dinner Roll/Marg. Sides: Winter Fruit Cup</p>	<p>2 Cream of Wheat, Bacon, Toast, Mango Lunch: Choice 1: Loaded Chicken Sandwich, Tater Roundabouts, Green Beans, Choice 2: Hamburger on Bun, Potato Chips, Lettuce/Tomato/Onion, Sides: Strawberries, Dinner: Choice 1: Chex Chicken Breast, Broccoli, Cheese Breadstick, Choice 2: Hot Dog on Bun, Potato Salad, Sides: Apricots, Chocolate Chip Cookie</p>	<p>3 Malt-O-Meal, Sausage Link, Chocolate Chip Pancakes/Syrup, Lunch: Choice 1: Breaded Pollock Filet, Choice 2: Baked Ham, Sides: Macaroni & Cheese, Capri Vegetables, Ritzy Strawberry Dessert, Dinner: Choice 1: Pizza, Choice 2: Fish Sandwich on Bun, Sides: Mixed Vegetables, Tossed Salad w/Dressing, Cinnamon Applesauce Gelatin</p>	<p>4 Oatmeal, Hard Boiled Egg, Toast, Cinnamon Baked Apples, Lunch: Choice 1: Walking Taco, Shredded Lettuce/Tomato Choice 2: Baked Pork Chop, Pork Gravy, Mashed Potatoes, Sides: Chuckwagon Corn, Frosted Cake, Dinner: Choice 1: Meatball Sub Sandwich, Choice 2: Turkey Burger, Lettuce/Tomato/Onion, Sides: Carrots, French Fries, Peaches</p>
<p>5 Oatmeal Scrambled Egg Patty, Toast/Marg, Lunch: Choice 1: Savory Roast Beef, Choice 2: Pork Chop Sides: Mashed Potatoes, Gravy, Candied Carrots, Hawaiian Roll/Marg, Pie, Dinner: Choice 1: Grilled Chicken Sandwich, Lettuce/Tomato/Onion, Choice 2: Cheddar Omelet, Roasted Potato Medley, Mixed Vegetables, Sides: Creamy Coleslaw, Sugar Cookie</p>	<p>6 Cream of Wheat, Scrambled Eggs, Bacon, Toast/Marg, Peaches, Lunch: Choice 1: Goulash, Choice 2: Breaded Pollock Filet, Sides: Broccoli, Garlic Toast, Banana Brownie, Dinner: Choice 1: Cheddar Chicken & Rice Bake, Seasoned Peas, Choice 2: Sliced Turkey on Croissant, Lettuce/Tomato/Onion, Potato Chips, Sides: Winter Fruit Cup</p>	<p>7 Malt-O-Meal, Cheese Omelet, Toast/Marg, Banana Half, Lunch: Choice 1: BBQ Ribette, Cheddar Ranch Scalloped Potatoes, Seasoned Peas, Choice 2: Taco Salad, Shredded Lettuce/ Tomato Sides: Pumpkin Honey Bun Cake, Dinner: Choice 1: Hamburger on Bun, Lettuce/ Tomato/Onion, Potato Salad, Choice 2: Ham and Bean Soup, Crackers, Cottage Cheese & Peaches, Maple Corn Bread, Sides: Ice Cream Cup</p>	<p>8 Oatmeal, Sausage Gravy, Biscuits, Fruit Cocktail, Lunch: Choice 1: Teriyaki Chicken Breast, Fried Rice, Crab Rangoons, Choice 2: Beef Minute Steak, Mashed Potatoes, Beef Gravy, Sides: Stir Fry Vegetables, Monster Bars, Dinner Choice 1: Homemade Chili, Chili Fixings, Tossed Greens w/Drsg., Choice 2: Grilled Chicken Salad Plate, Sides: Breadstick, Pears</p>	<p>9 Cream of Wheat, Hard Boiled Egg, Pancakes/Diet Syrup, Lunch: Choice 1: Bacon Cheddar Meatloaf, Choice 2: Pork Tenderloin on Bun, Pickles & Onions, Sides: French Fries, Capri Vegetables, Hot Cocoa Cheesecake, Dinner: Choice 1: Roasted Chicken Breast, Choice 2: Meatballs With Sauce, Sides: Mashed Potatoes, Gravy, Corn, Bread/Marg, Fruit Cocktail</p>	<p>10 Malt -O-Meal, Poached Egg, Toast, Winter Fruit Cup, Lunch: Choice 1: Beer Battered Tilapia, Choice 2: Pork Chop, Sides: Mini Baker Potatoes, Cascade Blend Vegetables, Cherry Angel Dessert, Dinner: Choice 1: Beef Stew, Biscuit, Honey Butter, Choice 2: Cream of Tomato Soup, Grilled Cheese Sandwich, Sides: Butterscotch Fluff</p>	<p>11 Oatmeal, Sausage Link, Raisin Toast/Marg, Banana Half, Lunch: Choice 1: Cheeseburger on Bun Choice 2: Chicken Club Sandwich, Sides: Tater Tots, Lettuce/Tomato/Onion, Dinner: Choice 1: Chicken Alfredo Choice 2: Beef & Noodles Sides: Green Beans, Garlic Toast, Peaches</p>
<p>12 Cream of Wheat, Scrambled Eggs, Cinnamon Roll, Lunch: Choice 1: Chicken Fried Chicken, Choice 2: Herb Baked Fish, Sides: Mashed Potatoes, Chicken Gravy, Broccoli, Dinner: Choice 1: Chili Dog on Bun, Shredded Cheese / Diced Onion, Choice 2: Egg Salad, Lettuce/Tomato, Sides: Potato Chips, Mandarin Oranges</p>	<p>13. 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, Sunshine Carrots, Bread/Marg, Peanut Butter Mousse, Dinner: Choice 1: Fish Sandwich, Choice 2: Turkey Burger, Sides: Lettuce/Tomato, Potato Salad, Blushing Pears</p>	<p>14 Cream of Wheat, Sausage Gravy, Biscuit, Mango, Lunch: Choice 1: Italian Goulash, Garlic Toast, Choice 2: Grilled Turkey, Bacon & Swiss Sandwich, French Fries, Sides: Mixed Vegetables, Frosted Pumpkin Bar, Dinner: Choice 1: Chicken Alfredo, Breadstick, Choice 2: Fish Sandwich, Sides: Sunshine Carrots, Mandarin Oranges</p>	<p>15 Cream of Wheat, Scrambled Eggs with Cheese, Toast/Marg, Fruit Medley, Lunch Choice 1: Cola Glazed Ham, Choice 2: Grilled Chicken Breast, Sides: Hashbrown Casserole, Country Trio Vegetables, Berry 7-up Cobbler, Dinner: Choice 1: Wisconsin Cheese Soup, Roast Beef Sandwich, Choice 2: Hamburger on Bun, Baked Beans, Sides: Lettuce/Tomato/Onion, Mandarin Oranges</p>	<p>16 Malt-O-Meal, Toast/Marg, Cheesy Egg Bake, Lunch: Choice 1: Roasted Turkey, Turkey Gravy, Stuffing, Choice 2: Pork Chop, Pork Gravy, Sides: Green Beans, Dinner Roll, Cran Raspberry Fluff Dinner: Choice 1: Meatballs with Sweet & Sour Sauce, Choice 2: BBQ Chicken Breast on Bun, Sides: Sour Cream & Onion Potato Bake, Carrots, Pineapple</p>	<p>17 Oatmeal, Ham, Egg & Cheese Croissant, Banana Half, Lunch: Choice 1: Baked Spaghetti Pie, Choice 2: Breaded Cod Scrod, Baked Potato, Sides: Tossed salad, Garlic Toast, Apricot Oat Bar, Dinner: Choice 1: Classic Tuna & Noodle Bake, Seasoned Peas, Choice 2: Cottage Cheese Fruit Plate, Sides: Cinnamon Bakes Apples</p>	<p>18 Cream of Wheat, Cheese Omelet, Biscuit, Mango, Lunch: Choice 1: Cheddar Ranch Chicken Breast, 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: Chef Salad w/ Chicken, Crackers, Sides: Mixed Berries</p>
<p>19 Malt- O-Meal, Poached Egg, Muffin, Lunch: Choice 1: Beef Pot Roast, Choice 2: BBQ Chicken, Sides: Roasted Vegetables, Roll, Pie, Dinner: Choice 1: Cheddarwurst on Bun, Peas & Carrots, Choice 2: Chicken Noodle Soup, Ham & Cheese Sandwich, Lettuce/Tomato, Sides: Pears, Chocolate Chip Cookie</p>	<p>20 Oatmeal, Sausage & Potato Breakfast Casserole, Toast/Marg, Lunch: Choice 1: Ranch Chicken Breast, Cheesy Rice, Broccoli Florets, Choice 2: Chef Salaf, Crackers, Sides: Strawberry Snickerdoodle Crunch, Dinner: Choice 1: Loaded Potato Soup, Roast Beef Sandwich on a Slider, Choice 2: Smoked Turkey & Cheese Slider, Vegetable Soup, Sides: Lettuce/Tomato, Peaches</p>	<p>21 Cream of Wheat, Sausage Gravy, Biscuit, Mango, Lunch: Choice 1: Italian Goulash, Garlic Toast, Choice 2: Grilled Turkey, Bacon & Swiss Sandwich, French Fries, Sides: Mixed Vegetables, Frosted Pumpkin Bar, Dinner: Choice 1: Chicken Alfredo, Breadstick, Choice 2: Fish Sandwich, Sides: Sunshine Carrots, Mandarin Oranges</p>	<p>22 Malt-O-Meal, Cheese Omelet, Toast, Mixed Fruit, Lunch: Choice 1: Smothered Pork Chop, Mashed Potatoes, Pork 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, Chicken Salad Croissant Sides: Blueberry Bread Pudding</p>	<p>23 Oatmeal, Danish, Fruit & Yogurt Parfait Lunch: Choice 1: Beef & Noodles, Green Beans, Garlic Toast, Choice 2: Pork Tenderloin on Bun, Lettuce/Tomato/Onion, Sides: Banana Split Fluff, Dinner: Choice 1: BBQ Rib Sandwich, Choice 2: Hot Dog on Bun, Sides: Potato Chips, Baked Beans, Mixed Berries</p>	<p>24 Cream of Wheat, Scrambled Egg with Ham, Toast, Banana Half, Lunch: Choice 1: Baked Cod, Choice 2: Hamburger Steak w/Gravy, Sides: Baked Potato/Marg. Buttered Peas, Bread/Marg, Lemon Bar, Dinner: Choice 1: Scalloped Potatoes & Ham, Choice 2: Breaded Fish Fillet, Sides: Carrots, Cornbread/Margarine, Apricots</p>	<p>25 Malt-O-Meal, Hard Boiled Egg, Bacon, Raisin Toast, Banana Lunch: Choice 1: Meatloaf, Choice 2: Baked Pork Chop, Sides: Macaroni & Cheese, California Vegetables, Rosy Applesauce, Dinner: Choice 1: Chili, Toss Salad/Dt. Dressing, Cheese Breadstick, Choice 2: Cheeseburger on Bun, Lettuce/Tomato/Onion, Sides: Pineapple</p>
<p>26 Oatmeal, Scrambled Egg, Mini Donuts, Mixed Berries, Lunch: Choice 1: Glazed Ham, Choice 2: Herb Baked Chicken Sides: Mashed Potatoes, Broccoli, Dinner Roll, Pie, Dinner: Choice 1: Sloppy Joe on Bun, Potato Chips, Choice 2: Biscuit Breakfast Sandwich, Hashbrowns Sides: Mandarin Oranges</p>	<p>27 Cream of Wheat, Scrambled Egg/Bacon, Raisin Toast, Banana Half, Lunch: Choice 1: Porcupine Meatballs, Baked Potato/Marg, Cauliflower w/Cheese Choice 2: Cottage Cheese Fruit Plate, Crackers, Sides: Pumpkin Chocolate Chip Square, Dinner: Choice 1: Potato Soup, Salami & Cheese Sandwich, Tossed Greens w/Dressing Choice 2: Creamed Turkey over Biscuit, Green Beans Sides: Fruit</p>	<p>28 Malt-O-Meal, Fried Egg, Danish, Banana Half, Lunch: Choice 1: Lemon Pepper Chicken Breast, Choice 2: Hamburger Steak w/Gravy, Sides: Baked Sweet Potato, Peas, Cookies & Cream Brownie, Dinner: Choice 1: Beef Pot Roast, Choice 2: Breaded Chicken Tenders, Sides: Mini Baker Potatoes, Parslied Carrots, Mango & Bananas</p>	 <p>♥ happy ♥ Valentine's ♥ day ♥</p>			

Valentine's Day Word Search

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

BE MINE
CHOCOLATES
FOREVER
I LOVE YOU
LOVE LETTER

CANDY
CUPID
HEARTS
KISSES
ROSES

CARD
FEBRUARY
HUGS
LOVE
VALENTINE

Valentine Rose Bouquets & Cupcake Sale!

Families or staff, want to brighten a resident's day, well look no further!

Hiawatha Care Center is selling rose bouquets & cupcakes for Valentine's Day!

Flowers and cupcake orders will be delivered to the residents on Monday, February 13th.

We accept cash or checks. Checks need to be made out to the *Hiawatha Care Center*. Orders with payment need to be in no later than Friday, February 10th

If you have any questions or need to make other arrangements, contact Hannah Waters or Mary Obiedzinski.

(319) 368-2626

hwaters@hiawathacarecenter.com

Valentines Cupcake: \$4.00 (*chocolate or Vanilla*)

Single flower arrangement: \$5.00

3 flower arrangement: \$15.00



6 flower arrangement: \$25.00

12 flower arrangement: \$45.00

All arrangements come with a vase, baby's breath, greenery, and a Valentine's name tag!

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

February Activities 2023

				1 10:15 Farkle Fun 2:30 Music Entertainment with Lena Adams	2 Ground Hogs Day 10:15 Hot Cocoa/Coffee Bar & Social 2:30 Happy Hour & Music Entertainment by Dave Wirtz	3 11:00 Cathy's Bible Study Group 2:15 Bingo Hour  Wear Red Day!	4 All Morning Independent Activities 2:15 Popcorn & Reminisce 4:30 Flute Music with Charlotte
5 10:00 St. Elizabeth's Catholic Communion 2:15 Crafters Corners 4:00 Kings of Kings Lutheran Church Service	6 10:00 Manicures & Social 2:30 Music with the Leo Shima Band 4:45 Bible Study Group	7 10:30 Piano Music with Melinda All Morning Aussie Puppy Visits 2:30 Cards/Games	8 10:15 Fun with Andrews Christian Academy 2:30 Music Entertainment with the Oxford Junction Band	9 10:15 Games & Fun with Friends from the A.R.C 2:30 Happy Hour & Music Entertainment by Terry McCulley	10 10:00 Morning Manicures 2:15 Bingo Hour	11 All Morning Independent Activities 2:15 Weekend Games Weekend Popcorn & Movies	
12 Super Bowl Sunday 10:00 St. Elizabeth's Catholic Communion 2:15 Super Bowl Party	13 All Morning Independent Activities 2:30 Music Entertainment with Treasured Music 4:45 Bible Study Group	14 Valentines Day 10:00 Gospel Light Baptist Church Service 2:30 Valentines Party & Music Entertainment by Grant Beck 3:00 Crowning of the King & Queen	15 All Morning Puppy Visits With Beau 2:30 Resident Memorial Service with Dr. Jim Coyle	16 10:15 Hot Cocoa/Coffee Bar & Social 2:15 Bingo Hour	17 11:00 Cathy's Bible Study Group 2:30 Happy Hour & Music Entertainment by "The Flip Side"	18 All Morning Independent Activities 2:15 Music Entertainment by the "Parlor City Ramblers" Weekend Popcorn	
19 10:00 St. Elizabeth's Catholic Communion 2:15 Weekend Bingo 4:00 Kings of Kings Lutheran Church Service	20 Presidents Day 10:00 Manicures & Social 2:30 Corks & Canvas 4:45 Bible Study Group	21 Mardi Gras Day 10:30 Piano Music with Melinda 2:30 February Birthday/ Mardi Gras Party with music by David Marshall	22 ASH Wednesday 10:15 Lovely Lane Methodist Church Service & Anointing of the Ashes 2:30 Cards/Games	23 10:15 Games & Fun with Friends from the A.R.C 2:30 Happy Hour & Music Entertainment by Harold Gray	24 10:00 Farkle Fun 2:15 Bingo Hour	25 All Morning Independent Activities 2:15 Popcorn & Reminisce	
26 10:00 St. Elizabeth's Catholic Communion 2:15 Crafter Corners	27 10:00 Manicures & Social 2:30 Resident Council Meeting 4:45 Bible Study Group	28 10:15 Baking & Fun 2:30 Travel Adventures				Activities are subject to change. See the daily white boards in each dining room for the current day's activities.	