

Activities to keep me busy when there is not a group activity going on

Daily House Newspaper: Located at each nurses station every morning!

- We have one local paper at each nurse's station for residents to look at and return when done.

Puzzles: Located in the Activity room in the white cupboards!

- We have variety, ranging from 50 to 500 piece puzzles available.

Crosswords/Word Searches: Located in the Activity room in the white drawers!

- We have printed out work sheets to keep your mind busy.

Books: Located in the Library on the Book Shelves!

- We have a variety to choose from.

Magazines: Located in the Activity room in the white drawers!

- We have a variety to choose from

Adult Coloring Books: Located in the Activity room in the white drawers!

- We have books and sheets to choose from
- We have colored pencils, crayons, and markers.

Deck of Cards: Located in the Activity room in the brown Cupboard!

- We have several decks to choose from.

Board Games: Located in the Activity room in the brown cupboard!

- We have a variety of games to choose from.

Small Crafts: Located in the Activity room in the white drawers!

- We have mini do it your self crafts for you to grab and go or do in our Activity room.

DVD's/CD's: Located in the West Dining room glass cabinet on the wooden floor!

- We have a variety of movies or CD's for you to choose from to watch on the TV's.
- Note if you need to borrow a DVD player for you room please get hold of the Activities Director.

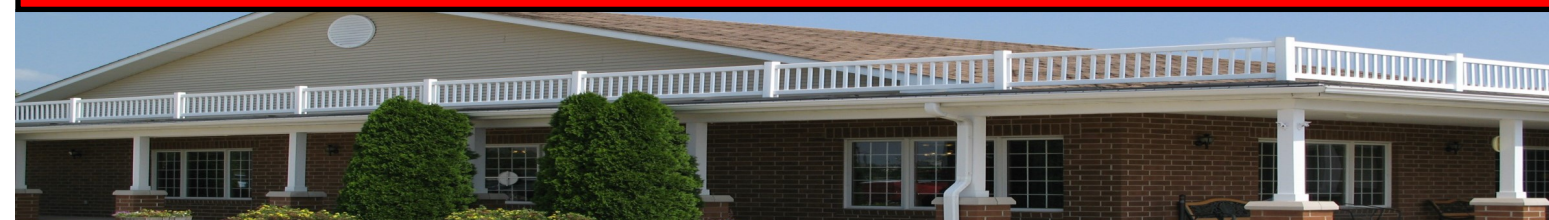
Sensory Items: Located in the Activity room in the brown cupboard!

- If you are wanting something to keep your hands busy.

These items are made available to all residents & rehab patients to borrow. Any staff member can assist getting these items if needed. All items that are not disposable need to be returned to where they were borrowed from.

If you have any questions please contact Hannah Waters, Activity Director.

Hiawatha Care Center's July 2021 Newsletter



405 N 15TH AVENUE, HIAWATHA, IA 52233

319-378-8583

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

July Birthdays

Nancy Domer 7/1

Karla Fisher 7/6

Jackie Henningson 7/9

Naomi Mitchell 7/9

Methel Daniel 7/9

Patricia Strobe 7/11

Eleanora Rich 7/13

Richard Johnson 7/14

Doris Simon 7/23

Sharon Long 7/23

Brenda Goff 7/23

Vilma Nejd 2/27

Darlene Carlson 7/31

July Events

7/1: Fourth of July Parade @ 11:00 am

7/1: Fourth of July Happy Hour



In Loving Memory

Eugene Primrose

Judy Liebe

Mildred Flint

Virginia Zhan

Shirley Omar

**Land of the free,
because of
the brave**



Welcome to Hiawatha Care Center

Josephine Walter

Dalene Mckinnon

Sandra Johnson

Herbert Hartz

Rita Kay

Linda Williams

Randy Kulhavy

Donna Starr

Darlene Hartkemeyer

Betty Stoklasa

Marie Byers

Richard Johnson

Sharon Knudson

Dallas Hogan

Jeanette Cervone

Karla Fisher

Loraine Sakulin

*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 Boote
Restorative Therapy Director	Tammy Ronnebaum
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.



Playing in the Garden

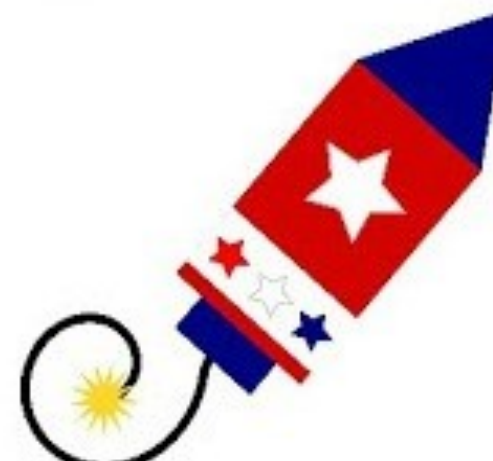


4th of July

Word Search



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



America
Barbeque
Celebration
Fireworks
Flag
Freedom
Independence

Liberty
Parade
Red White and Blue
Stars and Stripes
Uncle Sam
USA

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Menu for July



<p>4 Oatmeal, Frittata, Fruit Turnover Lunch: Choice 1: Smokey Ranch Chicken, Choice 2: Beef Minute Steak Sides: Potato Salad, Baked Beans, Dinner Roll/Marg., Pie, Dinner: Choice 1: Tuna Mac & Cheese, Bread/Butter, Choice 2: Sloppy Joe on Bun, Cheddar Cheese Munchers, Sides: Mixed Vegetables, Raspberry Peaches</p>	<p>5 Cream of Wheat, Scrambled Egg, Flaky Biscuit, Honey, Lunch: Choice 1: Brisket Grilled Cheese, Choice 2: Tavern Battered Cod, Tartar Sauce, Sides: French Fries, Cole-slaw, Pineapple, Dinner: Choice 1: Garden Vegetable Soup, Assorted Crackers, Summer Sausage & Cheese Plate, Choice 2: Bacon Cheddar Ranch Chicken Salad Wrap, Potato Chips Sides: Beet Pickles, Monster Bars</p>	<p>6 Malt-O-Meal, Sausage Patty, Toast, Lunch: Choice 1: Smothered pork Chop/Gravy, Choice 2: Chicken Tenders, Sides: Mashed Potatoes, Cascade Vegetables, Strawberry Shortcake, Dinner: Choice 1: Pulled Pork on Hoagie Bun, Choice 2: Breaded Chicken Fillet on Bun, Sides: Summer Fresh Pasta Salad, Marinated tomatoes & Cucumbers, Oranges Slices</p>	<p>7 Oatmeal, Fruit & Yogurt Parfait, Raisin Toast, Lunch: Choice 1: Lasagna Choice 2: Beef Minutes Steak, Mashed Potatoes, Beef Gravy, Sides: Peas, Garlic Toast, Scotcharoos, Dinner: Choice 1: Cheeseburger Tot Casserole, Carrots, Bread/Marg, Choice 2: Turkey Club Slider with Lettuce/Tomato, Potato Chips, Sides: Tropical Fruit</p>	<p>1 Oatmeal, Sausage Gravy, Flaky Biscuit Lunch: Choice 1: Sour Cream Dill Chicken Breast, Choice 2: Baked Ham Sides: Roasted Ranch Red Potatoes, Steamed Asparagus, Bread/Butter, M & M Pretzel Cheese-cake, Dinner: Choice 1: Turkey & Rice Casserole, Choice 2: Breaded Pork Patty/Bun, Lettuce & Tomato Slice, Sides: Mixed Vegetables, Apple Slices</p>	<p>2 Cream of Wheat, Egg O' Muffin with Cheese, Lunch: Choice 1: Chicken Alfredo, Choice 2: Beef & Noodles, Sides: Broccoli Florets, Garlic Breadstick, Blueberry Gelatin Dessert, Dinner: Choice 1: Bratwurst on Bun, Seasoned Tots, Choice 2: Fiesta Potato Platter, Shredded Lettuce/Tomato, Sides: Layered Salad, Pears</p>	<p>3 Malt-O-Meal, Fried Egg, Caramel Roll Lunch: Choice 1: Meatloaf, Sour Cream Mashed Potatoes, Green Beans, Bread/Butter, Choice 2: Roast Beef/Swiss Croissant, Cucumber Pasta Salad Sides: Fruit Cocktail, Dinner: Choice 1: Smothered Beef & Bean Burrito, Shredded Lettuce/Tomato, Corn & Black Bean Salad, Choice 2: Tater Tot Casserole, Corn, Bread/Marg. Sides: Brownie</p>
<p>11 Oatmeal, Cheese Omelet, Cinnamon Roll, Lunch: Choice 1: French Onion Roast Beef, Beef Gravy, Choice 2: Pork Chop, Sides: Honey Dill Carrots, Roll/Marg, Strawberry Pie, Dinner: Choice 1: Roast Beef, Sandwich on a Hoagie Bun, Lettuce & Tomato Slice, Potato Chips, Pickled Beets Choice 2: Chef Salad Sides: Reese's Krispie Treat</p>	<p>12 Cream of Wheat, Sausage Links, Pancakes/Syrup, Lunch: Choice 1: Honey Bourbon BBQ Ribs, Choice 2: Tavern Battered Cod, Sides: Baked Sweet Potato, Balsamic Roasted Broccoli, Bread/Marg, Salted Caramel Pudding, Dinner: Choice 1: Cheeseburger on Bun, Lettuce/Tomato/Onion, Potato Chips Choice 2: Chicken Club Salad/Dressing Roll/Marg,, Sides: Mixed Berries</p>	<p>13 Malt O Meal, Sausage Gravy, Biscuits Lunch: Choice 1: Tuscan Chicken W/ Pasta, Choice 2: Salisbury Steak W/Brown Gravy, Mashed Potatoes Sides: Peas, Garlic Toast, Fresh Grapes, Dinner: Choice 1: Cheddar-wurst On Bun, Seasoned Fries, Choice 2: Turkey Spinach Wrap, Sun Chips Sides: Peaches, Brownie W/ Choc Frosting</p>	<p>14 Oatmeal, Scrambled Egg Patty, Bacon, English Muffin, Margarine/Jelly Lunch: Choice 1: Breaded Chicken Tenders, Biscuit/Honey, Choice 2: Rueben Sandwich Sides: Potato Salad, Creamy Cucumber Salad, , Ice Cream Cup, Dinner: Choice 1: Beefy Ranch Casserole, Roasted Lemon Asparagus, Bread/Marg Choice 2: Ham & Cheese Sandwich, Lettuce & Tomato Slice, Spring Pasta Salad, Sides: Pears</p>	<p>15 Cream of Wheat, Hard Boiled Egg, Blueberry Muffins, Lunch: Choice 1: Philly Meat-loaf, Parslied Red Potatoes, Choice 2: Turkey Noodle Casserole, Sides: Corn, Bred/Marg, Black Forest Cheesecake Dinner: Choice 1: Sweet & Sassy Pork Burger Choice 2: Hot Dog, Pickle Relish Sides: Coleslaw, Baked Beans, Fresh Apple Slices</p>	<p>16 Malt O Meal, Sausage & Potato Breakfast Casserole, Toast, Marg/Jelly, Lunch: Choice 1: Buttered Crumb Pollock, Tarter Sauce, Choice 2: Baked Ham Sides: Macaroni & Cheese, Cascade Blend Vegetables, Cashew Pea Salad, Watermelon Dinner: Choice 1: Supreme Pizza, Choice 2: Pulled Pork Sides: Tossed Salad, Mixed Vegetables, Mango & Pineapple</p>	<p>17 Oatmeal, Scrambled Egg, Toast, Marg/Jelly, Lunch: Choice 1: Country Fried Steak, Mashed Potatoes, Country Gravy, Roasted Parmesan Green Beans, Bread/Marg Choice 2: Cottage Cheese/ Fruit Plate, Crackers, Dinner: Choice 1: Chicken & Noodles Choice 2: Hamburger Steak W/Gravy, Mashed Potatoes Sides: Peas & Carrots, Breadstick, Mandarin Oranges</p>
<p>18 Cream Of Wheat, Little Smokies, Glazed Donut, Lunch: Choice 1: Spiced Ham Choice 2: Herb Baked Ham Sides: Swiss Scalloped Potatoes, Lemon Kissed Asparagus, Roll/Marg, Cherry Pie, Dinner: Choice 1: Ham & Cheese Quiche, Muffin/Marg, Choice 2: Hamburger, Lettuce/ Tomato/ Onion, French Fries Sides: Carrots, Mandarin Oranges</p>	<p>19 Malt O Meal, Poached Egg, Toast, Marg/Jelly, Lunch: Choice 1: Chicken Cheddar Mashed Bowl, Choice 2: Pork Tenderloin, Pickles & Onions, Mashed Potatoes Sides: Mixed Vegetables, Twisted Strawberry Shortcake, Dinner: Choice 1: Pizza Patty/Bun, Choice 2: Fried Chicken Salad, Sides: Sweet Potato Tots, Marinated Cucumbers, Pears & Blueberries</p>	<p>20 Oatmeal, Fried Egg, Cinnamon Coffee Cake Lunch: Choice 1: Baked Penne & Sausage Choice 2: Beef Minute Steak, Mashed Potatoes Sides: Seasoned Green Beans, Garlic Toast, Cantaloupe Dinner: Choice 1: Turkey & Swiss Croissant Choice 2: Tuna Salad on Croissant Sides: Lettuce & Tomato Slice, Potato Chips, Chocolate Peanut Butter Cup Parfait</p>	<p>21 Cream of Wheat, Blueberry Toast, Sausage Patty, Lunch: Choice 1: Cod Scrod, Choice 2: BBQ Meatballs, Sides: Baked Potato/Marg, Roasted Broccoli w/Bacon, Bread/Marg, Peaches & Cream Cobbler, Dinner: Choice 1: Italian Combo Slider, Shredded Lettuce/Tomato, Coleslaw Choice 2: Egg O Biscuit, Tomato Slices, Tater Tots, Sides: Fruited Gelatin</p>	<p>22 Malt-O-Meal, Fruit & Yogurt Parfait, Danish Lunch: Choice 1: Smothered Pork Chop, Baked Sweet Potato Choice 2: Turkey Burger on Bun, Lettuce/Tom/Onion, Sides: Peas, Frosted Brownie, Dinner: Choice 1: Sloppy Joe/Bun, Choice 2: Breaded Chicken on Bun, Sides: Parmesan French Fries, Country Trio Vegetables, Fresh Melon Cup</p>	<p>23 Oatmeal, French Toast Breakfast Casserole, Banana Half, Lunch: Choice 1: Swiss Steak w/ Tomatoes, Choice 2: Lemon Pepper Tilapia Fillet, Sides: Mashed Potatoes, Beef Gravy, Corn, Mixed Berry Pretzel Dessert, Dinner: Choice 1: Tater Tot Casserole, Carrots, Breadstick, Choice 2: Mediterranean Chicken & Pasta Salad, Sides: Mandarin Oranges</p>	<p>24 Cream of Wheat, Scrambled Egg with Cheese, Toast, Margarine/Jelly, Lunch: Choice 1: Spaghetti, Tossed Salad/Dressing, Garlic Toast, Choice 2: Chicken Salad Sandwich, Potato Chips, Sides: Ice Cream Cup Dinner: Choice 1: Hot Dog/Bun, Potato Salad, Baked Beans, Choice 2: Chef Salad, Crackers, Sides: Fresh Grapes</p>
<p>25 Malt-O-Meal, Sausage Link, Frosted Long John, Lunch: Choice 1: Turkey Roast, Turkey Gravy, Choice 2: Cheddarwurst, Sauerkraut, Sides: Mashed Potatoes, Broccoli w/ Cheese, Dinner Roll/Marg., Pie, Dinner: Choice 1: Creamed Chipped Beef/Toast, Peas, Choice 2: Chicken Noodle Soup, Roast Beef Sandwich, Lettuce & Tomato Slice, Sides: Watermelon</p>	<p>26 Oatmeal, Hard Boiled Egg, Toast, Margarine/Jelly, Lunch: Choice 1: Cheeseburger Deluxe, Lettuce/Tom/Onion, Choice 2: Tavern Battered Cod, Tartar Sauce, Cascade Blend Vegetables, Sides: Sweet Potato Tots, Strawberry Shortcake, Dinner: Choice 1: chicken Parmesan Sandwich, Choice 2: BBQ Ribette/Bun, Sides: Rotini Pasta Salad, mango & Bananas, Snickerdoodle Cookie</p>	<p>27 Cream of Wheat, Sausage Patty, Chocolate Chip Pancakes/Syrup Lunch: Choice 1: Hot Beef Sandwich, Mashed potatoes/Beef Gravy, Choice 2: Chicken & Rice Bake, Tossed Salad W/Dressing, Sides: Honey buttered Corn, Cherry Pie Crisp, Dinner: Choice 1: Cream of Potato Soup/Crackers, Egg Salad Slider, Lettuce & Tomato Slice, Choice 2: Italian Goulash, Mixed Vegetables Sides: Mixed Berries, Ice Cream Cup</p>	<p>28 Malt-O-Meal, Scrambled Egg, Toast Lunch: Choice 1: BLT, Cottage Cheese, Potato Chips, Choice 2: Turkey A LA King, Flaky Biscuit, Sides: Pineapple, Dinner: Choice 1: Cheesy Chicken Parmigiana, Spaghetti Noodles, Garlic Toast, Carrots, Choice 2: Taco Salad, Shredded Lettuce/Tomato, Salsa, Sour Cream, Sides: Italian Cream Cake</p>	<p>29 Oatmeal, Sausage Gravy, Flaky Biscuit Lunch: Choice 1: Sour Cream Dill Chicken Breast, Choice 2: Baked Ham Sides: Roasted Ranch Red Potatoes, Steamed Asparagus, Bread/Butter, M & M Pretzel Cheese-cake, Dinner: Choice 1: Turkey & Rice Casserole, Choice 2: Breaded Pork Patty/Bun, Lettuce & Tomato Slice, Sides: Mixed Vegetables, Apple Slices</p>	<p>30 Cream of Wheat, Egg O' Muffin with Cheese, Lunch: Choice 1: Chicken Alfredo, Choice 2: Beef & Noodles, Sides: Broccoli Florets, Garlic Breadstick, Blueberry Gelatin Dessert, Dinner: Choice 1: Bratwurst on Bun, Seasoned Tots, Choice 2: Fiesta Potato Platter, Shredded Lettuce/Tomato, Sides: Layered Salad, Pears</p>	<p>31 Malt-O-Meal, Fried Egg, Caramel Roll Lunch: Choice 1: Meatloaf, Sour Cream Mashed Potatoes, Green Beans, Bread/Butter, Choice 2: Roast Beef/Swiss Croissant, Cucumber Pasta Salad Sides: Fruit Cocktail, Dinner: Choice 1: Smothered Beef & Bean Burrito, Shredded Lettuce/Tomato, Corn & Black Bean Salad, Choice 2: Tater Tot Casserole, Corn, Bread/Marg. Sides: Brownie</p>

The Snack Cart

Hiawatha Care Center utilizes a snack cart that travels up and down the hallways in the evenings and is available in the afternoons.

**Afternoon snack cart varies depending on the group activity that day.*

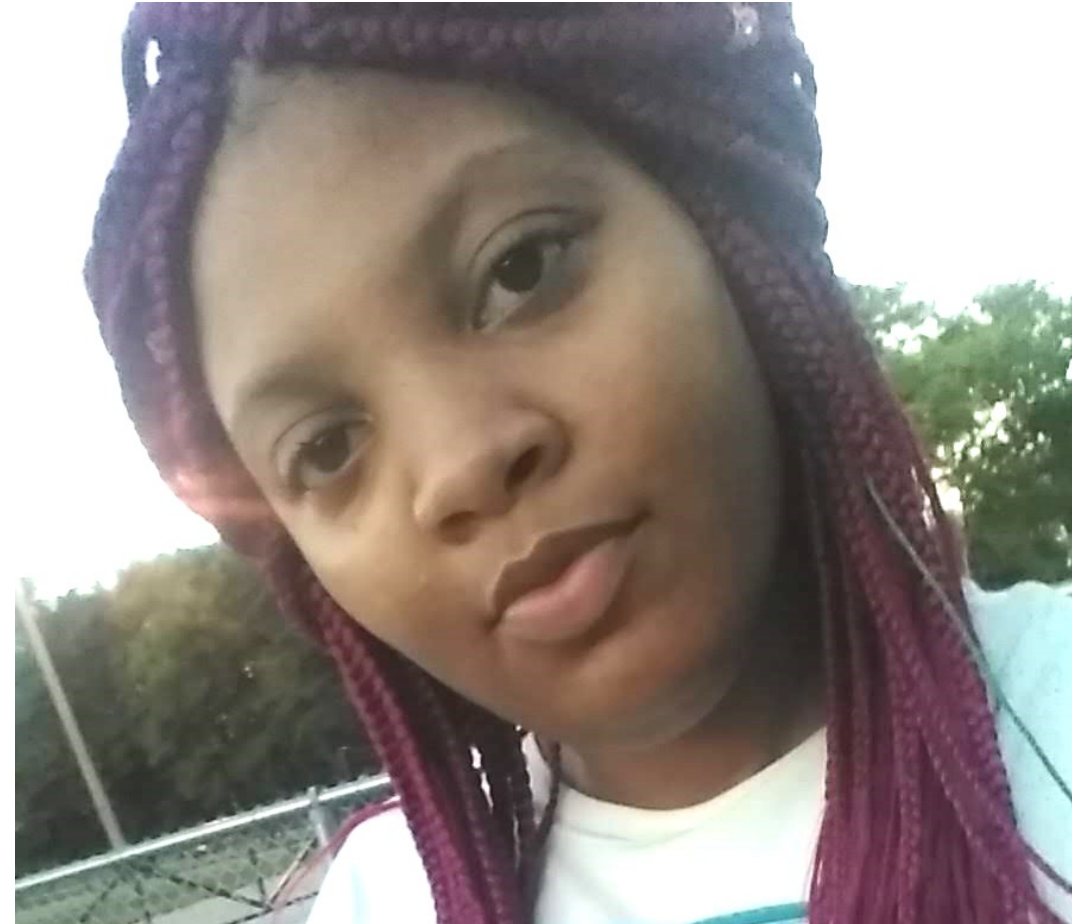
Some of our snack cart options are; fresh fruit such as clementine, apples and bananas. We also offer many different individually wrapped items such as; honey buns, oreos, brownies, nutty buddy's, chocolate chip cookies, cereal bars, rice krispy's, cheese & crackers, peanut butter & crackers, chips, microwaved popcorn, cheese-its, gold fish, and some sugar free items as well. The snacks are subject to change due to availability/acceptance at that time.

The Patio Grill

The grill on the patio is coming back for residents families to use. We ask that you call the facility ahead of time to make reservations.



Star Employee of the Month



Demonica Crayton

3rd Shift CNA

July Activities Calendar

Sunday

Monday






Tuesday

Wednesday

Thursday

Friday

Saturday

			<p>1 11:00 4th of July Parade</p> <p>2:30 4th of July Happy Hour with Dave Wirtz</p> 	<p>2 11:00 Cathy's Bible Study Group</p> <p>2:00 Early Bird Bingo</p>	<p>3 All Day Independent Activities</p> <p>1:30 Room to Room Visits with Linda</p> <p>Weekend Popcorn</p>	
<p>4 Happy 4th of July</p> <p>10:00 St. Elizabeth's Catholic Communion</p>  <p>4:00 Kings of Kings Lutheran Church Service</p>	<p>5 10:00 Manicures with Eileen</p> <p>A.M Independent Activities</p> <p>P.M, Movies and Snacks in the West Dining Room</p>	<p>6 10:00 Outdoor Social and Exercises on the Patio</p> <p>2:30 Games or Cards</p>	<p>7 10:00 Methodist Church Service</p> <p>1:30 Jehovah's Witness Bible Stories</p> <p>2:00 Music with Eldred Gerhold</p>	<p>8 10:30 Coffee & Social with Lucy</p> <p>2:30 Happy Hour with the Flip Side</p>	<p>9 10:30 Crafts & Fun</p> <p>2:30 Bingo</p>	<p>10 All Day Independent Activities</p> <p>1:30 Room to Room Visits with Linda</p> <p>Weekend Popcorn</p>
<p>11 10:00 St. Elizabeth's Catholic Communion</p> <p>All Day Independent Activities</p>	<p>12 10:00 Manicures with Eileen</p> <p>10:30 Music Therapy Session</p> <p>2:30 Hiawatha Memorial Service with Dr. Jim</p>	<p>13 10:00 Outdoor Social and Exercises on the Patio</p> <p>2:30 July Birthday Party with David Marshall</p>	<p>14 10:00 Baptist Church Service</p> <p>2:45 Games or Cards</p>	<p>15 10:30 Coffee & Social</p> <p>2:30 Ice Cream Social</p>	<p>16 11:00 Cathy's Bible Study Group</p> <p>2:30 Bingo</p>	<p>17 11:00 Piano Music with Jill</p> <p>1:30 Room to Room Visits with Linda</p> <p>Weekend Popcorn</p>
<p>18 10:00 St. Elizabeth's Catholic Communion</p> <p>4:00 Kings of Kings Lutheran Church Service</p>	<p>19 10:00 Manicures with Eileen</p> <p>10:30 Music Therapy Session</p> <p>2:30 Bingo</p>	<p>20 10:00 Outdoor Social and Exercises on the Patio</p> <p>2:30 Music with the La La Ladies</p>	<p>21 10:15 Catholic Church Service</p> <p>1:30 Jehovah's Witness Bible Stories</p> <p>2:45 Games or Cards</p>	<p>22 10:30 Coffee & Social with Lucy</p> <p>2:30 Happy Hour with Harold Gray</p>	<p>23 10:30 Crafts & Fun</p> <p>2:30 Music Entertainment</p>	<p>26 All Day Independent Activities</p> <p>1:30 Room to Room Visits with Linda</p> <p>Weekend Popcorn</p>
<p>25 10:00 St. Elizabeth's Catholic Communion</p> <p>All Day Independent Activities</p>	<p>26 10:00 Manicures with Eileen</p> <p>10:30 Music Therapy Session</p> <p>2:30 Movie & Popcorn</p>	<p>27 10:00 Outdoor Social and Exercises on the Patio</p> <p>2:30 Corks & Canvas</p>	<p>28 10:00 Lovely Lane Methodist Church Service</p> <p>2:45 Games or Cards</p>	<p>29 10:30 Coffee & Social</p> <p>2:30 Happy Hour & Music</p>	<p>30 10:30 Reminisce with Activities</p> <p>2:30 Bingo</p>	<p>All Activities are subject to change at any time. Please refer to the daily activity white board located in the dining rooms.</p>