

Hiawatha Care Center July 2022 Newsletter



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

LAND OF THE FREE



BECAUSE OF THE BRAVE

HCC Activities, Events, & Reminders

- Friday, July 1st at 11:00 am, is our annual Fourth of July Parade. Families are welcome to join the parade or come to watch.
- Wednesday, July 27th at 2:30 "The Freeze" from Marion will be here with their ice cream truck. This is free to the residents.
 - Wednesday, August 3rd we will be taking some select residents to the Kernels Baseball Game. If anyone is interested in volunteering to help at this event, contact Hannah Waters, Activity Director.
- The Vanity will now have a signup sheet on the door for anyone wanting to sign up and get their hair done.
- We would like to welcome Nicole Fye, Hairstylist. She will be working part time on Tuesdays in The Vanity.

Vanity Hours:

Tuesday's with Nicole 9:30 am—12:30 pm

Wednesdays & Thursdays with Mary Kay 9:00 am– 1:00 pm

Which staff to contact to get on the following lists:

Karmin Boote: Dentist List

Amanda Lauterwasser: Eye Doctor List

Kim Bell: Podiatrist List

July Birthday's

Nancy Domer

Lorrenne Mulherin

Mary Menzel

Jack Henningson

Methel Daniel

Patricia Strobe

Eleanora Rich

Richard Johnson

Brenda Goff

Joyce Schaefer

July Events

7/1: Annual 4th of July Parade

7/4: The 4th of July

7/19: Outdoor Fun with Mother
Goose Day Care Kids

7/27: "The Freeze" Ice Cream Truck

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



July Menu 2022

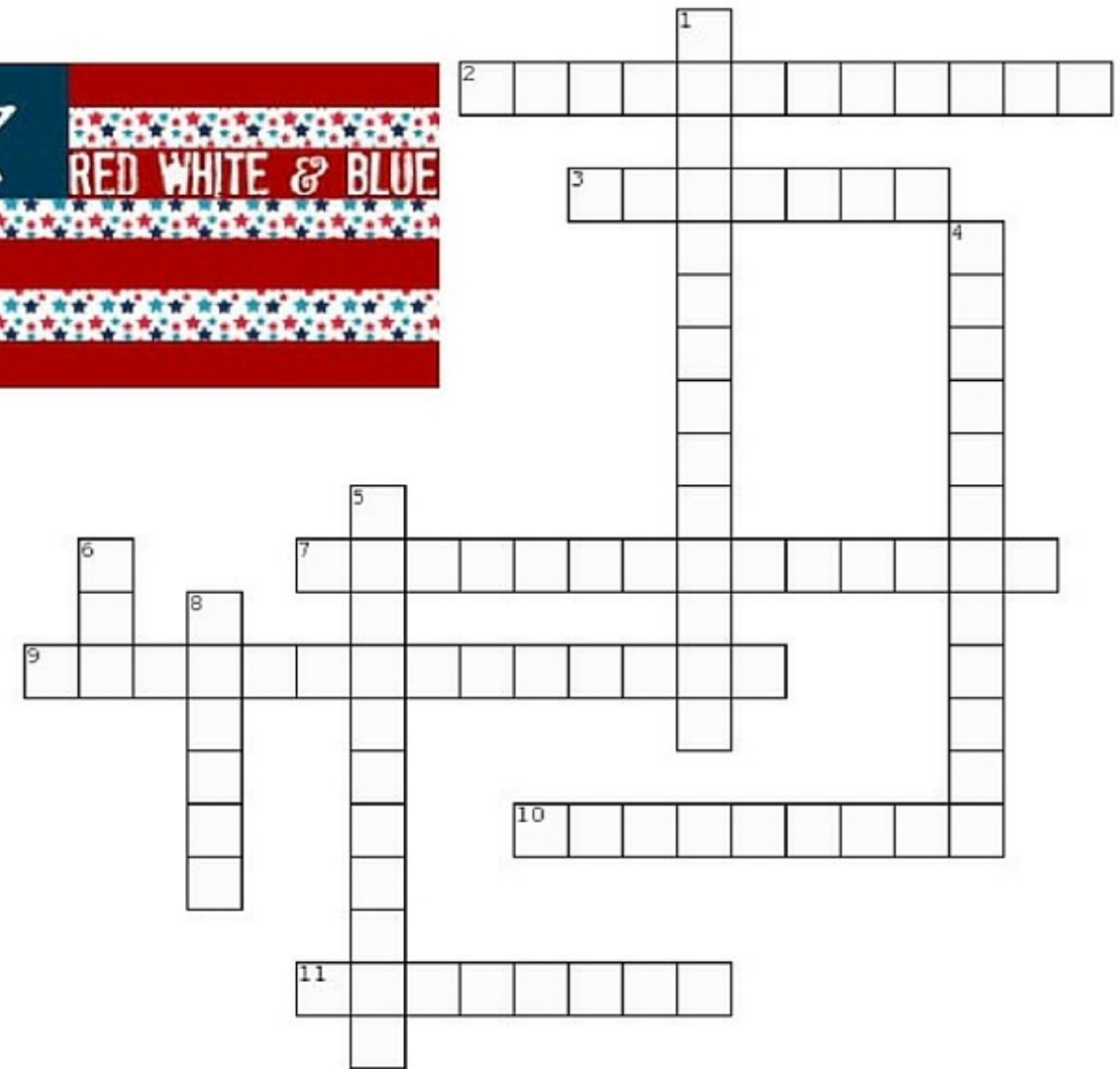
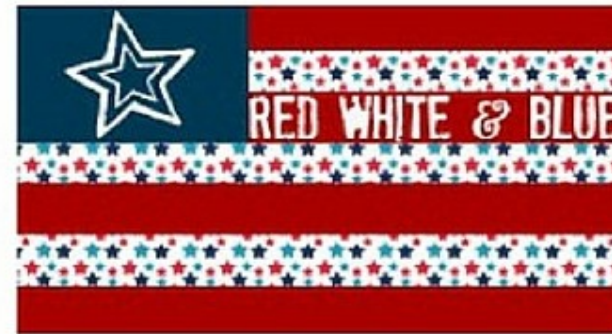
<p>3 Baked Oatmeal Casserole, Frittata, Toast, Lunch : Choice 1: Lasagna, Choice 2: Beef Minute Steak, Sides: Tossed Salad w/ Dressing, Peas, Garlic Toast, Pie, Dinner: Choice 1: Beef Stroganoff, Bread/Marg. Choice 2: Sloppy Joe on Bun, Sides: Mixed Vegetables, Raspberry Peaches</p>	<p>4 Cream of Wheat, Scrambled Egg, Flaky Biscuit, Honey, Lunch : Choice 1: Brisket Grilled Cheese, Choice 2: Tavern Battered Cod, Tartar Sauce, Sides: French Fries, Coleslaw, Mango & Pineapple, Dinner: Choice 1: Teriyaki Chicken Casserole, Crab Ragoon, Choice 2: Philly Beef Sandwich w/ Onions & Peppers, Potato Chips, Sides: Monster Bars</p>	<p>5 Malt-O-Meal, Sausage Patty, Toast, Apple Slices, Lunch : Choice 1: Smothered Pork Chop, Pork Gravy, Choice 2: Chicken Tenders, Sides: Mashed Potatoes, Cascade Blend Vegetables, Strawberry Shortcake, Dinner: Choice 1: Pulled Pork/Hoagie Bun, Choice 2: Breaded Chicken Fillet/Bun, Sides: Summer Fresh Pasta Salad, Marinated Tomatoes & Cucumbers, Fruit Cocktail</p>	<p>6 Oatmeal, Fruit & Yogurt Parfait, Raisin Toast, Lunch : Choice 1: Smokey Ranch Chicken, Potato Salad, Choice 2: Beef Minute Steak, Mashed Potatoes, Beef Gravy, Sides: Green Beans, 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>7 Cream of Wheat, Skillet Breakfast, Toast, Honeydew Melon, Lunch : Choice 1: Nacho Chicken, Shredded Lettuce/Tomato, Sour Cream, Spanish Rice, Choice 2: Beef & Noodles, Bread/Marg. Sides: Chuckwagon Corn, Chocolate Toffee Dessert, Dinner: Choice 1: Ham & Swiss/Croissant, Lettuce & Tomato Slice, Potato Chips, Choice 2: Cottage Cheese Fruit</p>	<p>1 Cream of Wheat, Ham & Egg Croissant/Cheese, Banana Half, Lunch : Choice 1: Chicken Alfredo, Choice 2: Beef & Noodles, Sides: Broccoli Florets, Garlic Toast, Blueberry Gelatin Dessert, Dinner: Choice 1: Bratwurst/Bun, Seasoned Tots Choice 2: Fiesta Potato Platter, Shredded Lettuce/Tomatoes Sides: Twisted 7 Layer Salad,</p>	<p>2 Malt-O-Meal, Fried Egg, Caramel Roll, Mango, Lunch : Choice 1: Glazed Meatloaf, Sour Cream Mashed Potatoes, Carrots, Bread/Marg. Choice 2: Roast Beef & Swiss on Croissant, Cucumber Pasta Salad Sides: Fruit Cocktail, Dinner: Choice 1: Walking Taco Casserole, Choice 2: Turkey Burger/Bun, Lettuce/Tomato, Sides: Chuckwagon</p>
<p>10 Oatmeal, Cheese Omelet, Mini Donuts, Mandarin Oranges, Lunch : Choice 1: French Onion Roast Beef, Beef Gravy Choice 2: Pork Chop Sides: Mashed Potatoes, Honey Dill Carrots, Pie, Dinner: Choice 1: Garden Vegetable Soup, Roast Beef Sandwich on Hoagie Bun w/ Lettuce/Tomato, Choice 2: Chef Salad, Crackers</p>	<p>11 Cream of Wheat, Sausage Link, Pancakes, Banana Half Lunch : Choice 1: BBQ Ribette Choice 2: Tavern Battered Cod, Sides: Baked Sweet Potato, Broccoli, Salted Caramel Pudding, Dinner: Choice 1: Supreme Pizza Choice 2: Pulled Pork on Bun, Sides: Tossed Salad w/Dressing, Mixed Vegetables, Mango & Pineapple</p>	<p>12 Malt-O-Meal, Sausage Gravy, Biscuit, Cantaloupe, Lunch : Choice 1: Chicken Bacon Ranch Casserole, Choice 2: Salisbury Steak/Gravy, Mashed Potatoes, Sides: Peas, Garlic Toast, Fresh Grapes, Dinner: Choice 1: Cheddarwurst/Bun Choice 2: Grilled Chicken Sandwich on Bun, Lettuce/Tomato/Onion, Sides: Seasoned Fries,</p>	<p>13 Oatmeal, Scrambled Egg Patty, Bacon, English Muffin, Lunch : Choice 1: Chicken Strips, Choice 2: Pork Tenderloin/Bun, Pickles, Onions, Sides: Potato Salad, Creamy Cucumber Salad, Ice Cream Cup Dinner: Choice 1: Dr. Pepper Meatballs, Seasoned Asparagus, Fried Potatoes Choice 2: Ham & Swiss Sandwich, Lettuce/</p>	<p>14 Cream of Wheat, Hard Boiled Egg, Blueberry Muffin, Banana Half, Lunch : Choice 1: Philly Meatloaf, Parslied Red Potatoes, Choice 2: Turkey Noodle Casserole, Sides: Corn, Bread/Marg., Black Forest Cheesecake, Dinner: Choice 1: Turkey Ranch Club Sandwich Choice 2: Hot Dog on Bun, Pickle Relish, Ketchup/Mustard</p>	<p>8 Malt-O-Meal, Poached Egg, Toast, Banana Half, Lunch : Choice 1: Lemon Pepper Tilapia Filet, Fried Potatoes, Cornbread/Marg. Choice 2: Pork Tenderloin/Bun, Sides: Sunshine Carrots, Raspberry Ripple, Dinner: Choice 1: Deli Chicken Sandwich on Bun, Choice 2: Ham Salad Sandwich on Bun, Sides: Deviled Egg Halves, Tomato Wedges, Chocolate Banana Cake</p>	<p>9 Oatmeal, Scrambled Egg Patty, Danish, Fresh Grapes, Lunch : Choice 1: Baked Ham, Choice 2: Swiss Steak, Sides: Baked Potato/Marg., Sour Cream, Colorful Vegetable Casserole, Smores Pudding, Dinner: Choice 1: Boneless Chicken Wings, Choice 2: BBQ Ribette, Sides: Corn Bake, Twisted 7 Layer Salad, Cantaloupe</p>
<p>17 Cream of Wheat, Little Smokies, Cinnamon Coffee Cake, Lunch : Choice 1: Spiced Ham Choice 2: Herb Baked Chicken, Sides: Swiss Scalloped Potatoes, Asparagus, Dinner Roll, Pie Dinner: Choice 1: Hamburger on Bun, Lettuce/Tomato/Onion, French Fries, Choice 2: Ham & Cheese Quiche, Carrots, Muffin/Marg. Sides: Apricots</p>	<p>18 Malt-O-Meal, Poached Egg, Toast, Margarine/Jelly, Banana Lunch : Choice 1: Chicken Enchilada Casserole Choice 2: Pork Tenderloin/Bun, Pickles & Onions, Mashed Potatoes, Sides: Chuckwagon Corn, Twisted Strawberry Shortcake Dinner: Choice 1: Mini Egg Salad/Slider, Multi Grain Sun Chips, Marinated Cucumbers, Choice 2: Grilled Chicken Salad, Dinner Roll/Marg.</p>	<p>19 Oatmeal, Fried Egg, Everything Bagel Bake, Lunch : Choice 1: Creamy Swedish Meatball Bake, Choice 2: Beef Minute Steak, Mashed Potatoes, Sides: Seasoned Green Beans, Garlic Toast, Cantaloupe Dinner: Choice 1: Turkey & Swiss on Croissant, Choice 2: Tuna Salad on Croissant, Sides: Lettuce/Tomato Slice, Potato Chips, Chocolate Peanut Butter Cup Parfait</p>	<p>20 Cream of Wheat, Blueberry Toast/Marg. Sausage Patty, Fruit Cocktail, Lunch : Choice 1: Cod Scrod Choice 2: BBQ Meatballs, Sides: Baked Potato/Marg. Broccoli, Peaches & Cream Cobbler, Dinner: Choice 1: Hot Ham & Cheese Melt, Choice 2: Meatball Sub Sandwich, Sides: Coleslaw, Fruited Gelatin</p>	<p>21 Malt-O-Meal, Fruit & Yogurt Parfait, Danish, Lunch : Choice 1: Smothered Pork Chop, Choice 2: Turkey Burger/Bun, Lettuce/Tomato/Onion Sides: Baked Sweet Potato, Peas, Frosted Brownie, Dinner: Choice 1: Sloppy Joe/Bun Choice 2: Breaded Chicken Fillet/Bun Sides: Parmesan French Fries, Country Trio Vegetables, Fresh Melon Cup</p>	<p>15 Malt-O-Meal, Sausage & Potato Breakfast Casserole, Toast, Fresh Strawberries, Lunch : Choice 1: Butter Crumb Pollock, Tartar Sauce, Choice 2: Baked Ham, Sides: Macaroni & Cheese, Cascade Blend Vegetables, Watermelon, Dinner: Choice 1: Chesseburger on Bun, Choice 2: Crunchy Fish Sandwich/Bun Tartar Sauce Sides:</p>	<p>16 Oatmeal, Scrambled Egg, Toast, Margarine/Jelly, Honeydew Melon Lunch : Choice 1: Country Fried Steak, Mashed Potatoes, Country Gravy, Green Beans Choice 2: Cottage Cheese Fruit Plate, Crackers Sides: Carrot Cake, Dinner: Choice 1: Chicken and Noodles, Choice 2: Hamburger Steak w/Gravy, Mashed Pota-</p>
<p>24 Malt-O-Meal, Sausage Link, Mini Donuts, Apricots, Lunch : Choice 1: Turkey Roast, Turkey Gravy, Choice 2: Cheddarwurst, Sauerkraut Sides: Mashed potatoes, Broccoli with Cheese, Dinner Roll, Pie, Dinner: Choice 1: Creamed Chipped Beef/Toast, Peas Choice 2: Chicken Noodle Soup, Roast Beef Sandwich, Lettuce & Tomato Slice Sides: Watermelon, Pudding</p>	<p>25Oatmeal, Hard Boiled, Toast, Banana Half, Lunch : Choice 1: Cheeseburger Deluxe Choice 2: Tavern Battered Cod, Tartar Sauce, Cascade Vegetables, Sides: Tater RoundABOUTs, Oh Henry Bar, Dinner: Choice 1: Chicken Parmesan Sandwich, Choice 2: BBQ Ribette on Bun, Sides: Rotini Pasta Salad, Mango & Bananas, Snickerdoodle Cookie</p>	<p>26 Cream of Wheat, Sausage Patty, Chocolate Chip Pancakes/Syrup, Lunch : Choice 1: Open Face Hot Beef Sandwich, Mashed Potatoes, Beef Gravy, Choice 2: Chicken & Rice Bake, Tossed Salad w/Dressing, Sides: Sunshine Carrots, Cherry Pie Crisp, Dinner: Choice 1: Cream of Potato Soup, Crackers, Egg Salad on Slider Bun, Lettuce/Tomato Slices, Choice 2: Italian Goulash, Mixed Vegetables Sides: Mixed Berries</p>	<p>27Malt-O-Meal, Scrambled Egg, Toast, Tropical Fruit, Lunch : Choice 1: BLT, Cottage Cheese, Potato Chips, Choice 2: Turkey A La King, Flaky Biscuit, Sides: Peaches, Dinner: Choice 1: Cheesy Spaghetti Bake, Garlic Toast, Green Beans, Choice 2: Taco Salad, Shredded Lettuce, Tomatoes, Salsa, Sour Cream, Sides: Italian Cream Cake</p>	<p>28 Oatmeal, Sausage Gravy, Flaky Biscuit, Raspberries, Lunch : Choice 1: Sour Cream Dill Chicken Breast Choice 2: Baked Ham, Sides: Roasted Ranch Red Potatoes, Asparagus, Strawberry Shortcake, Dinner: Choice 1: Turkey & Rice Casserole, Choice 2: Tenderloin/Bun, Lettuce/Tomato, Sides: Mixed Vegetables, Apple Cranberry Crunch</p>	<p>22 Oatmeal, Apple Fritter French Toast Bake, Banana Half, Lunch : Choice 1: Swiss Steak w/Tomatoes, Beef Gravy Choice 2: Lemon Pepper Tilapia Filet Sides: Mashed Potatoes, Corn, Cherry Pineapple Fluff, Dinner: Choice 1: TatorTot Casserole, Choice 2: Porcupine Meatballs, Sides: Carrots, Breadstick, Mandarin Oranges</p>	<p>23 Cream of Wheat, Scrambled Egg with Cheese, Fresh Strawberries, Lunch : Choice 1: Spaghetti, Garlic Toast, Choice 2: Chicken Salad Sandwich, Sides: Tossed Salad w/Dressing, Ice Cream Cup, Dinner: Choice 1: Hot Dog on Bun, Potato Salad, Baked Beans, Choice 2: Chef Salad, Crackers, Sides: Fresh Grapes</p>
<p>31 Baked Oatmeal Casserole, Frittata, Toast, Lunch : Choice 1: Lasagna, Choice 2: Beef Minute Steak, Sides: Tossed Salad w/ Dressing, Peas, Garlic Toast, Pie, Dinner: Choice 1: Beef Stroganoff, Bread/Marg. Choice 2: Sloppy Joe on Bun, Sides: Mixed Vegetables, Raspberry Peaches</p>						

4th of July Word Search

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

Stars Freedom America Blue
 Celebrate Hamburger Fireworks Sparkler
 Stripes White Brave Flag
 Hotdog Boom Red July

RED, WHITE & BLUE HOLIDAYS CROSSWORD PUZZLE



Across

2. City where fireworks were set off as a way to celebrate the first anniversary of independence.
3. The day of the week the first Labor Day parade was held
7. Memorial Day was first known as this day.
9. Day we celebrate the birth of the U.S. as an independent nation.
10. Day we celebrate all the men & women who labor in the U.S. workforce.
11. The first state to recognize Memorial Day as a legal holiday.

Down

1. President who delivered a speech at the first Memorial Day ceremony.
4. A day that honors the soldiers who died while serving
5. The flower that represents a symbol of remembrance on Memorial Day
6. The number of people who signed the Declaration of Independence on July 4th
8. First state to celebrate Labor Day as a legal Holiday

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



						1 11:00 Fourth of July Parade 2:30 4th of July Happy Hour with Oxford Junction	2 2:00 Outdoor Adventures 4:15 Popcorn and Social
3 10:00 St. Elizabeth's Catholic Communion 2:00 Games & Fun 4:00 Kings of Kings Lutheran Church Service	4 <u>Happy Fourth of July</u> Morning Independent Activities 2:15 Bingo with Tesa	5 10:00 Outdoor Social on the Patio 10:45 Select Music Therapy Group 2:30 Corks & Canvas	6 10:15 Outdoor Social on the Patio 2:30 Games or Cards 4:00 Social Hour	7 8:45 Catholic Mass at St. Elizabeth's 10:30 Kitchen Creations 2:30 Happy Hour with Dave Wirtz	8 9:30 Manicures with Eileen 2:15 Bingo Hour	9 2:00 Afternoon Games 4:15 Movie & Popcorn	
10 10:00 St. Elizabeth's Catholic Communion 2:15 Weekend Bingo 4:00 Social Hour	11 10:00 Manicure Monday's 2:30 Entertainment with the Country Steppers 4:45 Bible Study Group	12 10:00 Gospel Light Baptist Church Service 10:45 Select Music Therapy Group 2:30 July Birthday Party with David Marshall	13 10:00 Adventures with ARC Friends 2:30 Snow Cones on the Patio 4:00 Social Hour	14 8:45 Catholic Mass at St. Elizabeth's 10:30 Women's Coffee & Social 2:30 Happy Hour with the "The Flip Side"	15 11:00 Cathy's Bible Study Group 2:15 Bingo Hour	16 2:00 Outdoor Adventures 4:15 Popcorn and Social	
17 10:00 St. Elizabeth's Catholic Communion 2:00 Crafts with Kate 4:00 Kings of Kings Lutheran Church Service	18 10:00 Manicure Monday's 2:30 Music with Eldred Gerhold 4:45 Bible Study Group	19 10:00 Outdoor Social on the Patio 10:45 Select Music Therapy Group 2:30 Outdoor Fun with Mother Goose Daycare Kids	20 10:15 Outdoor Social on the Patio 2:30 Games or Cards 4:00 Social Hour	21 8:45 Catholic Mass at St. Elizabeth's 10:30 Kitchen Creations 2:30 Happy Hour with La La Ladies	22 9:30 Manicures with Eileen 2:15 Bingo Hour	23 2:00 Afternoon Games 4:15 Movie & Popcorn	
24 10:00 St. Elizabeth's Catholic Communion 2:30 Music with Richard Lee 4:00 Social Hour	25 10:00 Manicure Monday's 2:30 Movie & Popcorn 4:45 Bible Study Group	26 10:00 Outdoor Social on the Patio 10:45 Select Music Therapy Group 2:30 Games or Cards	27 10:00 Adventures with ARC Friends 10:15 Lovely Lane Methodist Church Serves 2:30 "The Freeze" Ice Cream Truck	28 8:45 Catholic Mass at St. Elizabeth's 10:30 Men's Coffee & Social 2:30 Happy Hour with Harold Gray	29 10:30 Outside Social on the Patio 2:15 Bingo Hour	30 2:00 Outdoor Adventures 4:15 Popcorn and Social	
31 10:00 St. Elizabeth's Catholic Communion 2:00 Crafts with Kate	All Activities are subject to change at any time. Please refer to the daily activity white boards located in the dining rooms.						