



# Hiawatha Care Center Newsletter January 2021



*Happy  
New Year*  
★ 2021

**HIAWATHA CARE CENTER**  
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 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

### 2021 RESIDENT COUNCIL BOARD MEMBERS

Ron Jorgensen—President

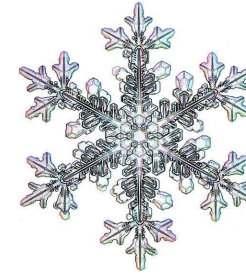
James Vick—Vice President

Carma Reiss—Secretary

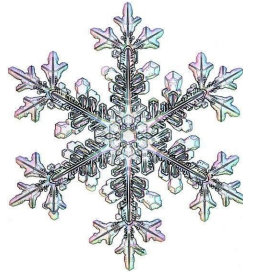
If you have any questions or concerns, please report them to your Resident Council Officers.

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, religion, or disability.



# January Birthdays



*Charlotte Stanford*  
*1/6/1937*

*Carma Reiss*  
*1/27/1949*

*Jeanette Kvach*  
*1/6/1934*

*James Vick*  
*1/5/1939*

*Cynthia Khan*  
*1/28/1956*

*Mary Jo Kline*  
*1//1//1937*



Hiawatha Care Center staff would like to thank all those that reached out and contributed to our

“Gifts for Grandparents.”

Thanks to your generosity you made Christmas extra bright for our residents this year.

Thank you!

- HCC Staff



Welcome to HCC



Marlene Cameron    Eleanora Rich    Kent Baker

Ray Davis    Linda Cole    Sandra Cook

Gary Stockton    James Washburn    Sheila Rose

Mary Jo Kline    Clyde Straka    Frances Heims

Terry Shurtz    Twyla Hutchins

Dellores Simpson    June Cabrnock



In Loving Memory



*Bruce Kubik    Lyle Sannes*

*Chang Douglas*

Sun

Mon

Tue

Wed

Thu

Fri

Sat



2021



<p><b>3</b> Malt-O-Meal, Poached Egg, Cinnamon Coffee Cake <b>Lunch:</b> Roast Beef, Mashed Potatoes, Beef Gravy, Seasoned Peas, Dinner Roll/Marg, Pie <b>Dinner:</b> BBQ Ribette/Bun, Cheesy Hash-browns, Green Beans, Strawberries &amp; Bananas</p>	<p><b>4</b> Oatmeal, Sausage Link, Pancakes/Syrup <b>Lunch:</b> Lasagna, Italian Cauliflower, Garlic Toast, Mint Cheesecake Brownie <b>Dinner:</b> Turkey Vegetables Soup, Crackers, Egg Salad Croissant, Tossed Salad/Dressing, Cinnamon Applesauce</p>	<p><b>5</b> Cream of Wheat, Cheddar Omelet, Toast, Margarine/Jelly <b>Lunch:</b> Smoked Pork Chop, Baked Potato/Marg, Sour cream, Cabbage Au Gratin, Bread/Butter, Pumpkin Blondie <b>Dinner:</b> Beef Pot Pie w/Cheddar Onion Biscuits, Winter Fruit Cup, Oatmeal Raisin Cookie</p>	<p><b>6</b> Oatmeal, Skillet Breakfast, Toast, Margarine/Jelly <b>Lunch:</b> Chicken Bowtie Condon Bleu, Broccoli, Garlic Breadstick, Spice Cake w/ Brown Butter Frosting <b>Dinner:</b> Honey Garlic Meatballs, Loaded Scalloped Potatoes, Country Trio Vegetables, Bread/Butter, Peaches</p>	<p><b>7</b> Malt-O-Meal, Sausage Patty, Raisin Toast, Margarine/Jelly <b>Lunch:</b> Philly Steak sandwich w/ Peppers &amp; Onions, Sweet Potatoes Wedges, Salted Caramel Pudding <b>Dinner:</b> Creamy Ham &amp; Bean Chowder, Crackers, Cornbread/Margarine, Tossed Salad/Dressing, Tropical Fruit</p>	<p><b>8</b> Oatmeal, Fruit &amp; Yogurt Parfait, Donut <b>Lunch:</b> Creamy Tuna Pasta Parmesan, Cascade Blend Vegetables, Garlic Toast, Strawberry Marshmallow Dessert <b>Dinner:</b> Wisconsin Cheese Soup, Crackers, Sloppy Joe/Bun, Pears, Coleslaw</p>	<p><b>9</b> Cream of Wheat, Breakfast Sandwich <b>Lunch:</b> Chicken Strips, Mashed Potatoes, Chicken Gravy, Glazed Carrots, Bread/Marg., Ice Cream Cup <b>Dinner:</b> Dorito Taco Salad, Cheddar Cornbread, Mandarin Oranges, Rice Krispie Square</p>
<p><b>10</b> Oatmeal, Little Smokies, Cinnamon Roll <b>Lunch:</b> Turkey Roast, Cornbread Stuffing, Broccoli Florets, Pumpkin Pie/Topping <b>Dinner:</b> Hamburger Deluxe, French Fries, Lettuce/Tomato/Onion, Baked Beans, Tropical Fruit</p>	<p><b>11</b> Malt-O-Meal, Fried Egg, Muffin/Marg. <b>Lunch:</b> Ham Balls, Baked Potato/Marg., Sunshine Carrots, Bread/Butter, Blueberries &amp; Cream Angel Dessert <b>Dinner:</b> Loaded Chicken Noodle Soup, Everything Ham * Cheese Slider, Creamy Cucumbers Salad, Pears</p>	<p><b>12</b> Oatmeal, Hard Boiled Egg, Bacon, Toast, Margarine/Jelly <b>Lunch:</b> Country Fried Steak, Mashed Potatoes, Country Gravy, Brown Sugar Glazed Beets, Cookie Dough Cheesecake <b>Dinner:</b> Chili, Chili Fixin's, Crackers, Tossed Salad/Dressing, Pineapple</p>	<p><b>13</b> Cream of Wheat, Scrambled Egg/Cheese, Toast/Margarine/Jelly <b>Lunch:</b> Glazed Meatloaf, Mixed Vegetables, Mashed Potatoes/Marg, Dinner Roll/Marg., Chocolate Chip Cookie <b>Dinner:</b> Gravy Fries w/ Shredded Beef Platter, Carrots, Bread/Butter, Mandarin Oranges</p>	<p><b>14</b> Oatmeal, Poached Egg, Toast, Margarine/Jelly, Banana Half <b>Lunch:</b> Honey Dijon Pork Loin, Baked Sweet Potato, Bread/Butter, Normandy Vegetables, Cherry Crisp <b>Dinner:</b> Cheeseburger Soup, Cheese Stuffed Breadstick, Apricots, No Bake Peanut Butter Bar</p>	<p><b>15</b> Malt-O-Meal, Sausage Gravy, Biscuit <b>Lunch:</b> Breaded Cod Scrod, Bread/Butter, Herbed Rice, Cauliflower Au Gratin, Cranberry Orange Cake <b>Dinner:</b> Taco Mac &amp; Cheese, Tossed Salad/Dressing, Green Beans, Cornbread Muffin, Fruited Gelatin</p>	<p><b>16</b> Oatmeal, Scrambled Egg Patty, Toast, Margarine/Jelly <b>Lunch:</b> Cheddarwurst/Bun, Sweet Pepper Slaw, Potato Salad, Tapioca Pudding w/ topping &amp; Cherry Garnish <b>Dinner:</b> Creamed Chipped Beef over Toast, Peas, Peaches, Brownie</p>
<p><b>17</b> Cream of Wheat, Ham &amp; Egg Frittata, Toast, Margarine/Jelly <b>Lunch:</b> Pork Roast, Mashed Potatoes, Pork Gravy, Brussels Sprouts, Dinner Roll/Marg., Pie <b>Dinner:</b> Chicken Parmesan Soup, Tossed Salad/Dressing, Garlic Toast, Applesauce</p>	<p><b>18</b> Oatmeal, Poached Egg, Toast, Margarine/Jelly <b>Lunch:</b> Spaghetti/Meat Sauce, Italian Blend Vegetables, Garlic Breadstick, Pumpkin Bar <b>Dinner:</b> Fish Sandwich, Tartar Sauce, French Fries, Green Beans, Apricots</p>	<p><b>19</b> Malt-O-Meal, Bacon, Scrambled Egg Patty, English Muffin, Margarine/Jelly <b>Lunch:</b> Ranch Chicken Breast, Baked Potato/Marg, Sour Cream, Carpi Blend Vegetables, Bread/Butter, Flamingo Cake <b>Dinner:</b> Cream of Potato Soup, Crackers, Turkey &amp; Swiss Croissant Lettuce &amp; Tomato Slice, Peaches</p>	<p><b>20</b> Oatmeal, Sausage Patty, Long John <b>Lunch:</b> Open Face Hot Beef Sandwich, Mashed Potatoes, Broccoli, Caramel Apple Crisp <b>Dinner:</b> Cream of Tomato Soup, Grilled Cheese Sandwich, Coleslaw, Winter Fruit Cup</p>	<p><b>21</b> Cream of Wheat, Fried Egg, Toast, Margarine/Jelly <b>Lunch:</b> Mulligan Stew, Crackers, Cottage Cheese Fruit Plate, Cinnamon Roll Cake <b>Dinner:</b> Clam Chowder or Cheesy Broccoli Soup, Cheese Stuffed Breadstick, Peas Salad, Strawberry Pretzel Dessert</p>	<p><b>22</b> Oatmeal, Sausage Link, Pancakes/Syrup <b>Lunch:</b> Chicken Cordon Bleu, Party Potatoes, Lemon Glazed Carrots, Dinner Roll, Pie <b>Dinner:</b> Beef &amp; Noodles, Cascade Blend Vegetables, Fresh Baked Bread, Fruited Gelatin</p>	<p><b>23</b> Malt-O-Meal, Scrambled Egg, Toast, Margarine/Jelly <b>Lunch:</b> Salisbury Bury Steak w/ Mushroom Gravy, Mashed Potatoes, Green Beans, Bread/Marg. Cake Roll <b>Dinner:</b> Chicken Enchilada Casserole, Mexican Rice, Corn, Fruit Cocktail</p>
<p><b>24</b> Oatmeal, Scrambled Egg Patty, Donut <b>Lunch:</b> Baked Ham, Yam Souffle, California Vegetables, Dinner Roll, Pie <b>Dinner:</b> Hamburger/Bun, Lettuce/Tomato/Onion, Potato Salad, Carrots, Chocolate Chip Cookie</p>	<p><b>25</b> Cream of Wheat, Little Smokies, Muffin/Margarine <b>Lunch:</b> Chicken Strips, Mashed Potatoes, Chicken Gravy, Country Trio Vegetables, Bread/Butter, Strawberry Cheesecake <b>Dinner:</b> Supreme Pizza, Mixed Vegetables, Toss Salad/Dressing, Mandarin Oranges</p>	<p><b>26</b> Oatmeal, Sausage Link, Pancake/Syrup <b>Lunch:</b> Italian Cannelloni w/ Blushed Sauce, Riviera Vegetables, Garlic Toast, Chocolate Toffee Dessert <b>Dinner:</b> Steakhouse Vegetable Soup, Crackers, Roast Beef &amp; Cheddar Sandwich, Lettuce/Tomato, Pineapple</p>	<p><b>27</b> Malt-O-Meal, Everything Bagel Bake <b>Lunch:</b> Herbed Pork Loin, Scalloped Potatoes, Zucchini Parmesan, Bread/Marg, Autumn Gelatin Parfait <b>Dinner:</b> Roast Turkey French Dip, Dill Pickle Pasta Salad, Marinated Tomatoes &amp; Cucumbers, Pears</p>	<p><b>28</b> Oatmeal, Hard Boiled Egg, Wheat Toast, Margarine/Jelly <b>Lunch:</b> BBQ Meatloaf, Macaroni &amp; Cheese, parslid Carrots, Caramel Apple Bar <b>Dinner:</b> Cuban Slider, French Fries, Zesty Corn, Fruit Cocktail</p>	<p><b>29</b> Cream of Wheat, Sausage Gravy, Biscuit <b>Lunch:</b> Breaded Cod Scrod, Tartar Sauce, Garden Blend Rice, Broccoli, Blueberry Lemon Upside Down Cake <b>Dinner:</b> Homemade Chili, Crackers, Cinnamon Roll, Tossed Salad/Drsg, Peaches</p>	<p><b>30</b> Oatmeal, Scrambled Egg/Cheese, Toast, Margarine/Jelly <b>Lunch:</b> Country Fried Steak, Mashed Potatoes, Country Gravy, Capri Blend Vegetables <b>Dinner:</b> Pork Tenderloin on Bun, Pickles &amp; Onions, Sweet Potato Tots, Coleslaw, Pumpkin Crisp</p>
<p><b>31</b> Malt-O-Meal, Poached Egg, Cinnamon Coffee Cake <b>Lunch:</b> Roast Beef, Mashed Potatoes, Beef Gravy, Seasoned Peas, Dinner Roll/Marg, Pie <b>Dinner:</b> BBQ Ribette/Bun, Cheesy Hash-browns, Green Beans, Strawberries &amp; Bananas</p>						

# Christmas Party 2020



# Christmas Party 2020



## Resident of the Month



Brenda Goff

**Birthday:** July 23rd, 1949 in Posey, Indiana

**Grew up:** Posey, Indiana with her 3 siblings, then they moved several places when she was in her teens up until the end of her high school year.

**Graduated:** In 1967 from Clay Center Kansas.

**Job:** Right after High School she took a position as a keypunch operator at Collins Radio. She ended up working there for over 40 years.

**Interest:** She has enjoyed being involved with her church Gospel Light Baptist. She was a part of a group called the Darling Sisters. In the group she played the spoons. She has also enjoyed cross stich, crewel embroidery, and getting together with her friends once a month as well as spending time with her family.

Brenda has been a part of the Hiawatha Care Center family since April of 2020. She enjoys visiting with others, attending activities such as crafts, watching movies, going outdoors, playing bingo, and happy hour. She likes to help others, is very quick witted, and can always be seen with a smile on her face.

## A Note from the Nurse

### All Families

If you are setting up or canceling any appointments for your loved ones, please be sure to notify Hiawatha Care Center ASAP.

### New Residents Families

When coming from the hospital to our facility, your loved one may already have a scheduled appointment set up. If this appointment is during the time while they are here, Hiawatha Care Center will schedule the transportation. When families cancel these appointments and don't notify us, your loved one is then unnecessarily sent out to these appointments, thus returning to us upset. Not to mention the cost of the unnecessary transportation that could have been avoided.

Thank you for your help.

-HCC Nursing Staff

# Art & Wine



## Football Terms Word Search

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

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 2021

<p>1 10:30 Morning Matinee 4:00 Resident Social Hour *All day Independent Activities *Ch. 21 &amp; 22 Church Services</p>	<p>2 4:00 Resident Social Hour in SW dining room *All day independent Activities</p>	<p>3 10:30 Morning Matinee 4:00 Resident Social Hour *All day Independent Activities *Ch. 21 &amp; 22 Church Services</p>	<p>4 <u>National Trivia Day</u> 10:00 Manicure Monday 2:30 Trivia 4:30 Online Church Service</p>	<p>5 10:00 Senior Fitness/Exercises 2:30 Winter Craft with Activities</p>	<p>6 10:00 Reminiscing with Activities 2:30 Cards &amp; Games 4:00 Social Hour</p>	<p>7 10:00 Sip &amp; Social Hour 2:30 Happy Hour 4:00 Hallway Rollin &amp; Strollin</p>	<p>8 10:30 Morning Matinee 4:00 Resident Social Hour *All day Independent Activities *Ch. 21 &amp; 22 Church Services</p>	<p>9 10:00 Manicure Monday 2:30 January B-day Party 4:30 Online Church Service</p>	<p>10 10:00 Hot Cocoa Bar &amp; Social 2:30 Corks &amp; Canvas </p>	<p>11 10:00 Reminiscing with Activities 2:30 Cards &amp; Games 4:00 Social Hour</p>	<p>12 10:00 Sip &amp; Social Hour 2:30 Happy Hour 4:00 Hallway Rollin &amp; Strollin</p>	<p>13 10:00 Reminiscing with Activities 2:30 Cards &amp; Games 4:00 Social Hour</p>	<p>14 10:00 Sip &amp; Social Hour 2:30 Happy Hour 4:00 Hallway Rollin &amp; Strollin</p>	<p>15 10:30 Morning Matinee 4:00 Resident Social Hour *All day Independent Activities *Ch. 21 &amp; 22 Church Services</p>	<p>16 <u>Martin Luther King Day</u> 10:00 Manicures Monday 2:30 Women's Group 4:30 Online Church Service</p>	<p>17 <u>National Popcorn Day</u> 10:00 Senior Fitness/Exercises 2:30 Movie &amp; Popcorn </p>	<p>18 10:00 Reminiscing with Activities 2:30 Cards &amp; Games 4:00 Social Hour</p>	<p>19 10:00 Sip &amp; Social Hour 2:30 Happy Hour 4:00 Hallway Rollin &amp; Strollin</p>	<p>20 10:45 Catholic Rosary Prayer with Marty 2:30 Bingo </p>	<p>21 10:00 Activities with Hannah 4:00 Resident Social Hour *All day independent Activities</p>	<p>22 10:30 Morning Matinee 4:00 Resident Social Hour *All day Independent Activities *Ch. 21 &amp; 22 Church Services</p>	<p>23 10:00 Manicure Monday 2:30 Men's Group with Aaron 4:30 Online Church Service</p>	<p>24 10:00 Baking with Activities 2:30 Hot Cocoa Bar &amp; Social</p>	<p>25 10:00 Reminiscing with Activities 2:30 Cards &amp; Games 4:00 Social Hour</p>	<p>26 10:00 Sip &amp; Social Hour 2:30 Happy Hour 4:00 Hallway Rollin &amp; Strollin</p>	<p>27 10:00 Bible Study Group 2:30 Bingo</p>	<p>28 10:00 Hallway Rollin &amp; Strollin 4:00 Resident Social Hour in SW dining room *All day independent Activities</p>	<p>29 10:30 Morning Matinee 4:00 Resident Social Hour *All day Independent Activities *Ch. 21 &amp; 22 Church Services</p>	<p>All activities are subject to change.</p> 
<p>30 10:30 Morning Matinee 4:00 Resident Social Hour *All day Independent Activities *Ch. 21 &amp; 22 Church Services</p>																													