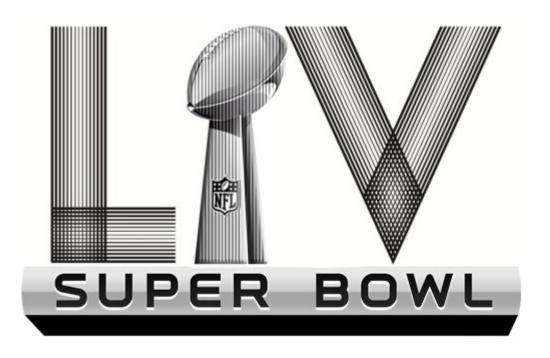
1

Super Bowl Party

Friday, January 31st at 3:00 p.m.

There will be food, football trivia, and games.



Hiawatha Care Center Newsletter January 2020





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

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 <u>Resident Council Officers</u>.

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

Reminder

If you are taking your loved one out of the building for any reason, please use the sign-out book at the nurses station. Also inform the nurse that they are leaving and where.

It's that time of the year!
We want to see you, but not the Flu.

Please visit another day if you're not feeling well.

Did you hear the joke about the germ?

Never mind.

I don't want to spread it around.





Welcome to HCC



Marsha Phillips	Mildred Flint	Francis Possehl	
Gloria Elliott	Cynthia Khan	Jeanette Robinson	
Charlotte Stanford	Janice Peterson	Judith Nicholls	
Robert Storm	Richard Peterson	John McNabb	
Ted McLeod	Marcia Elhart	Jerry Green	
Pamala Martin	Douglas Johnson	Mildred Flint	
KentWiller	Nancy Geistfeld	Beverly Etzel	



In Loving Memory



Betty Kircher Don Rowe Gwyneth Aarhus

Martin Roach M.D Duane Thenhaus

Miriam Golay Marilyn Schlotterback



Hiawatha's Canned Food

Tuesday, December 3rd was national #givingtuesday

Hiawatha Care Center celebrated by collecting non-perishable food items for 4 weeks and donated them to the 29th Street Mission in Marion.

Our goal was to collect 200 items.

We exceeded that goal and collected 436 items.

Thank you to all those that donated to a great cause.



Collins Band 2019







We wish you a great new year















*HOME ** is our happy place





















Mon Tue Wed Thu Fri Sat Sun 1 Cream of Wheat, Scrambled Egg, Danish, 2 Malt-O-Meal, Cheese Omelet, Wheat 3 Oatmeal, Toast, Fruit & Yogurt Parfait 4 Cream of Wheat, Hard Boiled Egg, Blue-Lunch #1 Swiss Steak w/Tomatoes, Garlic berry Toast, Margarine/Jelly, Lunch #1 Clas-Toast, Banana Half, Margarine/Jelly, Lunch Lunch #1 Pork Chops in Sour Cream Gravy, Januari. Buttered Noodles, #2 Tavern Battered Cod, #1 Ranch Chicken Breast, Baked Potato/ Carrots, #2 Breaded Cod Scrod, Brussels sic Beef Stew, Tossed Salad w/Dressing #2 Tartar Sauce, Roasted Potato Medley, Sides: Marg, Cheesy Corn, Bread/Marg. #2 Chef's Sprouts, Sides: Parsley Buttered Mashed Loaded Baked Potato, Broccoli/Cheese Bread/Marg, Country Trio Vegs, Lemon Salad, Assorted Crackers, Sides: Triple Fudge Potatoes, Bread/Marg. Oatmeal Caramel Sauce, Diced Ham, Sour Cream, Sides: Angel Pudding w/Topping, Supper #1 BBQ Rib Brownie, Supper #1 Cabbage & Beef Soup, Bar, Supper #1 Grilled Asian Chicken, Gar-Food Cake w/Strawberries, Supper #1 Hot Sandwich, Pickles & Onions, Coleslaw, #2 Crackers, Fresh Baked Bread #2 Creamed den Blend Rice, Sesame Green Beans, #2 Dog on Bun, #2 Pork Tenderloin on Bun, Taco in a Bag, Shredded Lettuce/Tomato, Turkey/Biscuit, Sides: Cottage Cheese, Win-Cream of Potato Soup, Crackers, English Pickles & Onions, Sides: Macaroni & Cheese, Sides: Mandarin Oranges, Oatmeal Raisin ter Fruit Cup Muffin Tuna Melt, Creamy Cucumber Salad Peas & Carrots, Sherbet Cup Cookie Sides: Raspberry Peaches 5 Malt-o-Meal, Scrambled Egg Patty, 6 Oatmeal, Bacon, Toast, Banana Half, 7 Cream of Wheat, Sausage Gravy/Biscuit, 9 Oatmeal, Breakfast Sandwich, Lunch #1 10 Cream of Wheat, Scrambled Eggs w/ 11 Malt-O-Meal, Sausage Patty, Blueberry 8 Malt-O-Meal, Poached Egg, Raisin Toast, Lunch #1 Creamy Chicken Corbonara, #2 Long John, Lunch #1 Herbed Pork Loin, #2 Lunch #1 Spaghetti/Meatsauce, Capri Lunch #1 Honey Baked Ham, Swiss Corn Hot Beef Sandwich, Mashed Potatoes, Cheese, Toast, Margarine/Jelly, Lunch #1 Muffin, Lunch #1 Chili, Chili Fixins, Crack-Beef Minute Steak, Sides: Baked Sweet Veggies, Garlic Toast, #2 Cottage Cheese BBQ Rib Patty, Cheddar Cheese Munch-Casserole, #2 Country Fried Steak, Beef Gravy, #2 Honey Dijon Pork Chop, Breaded Chicken Fillet on Bun, Mayo, ers, Cinnamon Roll/Frosting, #2 Turkey & Lettuce & Tomato, #2 Popcorn Shrimp, Potato, BR Sprouts, Roll, Pie, Supper #1 Fruit Plate, Crackers, Sides: Tossed Salad/ ers, Sides: Carrots, Sourdough Bread/ Mashed Potatoes, Country Gravy, Sides: Stuffing, Bread/Butter, Sides: Cascade Swiss Sandwich, Potato Chips Sides: Chicken Tenders, French Fries, Peas, Cocktail Sauce, Country Trio Vegs, Cheddar Dressing, Hot Chocolate Mousse, Supper Marg., Pumpkin Cake, Supper #1 Fish Green Beans, Bread/Marg., Snicker Apple Vegetables, Chocolate Lasagna, Supper Tossed Salad/Dressing, Pears, Supper #1 Bread/Marg., #2 Wisconsin Cheese Soup, #1 Turkey Dumpling soup, Crackers, #2 Sandwich, Scalloped Potatoes, Coleslaw Dessert, Supper #1 Hamburger Gravy, #1 Honey Garlic Meatballs, Garlic Bread-Garlic Biscuit/Margarine Sides: French Taco Salad, Shredded Lettuce/Tomato/ Fries, Frosted Cake, Supper #1 Tomato Crackers, Sloppy Joe/Bun, Pickled Beets, Hamburger/Bun, Potato Wedges, Sides: #2 Italian Goulash, Corn Muffin, Mixed Flaky Biscuit, Broccoli Florets #2 Chicken stick, #2 Tenderloin on Bun, Pickles & Cheese, Salsa/Sour Cream, #2 Battered Soup, Grilled Cheese Sandwich, Marinated Sides: Cookie Peach Salad, Cookie Vegetables, Sides: Fruit Cocktail Noodle Soup, Cheese & Cracker Plate, Onions, Sides: Cheesy Hashbrowns, Peas Cod, Tartar Sauce, Ranch Tater Tots, Rivi-Cucumbers, #2 Tater Tot Casserole, Green spinach Craisin Salad/Dressing, Sides: & Carrots, Ice Cream Cup era Vegetables, Fresh Baked Bread Sides: 12 Oatmeal, Sausage Link, Strudel Stick 13 Cream of Wheat, Fried Egg, Toast, 14 Malt-O-Meal, Sausage Patty, Cinna-15Oatmeal, Hard Boiled Egg, Toast, Mar-16 Cream of Wheat, Glazed Donut, Fruit 17 Malt-O-Meal, Bacon, English Muffin 18 Oatmeal, Sausage Gravy, Biscuit Lunch #1 Baked Ham, Dilled Carrots #2 Margarine/Jelly, Lunch #1 Swiss Steak w/ mon Roll, Lunch #1 Glazed Meatloaf, garine./Jelly, Melon Cup, Lunch #1 Coun-& Yogurt Parfait, Lunch #1 Chicken Ten-Lunch #1 Battered Tilapia, Tartar Sauce, Lunch #1 Lasagna, Peas, #2 Baked Ham, Turkey Roast, Corn, Sides: Baked Potato/ Tomatoes, #2 Sweet & Sour Meatballs try Fried Steak, Mashed Potatoes, Country Potato Casserole, Bread/Butter, #2 Chili Mashed Potatoes/Marg. Sides: Tossed Hashbrown Casserole, #2 Cod Scrod, Tarders, Cheddar Cheese Munchers, Cole-Marg, Dinner Roll, Pie, Supper #1 Smoked Sides: Mashed Potatoes/Marg, Green tar Sauce, Roasted Potato Medley Sides: Gravy, Bread/Butter, #2 Breaded Fish slaw, Bread/Butter, #2 Sloppy Joe on Bun, Mac, Cornbread Muffins, Sides: Aspara-Salad/Dressing, Garlic Bread, Frosted Pulled Pork/Bun, #2 Boneless Chicken Sandwich, Tartar Sauce, Potato Wedges, Beans, Bread/Butter, Pear Upside Down Sourdough Bread/Butter, Riviera Vegeta-Sides: Peach Crisp, Supper #1 Savory Beef gus, Lemon Cheesecake, Supper #1 Tur-Cake, Supper #1 Chicken Enchilada Casse-Sides: Cascade Vegetables, Frosted Pump-Wings, Bread/Butter, Sides: Parmesan Cake, Supper #1 Philly Joe on Bun, Ranch bles, Apple Crisp, Supper #1 Turkey Stroganoff, Noodles, Carrots, Fresh Baked key Burger/Bun, Lettuce/Tomato/Onion, role, Mexican Rice, #2 Hot Dog/Bun, Potakin Bar, Supper #1 Broccoli Cheese Soup, Tater Tots, #2 Vegetable Soup, Crackers, Pasta Salad #2 Chef's Salad, Assorted French Fries, Capri Blend Vegs, Peaches Stuffing Bake, Peas, # 2 Taco in a Bag, Bread, #2 Cheeseburger Soup, Crackers, to Salad, Sides: Country Trio Vegs, Peach Crackers Turkey Sandwich, #2 Hamburger Deli Roast Beef Sandwich, Sides: Tropical Shredded Lettuce/Tomato, Sides: Straw-Ham Sandwich, Sides: Fruited Gelatin Slices Crackers, Sides: Apricots Bun, Lettuce/Tomato/Onion, Potato Salad Fruit, Ice Cream Cup 19 Oatmeal, Scrambled Egg, Long John, 20 Cream of Wheat, Fried Egg, Raisin 21Malt-O-Meal, Sausage Patty, Pancake, 23 Cream of Wheat, Scrambled Egg 25 Oatmeal, Sausage Gravy over Biscuit, 22 Oatmeal, Hard Boiled Egg, Cinnamon 24 Malt-O-Meal, Bacon, Toast, Marga-Lunch #1 Beef Pot Roast, Stew Vegeta-Toast, Margarine/Jelly Lunch #1 Baked Syrup, Banana Half, Lunch #1 Maple BBQ Coffee Cake, Lunch #1 Honey Baked Ham Patty, Toast, Margarine/Jelly, Lunch #1 rine/Jelly, Lunch #1 Salmon Patty, Lemor Lunch #1 Swedish Meatballs, Cheesy Parbles, #2 Honey Garlic Pork Chop, Broccoli Swiss Chicken, Rice Pilaf, Bread/Marg. #2 Pork Chop, Brussels Sprouts #2 Breaded Swiss Corn Casserole, #2 Country Fried Chicken Parmesan Stuffed Shells, Tossed Broccoli Bread/Butter, #2 Beef Minute ty Potatoes, Sunshine Carrots, Bread/ Florets, Mashed Potatoes, Sides: Dinner Tenderloin on bun, Pickles & Onions, Fish Filet, Creamed Peas, Sides: Baked Steak, Mashed Potatoes, Sides: Green Salad/Drsg, Riviera Vegetables, Garlic Steak, Corn, Sides: Fried Potatoes, Devils Marg. #2 Chef Salad/Dressing, Bread/ Roll/Marg., Pie, Supper #1 Hearty Sausage Sweet Potato, Bread/Butter, Cranberry Cheddar Cheese Munchers, Sides: Cas-Beans, Bread/Marg., Snicker Apple Des-Toast, #2 BBQ Rib Sandwich, Peas & Car-Food Cake/Frosting, Supper #1 Chicken 8 Marg, Sides: Applesauce Gelatin, Supper Soup, Crackers, Creamy Cucumber Salad, cade Vegetables, Cherry Almond Trifle, Mousse, Supper #1 Fish Sandwich, Scalsert, Supper #1 Hamburger Gravy/Flaky rots, Sides: Snickers Blondie, Supper #1 Dumplings, Peas, Biscuit #2 Tomato Soup, #1 Pulled Pork Mac & Cheese, Bread/ #2 Cheddar Omelet, Tomato Juice, Sides: Supper #1 Hamburger on Bun, Lettuce/ loped Potatoes, Coleslaw, #2 Italian Gou-Turkey Sandwich, Dill Pickle Spear, Sweet Grilled Cheese Sandwich, Sides: Fruit Marg. Cascade Blend Vegetables, #2 Veg-Biscuit, Broccoli Florets, #2 Chicken Nool-Garlic Toast, Mandarin Oranges Tomato/Onion, Potato Wedges, Peaches lash, Corn Muffin/Marg. Mixed Vegeta-Potato Puffs, #2 Shepherd's Pie, Country Cocktail de Soup, Cheese & Cracker Plate, Spinach etable Beef Soup, Ham Sandwich, Sides: bles #2 Scalloped Potatoes & Ham, Mixed Craisin Salad, Sides, Tropical Fruit, Rice Trio Vegetables, Sides: Dark Sweet Cher-Sweet Pepper Slaw, Ice Cream Cup 31 Oatmeal, Toast, Fruit & Yogurt Parfait 26 Cream of Wheat, Sausage Link, Cinna-27 Malt-O-Meal, Skillet Breakfast, Whea 28 Oatmeal, Poached Eggs, Wheat Toast, 29 Cream of Wheat, Scrambled Egg, 30 Malt-O-Meal, Cheese Omelet, Wheat Lunch #1 Pork Chops in Sour Cream Gravy, mon Roll, Lunch #1 Roast Turkey, Turkey Toast, Lunch #1 Italian Goulash, Garlic Margarine/Jelly, Lunch #1 Meatloaf, Beef Danish, Lunch #1 Swiss Steak w/ Toast, Banana Half, Margarine/Jelly, Carrots, #2 Breaded Cod Scrod, Brussels Toast, #2 Chicken Tenders, Mashed Pota-Gravy, Stuffing, Glazed Carrots, #2 Coun-Gravy, Peas, #2 BBQ Pork Chop, Cascade Lunch #1 Ranch Chicken Breast, Baked Tomatoes, Garlic Buttered Noodles, #2 Sprouts, Sides: Parsley Buttered Mashed try Fried Steak, Green Beans, Sides: toes, Chicken Gravy, Sides: Mixed Vegeta Blend Vegetables, Sides: Mashed Pota-Tavern Battered Cod, Tartar Sauce, Roast Potato/Marg, Cheesy Corn, Bread/Marg. Potatoes, Bread/Marg. Oatmeal Caramel Mashed Potatoes, Pie, Supper #1 Chili dog bles, Apple Crisp, Supper #1 Ham & Eggs, toes, Bread/Marg, Chocolate Crunch ed Potato Medley, Sides: Bread/Marg, #2 Chef's Salad, Assorted Crackers, Sides: Bar, Supper #1 Grilled Asian Chicken, Garon Bun, Capri Blend Vegs, #2 Breaded Fish Tomato Juice, Muffin/Marg. #2 Reuben Cheesecake, Supper #1 Cream Cheese Country Trio Vegs, Lemon Pudding w/ Triple Fudge Brownie, Supper #1 Cabbage den Blend Rice, Sesame Green Beans, #2 Sandwich, Coleslaw, Sides: Potato Chips, Sandwich. Sides: Sweet Potato Puffs, Sun-Chicken Soup, Crackers, Turkey Sandwich, Topping, Supper #1 BBQ Rib Sandwich, & Beef Soup, Crackers, Fresh Baked Bread Cream of Potato Soup, Crackers, English Pineapple rise Fruit Blend Lettuce & Tomato Slice, #2 Beef & Noo-Pickles & Onions, Coleslaw, #2 Taco in a #2 Creamed Turkey/Biscuit, Sides: Muffin Tuna Melt, Creamy Cucumber Salad,

Bag, Shredded Lettuce/Tomato, Sides:

Cottage Cheese, Winter Fruit Cup

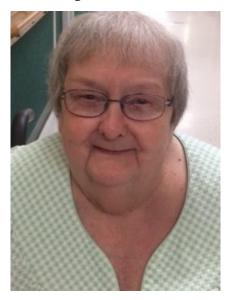
Sides: Raspberry Peaches

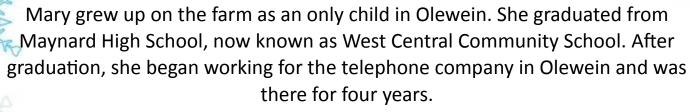
dles, Mixed Vegetables, Sides: Applesauce



Resident of the Month

Mary Redmon





Mary went on to the banking world, working for First National Bank as an accountant. After working there for fifteen years she moved to Cedar Rapids and worked for BICS for ten years. BICS was sold out and she found herself looking for employment at the age of 58. Eventually landing a job with MCI and retiring from there at 62 years old. First National Bank asked her to come back and work part time, which she did for four years before permanently retiring at 66.

Mary is the proud mother of Greta, who loves numbers just like her mother, and has been an accountant at Aegon for over 20 years.

Mary enjoyed bowling on her bowling league, playing golf, and traveling with her daughter to Las Vegas.

They love playing games together including Yahtzee, Cribbage, Bingo, and Farkle. Mary has been leading games of Farkle regularly for other residents to join in on.

She loves spending time with her friends and keeps in touch with her fellow retired friends that she used to go out to eat with once a month. Mary is a so-cial butterfly and a joy to be around.



January Birthdays



Patricia Carroll 1/1/1949

Charlotte Stanford 1/6/1937

Charles Hoover 1/24/1924

Carma Reiss 1/27/1949

Patricia Drischell 1/28/1930





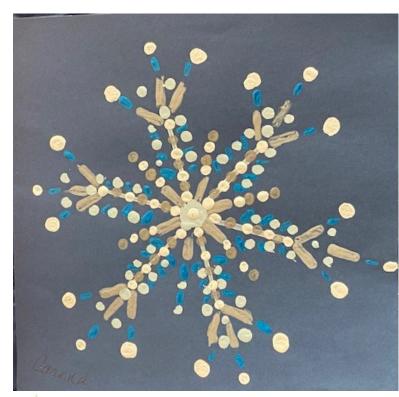




Artist of the Month

Carma Reiss





WinterSnow



Football Terms Word Search

IVELINEHXC AKQENRGCICLEXK LLBACKGKKEYUO

BACKFIELD CENTER CORNERBACK DOWN DRIVE END ZONE EXTRA POINT FAIR CATCH FIELD GOAL
FULLBACK
FUMBLE
GUARD
HALFBACK
HAND OFF
HUDDLE
INCOMPLETION

INTERCEPTION
KICKOFF
LINEBACKER
OFFENSIVE LINE
PUNT
QUARTERBACK
RED ZONE
RETURN

RUSHING SACK SAFETY SNAP SPECIAL TEAMS TACKLE TIGHT END

WIDE RECEIVER

January 2019

Sunday	Monday	Tuesday	Wednesday	 Thursday	Friday	Saturday
All activities are subject to change.			1 10:15 Lovely Lane Methodist Church New Years Day	2 10:00 Brunch Bunch 3:00 Happy Hour with Nancy Hooten 4:00 Select Music Therapy	3 11:00 Bible Study with Cathy 2:45 Bingo	Good Eats & Treats Mid Afternoon Resident Led Farkle
5	6	7	8	9	10	11
10:00 Catholic Communion	10:00 Nail Care	9:45 Catholic Mass & Social	10:00 St. Andrews Academy & ARC Friends Craft & Exercise	10:00 Exercises & Brunch Bunch	10:00 Exercises Fun	Good Eats & Treats
	3:00 Trivia and Snacks	3:00 Craft & Snacks	2:00 Jehovah Witness Bible Stories	3:00 Snacks and Movies	11:00 Rosary Prayer with Marty	5:00 Charlotte & the Flute
4:00 King of Kings Lutheran Service	5:00 Bible Study Group	4:00 Select Music Therapy	3:00 Cards	4:00 Select Music Therapy	2:45 Bingo	Mid Afternoon Resident Led Farkle
	6:00 Leo Shima Band		3:00 Room to Room Reminiscing			
12	13	14	15	16	17	18
10:00 Catholic Communion	10:00 Nail Care	9:45 Catholic Mass & Social	10:00 ARC Friends & Games	10:00 Brunch Bunch	10:00 Exercises Fun	Good Eats & Treats
2:45 Friendship Baptist Church 3:00 Bingo with George	3:00 Munchies and a Movie 5:00 Bible Study Group	2:45 January Birthday party 4:00 Select Music Therapy 4:45 Games with Jared	2:00 Jehovah Witness Bible Stories3:00 Cards3:00 Room to Room Reminiscing	3:00 Happy Hour with Dave Wirtz 4:00 Select Music Therapy	11:00 Cathy's Bible Study Group 2:45 Bingo	Mid afternoon Resident Led Farkle
19	20	21	22	23	24	25
10:00 Catholic Communion	10:00 Reminisce with Friends & Neighbors (door to door)	9:45 Catholic Mass & Social	10:00 Exercise Games	10:00 Brunch Bunch	11:00 Rosary Prayer with Marty	Good Eats & Treats
4:00 King of Kings Lutheran Service	3:00 Bingo	2:30 Art with Xene 4:00 Select Music Therapy Group	2:00 Jehovah Witness Bible Stories 2:45 Music with Eldred Gerhold 3:00 Cards	3:00 Happy Hour with Harold Gray	3:30 Music with David Poggenklass	Mid afternoon Resident Led Frakle
Euthorum Sol vice	5:00 Bible Study Group			4:00 Select Music Therapy		
26	27	28	29	30	31	
10:00 Catholic Communion	10:00 Activity Council Meeting	9:45 Catholic Mass & Social	10:15 Lovely Lane Methodist Church	10:00 Brunch Bunch	3:00	
2:45 Friendship Baptist Church 3:00 Bingo with George	3:00 Baking with Activities 5:00 Bible Study Group	10:15 Devotional with Becky &Marty3:00 Corks & Canvas4:00 Select Music Therapy Group4:45 Games with Jared	2:00 Jehovah Witness Bible Stories 3:00 Cards 3:00 Room to Room Reminiscing	2:45 Bingo	Super Bowl Party	