



St. Patrick's Day Party

**Tuesday, March 17th
at 3:00 pm**

Come join us for green beer,
goodies and entertainment
from the Flip Side!

Wear your green.



Hiawatha Care Center
Newsletter
March 2020



HIAWATHA CARE CENTER
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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 RESURCE 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
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.

St. Joseph's Day

St. Joseph's Day or the Feast Day of St. Joseph, became a popular day of celebration for Czechs. The holiday is more common in Europe than America and Czechs share the holiday with Polish and Italians, and particularly Sicilians.

The feast of St. Joseph is celebrated annually on March 19th in honor of St. Joseph, the husband of Mary and stepfather of Jesus.

This holiday takes place during Lent, a time of fasting, and the holiday is traditionally a meatless feast in Europe. In contrast to the green of St. Patrick's Day, Czechs wear red, which is the national color.

**Hiawatha Care Center will serve Kolaches on
Thursday, March 19th at 10:00 a.m.
at Brunch Bunch.**

Don't forget to wear your red!



Happy Easter

Easter Eggs Hunt

*Come join us on Sunday,
April 5th at 3:00 p.m.*

Residents, families and staff!

Bring your kids, grandkids, nieces
and nephews for candy and prizes.

“Age limit is 12 years old”

We plan on having it in the garden.

*(weather permitting, otherwise it will be in
the SW dining room)*

Welcome to HCC

- | | | |
|------------------|------------------|-------------------|
| Arthur Petrzelka | Donald Behounek | Sharon Wullner |
| Sheri Wiltsey | Barb Gerhold | Delores McCormick |
| Wilbert Feickert | Pamela Fergusson | Constance Freytag |
| Lois Feickert | Anna Vittengl | Robert Burns |
| Nina McDonald | Catherine Doyle | Darlene Cox |
| Audrey Gerjets | Betty Chase | Jerry Engel |

In Loving Memory

- | | | |
|------------------|-----------------|------------------|
| Elaine Tumilty | Marilyn Wicke | Charles Hoover |
| Stanley Baughman | Viola Johnson | Joyce Westpfahl |
| Martha Morris | Christine Glick | Rosemary Hartley |

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Malt-o-Meal, Scrambled Egg Patty, Long John, Lunch #1 Herbed Pork Loin, #2 Beef Minute Steak, Sides: Baked Sweet Potato, BR Sprouts, Roll, Pie, Supper #1 Chicken Tenders, French Fries, Peas, Bread/Marg., #2 Wisconsin Cheese Soup, Crackers, Sloppy Joe/Bun, Pickled Beets, Sides: Cookie	2 Oatmeal, Bacon, Toast, Banana Half, Lunch #1 Spaghetti/Meatsauce, Capri Veggies, Garlic Toast, #2 Cottage Cheese Fruit Plate, Crackers, Sides: Tossed Salad/Dressing, Hot Chocolate Mousse, Supper #1 Turkey Dumpling soup, Crackers, #2 Hamburger/Bun, Potato Wedges, Sides: Peach Salad, Cookie	3 Cream of Wheat, Sausage Gravy/Biscuit, Lunch #1 Creamy Chicken Corbonara, #2 BBQ Rib Patty, Cheddar Cheese Munchers, Sides: Carrots, Sourdough Bread/Marg., Pumpkin Cake, Supper #1 Fish Sandwich, Scalloped Potatoes, Coleslaw, #2 Italian Goulash, Corn Muffin, Mixed Vegetables, Sides: Fruit Cocktail	4 Malt-O-Meal, Poached Egg, Raisin Toast, Lunch #1 Honey Baked Ham, Swiss Corn Casserole, #2 Country Fried Steak, Mashed Potatoes, Country Gravy, Sides: Green Beans, Bread/Marg., Snicker Apple Dessert, Supper #1 Hamburger Gravy, Flaky Biscuit, Broccoli Florets #2 Chicken Noodle Soup, Cheese & Cracker Plate, spinach Craisin Salad/Dressing, Sides:	5 Oatmeal, Breakfast Sandwich, Lunch #1 Hot Beef Sandwich, Mashed Potatoes, Beef Gravy, #2 Honey Dijon Pork Chop, Stuffing, Bread/Butter, Sides: Cascade Vegetables, Chocolate Lasagna, Supper #1 Honey Garlic Meatballs, Garlic Breadstick, #2 Tenderloin on Bun, Pickles & Onions, Sides: Cheesy Hashbrowns, Peas & Carrots, Ice Cream Cup	6 Cream of Wheat, Scrambled Eggs w/ Cheese, Toast, Margarine/Jelly, Lunch #1 Breaded Chicken Fillet on Bun, Mayo, Lettuce & Tomato, #2 Popcorn Shrimp, Cocktail Sauce, Country Trio Veggies, Cheddar Garlic Biscuit/Margarine Sides: French Fries, Frosted Cake, Supper #1 Tomato Soup, Grilled Cheese Sandwich, Marinated Cucumbers, #2 Tater Tot Casserole, Green Beans, Bread/Butter, Sides: Apricots	7 Malt-O-Meal, Sausage Patty, Blueberry Muffin, Lunch #1 Chili, Chili Fixins, Crackers, Cinnamon Roll/Frosting, #2 Turkey & Swiss Sandwich, Potato Chips Sides: Tossed Salad/Dressing, Pears, Supper #1 Taco Salad, Shredded Lettuce/Tomato/Cheese, Salsa/Sour Cream, #2 Battered Cod, Tartar Sauce, Ranch Tater Tots, Riviera Vegetables, Fresh Baked Bread Sides:
8 Oatmeal, Sausage Link, Strudel Stick Lunch #1 Baked Ham, Dilled Carrots #2 Turkey Roast, Corn, Sides: Baked Potato/Marg, Dinner Roll, Pie, Supper #1 Smoked Pulled Pork/Bun, #2 Boneless Chicken Wings, Bread/Butter, Sides: Parmesan French Fries, Capri Blend Veggies, Peaches	9 Cream of Wheat, Fried Egg, Toast, Margarine/Jelly, Lunch #1 Swiss Steak w/ Tomatoes, #2 Sweet & Sour Meatballs Sides: Mashed Potatoes/Marg, Green Beans, Bread/Butter, Pear Upside Down Cake, Supper #1 Philly Joe on Bun, Ranch Tater Tots, #2 Vegetable Soup, Crackers, Deli Roast Beef Sandwich, Sides: Tropical Fruit, Ice Cream Cup	10 Malt-O-Meal, Sausage Patty, Cinnamon Roll, Lunch #1 Glazed Meatloaf, Hashbrown Casserole, #2 Cod Scrod, Tartar Sauce, Roasted Potato Medley Sides: Sourdough Bread/Butter, Riviera Vegetables, Apple Crisp, Supper #1 Turkey Stuffing Bake, Peas, #2 Taco in a Bag, Shredded Lettuce/Tomato, Sides: Strawberries	11 Oatmeal, Hard Boiled Egg, Toast, Margarine./Jelly, Melon Cup, Lunch #1 Country Fried Steak, Mashed Potatoes, Country Gravy, Bread/Butter, #2 Breaded Fish Sandwich, Tartar Sauce, Potato Wedges, Sides: Cascade Vegetables, Frosted Pumpkin Bar, Supper #1 Broccoli Cheese Soup, Crackers Turkey Sandwich, #2 Hamburger/Bun, Lettuce/Tomato/Onion, Potato Salad	12 Cream of Wheat, Glazed Donut, Fruit & Yogurt Parfait, Lunch #1 Chicken Tenders, Cheddar Cheese Munchers, Cole-slaw, Bread/Butter, #2 Sloppy Joe on Bun, Sides: Peach Crisp, Supper #1 Savory Beef Stroganoff, Noodles, Carrots, Fresh Baked Bread, #2 Cheeseburger Soup, Crackers, Ham Sandwich, Sides: Fruited Gelatin	13 Malt-O-Meal, Bacon, English Muffin Lunch #1 Battered Tilapia, Tartar Sauce, Potato Casserole, Bread/Butter, #2 Chili Mac, Cornbread Muffins, Sides: Asparagus, Lemon Cheesecake, Supper #1 Turkey Burger/Bun, Lettuce/Tomato/Onion, Pasta Salad #2 Chef's Salad, Assorted Crackers, Sides: Apricots	14 Oatmeal, Sausage Gravy, Biscuit Lunch #1 Lasagna, Peas, #2 Baked Ham, Mashed Potatoes/Marg. Sides: Tossed Salad/Dressing, Garlic Bread, Frosted Cake, Supper #1 Chicken Enchilada Casserole, Mexican Rice, #2 Hot Dog/Bun, Potato Salad, Sides: Country Trio Veggies, Peach Slices
15 Oatmeal, Scrambled Egg, Long John, Lunch #1 Beef Pot Roast, Stew Vegetables, #2 Honey Garlic Pork Chop, Broccoli Florets, Mashed Potatoes, Sides: Dinner Roll/Marg., Pie, Supper #1 Hearty Sausage Soup, Crackers, Creamy Cucumber Salad, #2 Cheddar Omelet, Tomato Juice, Sides: Garlic Toast, Mandarin Oranges	16 Cream of Wheat, Fried Egg, Raisin Toast, Margarine/Jelly Lunch #1 Baked Swiss Chicken, Rice Pilaf, Bread/Marg. #2 Tenderloin on bun, Pickles & Onions, Cheddar Cheese Munchers, Sides: Cascade Vegetables, Cherry Almond Trifle, Supper #1 Hamburger on Bun, Lettuce/Tomato/Onion, Potato Wedges, Peaches #2 Scalloped Potatoes & Ham, Mixed Veg-	17 Malt-O-Meal, Sausage Patty, Pancake/Syrup, Banana Half, Lunch: #1 Corned Beef, Cabbage & Carrots, #2 Breaded Fish Fillet, Tartar Sauce, Creamed Peas, Sides, Marble Reuben Bread, Red Potatoes, Andes Mint Pie, Supper #1 Fish Sandwich, Scalloped Potatoes, Coleslaw, #2 Italian Goulash, Corn Muffin/Marg. Mixed Vegetables	18 Oatmeal, Hard Boiled Egg, Cinnamon Coffee Cake, Lunch #1 Honey Baked Ham, Swiss Corn Casserole, #2 Country Fried Steak, Mashed Potatoes, Sides: Green Beans, Bread/Marg., Snicker Apple Dessert, Supper #1 Hamburger Gravy/Flaky Biscuit, Broccoli Florets, #2 Chicken Noodle Soup, Cheese & Cracker Plate, Spinach Craisin Salad, Sides, Tropical Fruit, Rice	19 Cream of Wheat, Scrambled Egg Patty, Toast, Margarine/Jelly, Lunch #1 Chicken Parmesan Stuffed Shells, Tossed Salad/Drsg, Riviera Vegetables, Garlic Toast, #2 BBQ Rib Sandwich, Peas & Carrots, Sides: Snickers Blondie, Supper #1 Turkey Sandwich, Dill Pickle Spear, Sweet Potato Puffs, #2 Shepherd's Pie, Country Trio Vegetables, Sides: Dark Sweet Cher-	20 Malt-O-Meal, Bacon, Toast, Margarine/Jelly, Lunch #1 Salmon Patty, Lemon Broccoli Bread/Butter, #2 Beef Minute Steak, Corn, Sides: Fried Potatoes, Devils Food Cake/Frosting, Supper #1 Chicken & Dumplings, Peas, Biscuit #2 Tomato Soup, Grilled Cheese Sandwich, Sides: Fruit Cocktail	21 Oatmeal, Sausage Gravy over Biscuit, Lunch #1 Swedish Meatballs, Cheesy Party Potatoes, Sunshine Carrots, Bread/Marg. #2 Chef Salad/Dressing, Bread/Marg, Sides: Applesauce Gelatin, Supper #1 Pulled Pork Mac & Cheese, Bread/Marg. Cascade Blend Vegetables, #2 Vegetable Beef Soup, Ham Sandwich, Sides: Sweet Pepper Slaw, Ice Cream Cup
22 Cream of Wheat, Sausage Link, Cinnamon Roll, Lunch #1 Roast Turkey, Turkey Gravy, Stuffing, Glazed Carrots, #2 Country Fried Steak, Green Beans, Sides: Mashed Potatoes, Pie, Supper #1 Chili dog on Bun, Capri Blend Veggies, #2 Breaded Fish Sandwich, Coleslaw, Sides: Potato Chips, Pineapple	23 Malt-O-Meal, Skillet Breakfast, Wheat Toast, Lunch #1 Italian Goulash, Garlic Toast, #2 Chicken Tenders, Mashed Potatoes, Chicken Gravy, Sides: Mixed Vegetables, Apple Crisp, Supper #1 Ham & Eggs, Tomato Juice, Muffin/Marg. #2 Reuben Sandwich. Sides: Sweet Potato Puffs, Sunrise Fruit Blend	24 Oatmeal, Poached Eggs, Wheat Toast, Margarine/Jelly, Lunch #1 Meatloaf, Beef Gravy, Peas, #2 BBQ Pork Chop, Cascade Blend Vegetables, Sides: Mashed Potatoes, Bread/Marg, Chocolate Crunch Cheesecake, Supper #1 Cream Cheese Chicken Soup, Crackers, Turkey Sandwich, Lettuce & Tomato Slice, #2 Beef & Noodles, Mixed Vegetables, Sides: Applesauce	25 Cream of Wheat, Scrambled Egg, Danish, Lunch #1 Swiss Steak w/Tomatoes, Garlic Buttered Noodles, #2 Tavern Battered Cod, Tartar Sauce, Roasted Potato Medley, Sides: Bread/Marg, Country Trio Veggies, Lemon Pudding w/Topping, Supper #1 BBQ Rib Sandwich, Pickles & Onions, Coleslaw, #2 Taco in a Bag, Shredded Lettuce/Tomato, Sides: Mandarin	26 Malt-O-Meal, Cheese Omelet, Wheat Toast, Banana Half, Margarine/Jelly, Lunch #1 Ranch Chicken Breast, Baked Potato/Marg, Cheesy Corn, Bread/Marg. #2 Chef's Salad, Assorted Crackers, Sides: Triple Fudge Brownie, Supper #1 Cabbage & Beef Soup, Crackers, Fresh Baked Bread #2 Creamed Turkey/Biscuit, Sides: Cottage Cheese, Winter Fruit Cup	27 Oatmeal, Toast, Fruit & Yogurt Parfait Lunch #1 Pork Chops in Sour Cream Gravy, Carrots, #2 Breaded Cod Scrod, Brussels Sprouts, Sides: Parsley Buttered Mashed Potatoes, Bread/Marg. Oatmeal Caramel Bar, Supper #1 Grilled Asian Chicken, Garden Blend Rice, Sesame Green Beans, #2 Cream of Potato Soup, Crackers, English Muffin Tuna Melt, Creamy Cucumber Salad, Sides: Raspberry Peaches	28 Cream of Wheat, Hard Boiled Egg, Blueberry Toast, Margarine/Jelly, Lunch #1 Classic Beef Stew, Tossed Salad w/Dressing #2 Loaded Baked Potato, Broccoli/Cheese Sauce, Diced Ham, Sour Cream, Sides: Angel Food Cake w/Strawberries, Supper #1 Hot Dog on Bun, #2 Pork Tenderloin on Bun, Pickles & Onions, Sides: Macaroni & Cheese, Peas & Carrots, Sherbet Cu
29 Malt-o-Meal, Scrambled Egg Patty, Long John, Lunch #1 Herbed Pork Loin, #2 Beef Minute Steak, Sides: Baked Sweet Potato, BR Sprouts, Roll, Pie, Supper #1 Chicken Tenders, French Fries, Peas, Bread/Marg., #2 Wisconsin Cheese Soup, Crackers, Sloppy Joe/Bun, Pickled Beets, Sides: Cookie	30 Oatmeal, Bacon, Toast, Banana Half, Lunch #1 Spaghetti/Meatsauce, Capri Veggies, Garlic Toast, #2 Cottage Cheese Fruit Plate, Crackers, Sides: Tossed Salad/Dressing, Hot Chocolate Mousse, Supper #1 Turkey Dumpling soup, Crackers, #2 Hamburger/Bun, Potato Wedges, Sides: Peach Salad, Cookie	31 Cream of Wheat, Sausage Gravy/Biscuit, Lunch #1 Creamy Chicken Corbonara, #2 BBQ Rib Patty, Cheddar Cheese Munchers, Sides: Carrots, Sourdough Bread/Marg., Pumpkin Cake, Supper #1 Fish Sandwich, Scalloped Potatoes, Coleslaw, #2 Italian Goulash, Corn Muffin, Mixed Vegetables, Sides: Fruit Cocktail	 <h1 style="font-size: 48px; margin: 0;">March 2020</h1> 			

Artist of the Month

Phil Carter



“Wisdom”

Resident of the month “Ed Kendall”



Ed Kendall grew up in Ottumwa, Iowa where he graduated high school and worked at various jobs. After high school, he worked as a draftsman at a lawn mower company.

Ed married Betty, the love of his life, on November 21, 1948. Ed was just 19 years old and Betty was only 16. He moved his family to the Marion area a few years after getting married to take on a better job opportunity. They were blessed with three children Deborah, Kevin, Jinni, and with many grandchildren.

He owned and operated Kendall Craft Homes and has built many homes around the Cedar Rapids area.

Ed is a member of Kingdom Hall and enjoys being involved with the church. He has enjoyed traveling with his wife throughout the years. He has visited places such as: Russia, China, Brazil, Spain, France, Israel, Italy, and many more.

When he wasn't at work, he enjoyed working in his garden around his home, along with spending time with his family.

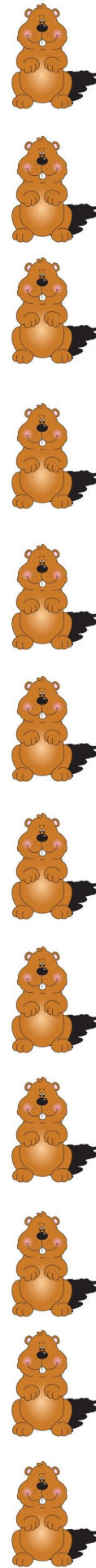
Ed enjoys coming to Happy hour and holding bible stories group in his room once a week.

He always enjoys a hot cup of coffee and a good conversation.

Super Bowl 2020 Chiefs vs 49ers



Ground Hog Winners



Ann N.



Bruce K.



Gloria L.

Valentines Day Party



2020 Valentines King & Queen

Vern Martensen & Charlotte Stanford



2019 Valentines King and Queen

Ron Andrews & Vonnie Higgenbotham



March 2020

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

1 10:00 Catholic Communion 2:30 Nail Care with Deanna 4:00 King of Kings Lutheran Service	2 10:30 Exercise Fun 3:00 Crafts 5:00 Bible Study Group 6:00 Leo Shima Band	3 9:45 Catholic Mass & Social 2:45 Bingo 4:00 Select Music Therapy 4:30 Games with Activities	4 10:00 Lovely Lane Methodist Church 2:00 Jehovah Witness Bible Stories 3:00 Cards 4:00 Read & Feed	5 10:00 Brunch Bunch 3:00 Happy Hour with Nancy Hooten 4:00 Select Music Therapy	6 10:30 Exercise Fun 11:00 Cathy's Bible Study 2:45 Bingo 4:30 Crafts with Activities	7 Fresh Popcorn  10:00 Morning Matinee
8 <u>Day Light Savings Time</u> 10:00 Catholic Communion 2:30 Bingo with George 2:45 Friendship Baptist Church	9 10:00 Mother Goose Daycare Exercise Fun & Crafts 3:00 Country Steppers 4:30 Games with Activities 5:00 Bible Study Group	10 9:45 Catholic Mass & Social 2:45 March Birthday Party 4:00 Select Music Therapy 4:45 Games with Jared	11 10:00 St. Andrews Academy & Fun 10:00 ARC Friends & Games 2:00 Jehovah Witness Bible Stories 3:00 Cards 4:00 Read and Feed	12 10:00 Brunch Bunch 3:00 Happy Hour with the La La Ladies 4:00 Select Music Therapy	13 10:30 Exercise Fun 11:00 Marty's Rosary Prayer 2:45 Bingo 4:30 Painting with Activities	14 Fresh Popcorn  10:00 Mugs and Mornings with Deanna 5:00 Flute Music with Charlotte
15 10:00 Catholic Communion 2:30 Nail Care with Deanna 4:00 King of Kings Lutheran Service March Madness Selection	16 10:00 Reminisce with Friends & Neighbors (<i>door to door</i>) 3:00 Baking with Activities 5:00 Bible Study Group	17 <u>St. Patrick's Day</u> 9:45 Catholic Mass & Social 3:00 St. Patrick's Party 4:00 Select Music Therapy Group 4:30 Yahtzee Fun March Madness First Four	18 10:00 ARC Friends & Games 2:00 Jehovah Witness Bible Stories 3:00 Reading and Relaxation 3:00 Cards 4:00 Room to Room Visits March Madness First four	19 <u>St. Joseph's Day</u> 10:00 Kolaches 3:00 Happy Hour with Dave Writz 4:00 Select Music Therapy March Madness Round 1	20 10:30 Exercise Fun 11:00 Cathy's Bible Study 2:45 Bingo 4:30 Room to Room Visits March Madness Round 1	21 Fresh Popcorn  10:00 Morning Matinee March Madness Round 2
22 10:00 Catholic Communion 2:45 Friendship Baptist Church 2:30 Bingo with George March Madness Round 2	23 10:00 Mother Goose Daycare Exercises & Crafts 3:00 Movies and Munchies 5:00 Bible Study Group	24 9:45 Catholic Mass & Social 10:00 Devotional with Becky/Marty 3:00 Bingo 4:00 Select Music Therapy Group 4:45 Games with Jared	25 10:30 Exercise Fun 2:00 Jehovah Witness Bible Stories 2:30 Music with Eldred Gerhold 3:00 Cards 4:00 Trivia Jokes & Facts	26 10:00 Brunch Bunch 3:00 Happy Hour with Harold Gray 4:00 Select Music Therapy March Madness Sweet 16	27 10:30 Exercise Fun 11:00 Marty's Rosary Prayer 2:45 Art with Xene 4:30 Room to Room visits March Madness Sweet 16	28 Fresh Popcorn  10:00 Mugs and Mornings with Deanna March Madness the Elite 8
29 10:00 Catholic Communion 2:30 Nail Care with Deanna March Madness The Elite 8	30 10:30 Exercise Fun 3:00 Virtual Vacation & Snacks 5:00 Bible Study Group	31 9:45 Catholic Mass & Social 3:00 Corks and Canvas 4:00 Select Music Therapy Group 4:30 Read & Feed			All Activities are subject to change	