



WINTER



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



boots	hot chocolate	shovel	snowboard
flurries	icicle	skates	snowman
frozen	igloo	skiing	snowsuit
gloves	mittens	sledding	sweater
hockey	penguin	snow angels	toboggan
holidays	scarf	snowball	winter

Hiawatha Care Center's January 2022 Newsletter



405 N 15TH AVENUE, HIAWATHA, IA 52233

319-378-8583

hccinfo@hiawathacarecenter.com or kwalton@hiawathacarecenter.com



January Birthday's

Waneta Beasmore

James Vick

Jeanette Kvach

Charlotte Stanford

Charles Weepie

Richard Brewer

Carma Reiss

Cindy Khan

Randy Kulhavy

January Highlight Events

We now have group activities on the weekends!

1/1: News Years Day

1/17: Martin Luther King Day

In Loving Memory

Marion Mordorst

Alan Finger

Juliann Scott

Raymond Scott

*A Snow
Flake is
Winters
Butterfly*

Welcome to Hiawatha Care Center

Arlene Bader

Shirley Fuller

Martha Barry

Susan Leonard

Bonnie Lillis

Robert Ebeling

Martha Ennis

Cecelia Heald

Juanita Mahin

Dale Muller

Frances Frett

Charles Weepie

Sharon Cornelius

Waneta Beasmore

Terry Williams

Shirley Wilson

Charles Noaker

Barbara Steger



*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.



Christmas Door Decorating Contest

Winner: Pat Strobe

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

JANUARY Menu 2022

1 Oatmeal, 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

2 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

3 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 Butter Mousse, **Dinner: Choice 1:** Fish Sandwich Deluxe **Choice 2:** Turkey Burger Deluxe, **Sides:** Lettuce Leaf/Tomato Slice, Potato Salad, Blushing Pears, Sherbet Cup

4 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

5 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

6 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

7 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

8 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

9 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:** Peas

10 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

11 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

12 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

13 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

14 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

15 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

16 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

17 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

18 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

19 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

20 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, Chocolate chip Cookies

21 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

22 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

23 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 Tanglers, Creamy Coleslaw, Sugar Cookie

24 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

25 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

26 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, Peas

27 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

28 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

29 Oatmeal, 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

30 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

31 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 Butter Mousse, **Dinner: Choice 1:** Fish Sandwich Deluxe **Choice 2:** Turkey Burger Deluxe, **Sides:** Lettuce Leaf/Tomato Slice, Potato Salad, Blushing Pears, Sherbet Cup





VOLUNTEERS

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!

Just a Reminder

Hiawatha Care Center's Visiting Hours:

9:00 am—11:45am

1:15pm—5:30pm

6:30 pm—8:00pm

- All visitors are required to wear masks at all times while in the building.
- At this time, group activities are for residents, staff and volunteers. We will notify when this changes.
- If you are taking your loved one out of the building, please notify their nurse ahead of time.
 - If your email changes, please notify the Activities Director, so that we may keep you updated with the latest information!

-Hiawatha Care Center's visiting guidelines are always subject to change.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January Activities Calendar

All Activities are subject to change. Please refer to the whiteboards in the dining rooms for the daily activities.

1 **New Years Day**
2:00 Farkle with Kate
4:00 Movie & Popcorn

2
10:00 Catholic Communion with St. Elizabeth's
2:00 Crafts with Kate
4:00 Kings of Kings Lutheran Church Service

3
10:00 Manicure Monday's
2:30 Baking/Cooking with Activities
5:00 Bible Study Group

4
10:00 Room to Room Visits
2:30 Cards & Snacks

5
10:00 Online Catholic Mass In the Activity Room
2:30 Crafts with Activities
3:30 Select Music Therapy

6
10:00 Kitchen Creations
2:30 Happy Hour with Dave Wirtz

7
11:00 Cathy's Bible Study Group
2:30 Bingo Hour

8
2:00 Farkle with Tesa
4:00 Uno with Tesa

9
10:00 Catholic Communion with St. Elizabeth's
2:00 Bingo with Tesa

10
10:00 Manicure Monday's
2:30 Corks & Canvas
5:00 Bible Study Group

11
10:00 Gospel Light Baptist Church Service
2:30 January Birthday Party With David Marshall

12
10:00 Exercise Fun
2:30 Spa Day
3:30 Select Music Therapy

13
10:00 Kitchen Creations
2:30 Social Hour with Music & Snacks

14
11:00 News, Coffee, & Social
2:30 Bingo Hour

15 **National Hat Day**
2:00 Farkle with Kate
4:00 Movie & Popcorn

16
10:00 Catholic Communion with St. Elizabeth's
2:00 Crafts with Kate
4:00 Kings of Kings Lutheran Church Service

17
10:00 Manicure Monday's
2:30 Piano Music with Eldred Gerhold
5:00 Bible Study Group

18
10:00 Room to Room Visits
2:30 Cards & Snacks

19 **National Popcorn Day**
10:00 Online Church Service Non-Denominational
2:30 Movie & Popcorn
3:30 Select Music Therapy

20
10:00 Kitchen Creations
2:30 Happy Hour with "The Flip Side"

21 **National Squirrel Appreciation Day**
11:00 Cathy's Bible Study Group
2:30 Bingo Hour

22
2:00 Farkle with Tesa
4:00 Uno with Tesa

23
10:00 Catholic Communion with St. Elizabeth's
2:00 Bingo with Tesa

24
10:00 Manicure Monday's
2:30 Fun Science Experiments
5:00 Bible Study Group

25
10:00 Room to Room Visits
2:30 Cards & Snacks

26
10:00 Lovely Lane Methodist Church Service
2:30 Ice Cream Social
3:30 Select Music Therapy

27
10:00 Kitchen Creations
2:30 Happy Hour with Harold Grey

28 **National Have Fun @ Work**
11:00 News, Coffee, & Social
2:30 Bingo Hour

29
2:00 Farkle with Kate
4:00 Movie & Popcorn

30
10:00 Catholic Communion with St. Elizabeth's
2:00 Crafts with Kate

31
10:00 Manicure Monday's
2:30 Wheel of Fortune
5:00 Bible Study Group

