

Department Directory

Administrator	Kent Walton
Accountant	Karen Chadwick
Director of Nursing	Amanda Lauterwasser
Assistant Director of Nursing	Karmin Boote
Infection Preventionist	Amy Dake
Social Services Director	Becky Stebral
Social Services Assistant	Kristin Voss
Social Services Assistant	Kyann Banghart
Care Plan Coordinator	Kelly VanGinkel
Assistant Care Plan Coordinator	Anita Daniels
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.

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.

**We will be serving Kolaches
Friday, March 18th at 10:00 a.m.
In the west dining room for the residents!**




St. Patrick's Day Party

Thursday, March 17th at 2:30 pm

Come join us for music,
goodies and fun in the west dining
room!

**Don't forget to wear your
green attire!**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>March 2022 Menu</h1>						
		1 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 Cole-slaw Strawberries & Bananas, Apple Filled Churro	2 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	3 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	4 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	5 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
6 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 : Pears	7 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	8 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	9 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	10 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	11 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	12 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
13 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	14 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	15 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	16 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	17 Cream of Wheat, Bacon, Toast, Lucky Charms, Lunch : Choice 1 : Corned Beef, Cabbage & Carrots, Red Potatoes, Rye Bread/Marg. Choice 2 : Hamburger/Bun, Potato Chips, Lettuce/Tomato/Onion, Sides : Grasshopper Dessert, Dinner : Choice 1 : Cheddar Chicken Rice Bake, Broccoli, Cheese Breadstick, Choice 2 : Hot Dog/Bun, Potato Salad, Sides : Peaches, Chocolate chip Cookies	18 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	19 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
20 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 Tangles, Creamy Cole-slaw, Sugar Cookie	21 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	22 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	23 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, Pears	24 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	25 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	26 1Oatmeal, 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
27 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	28 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 Buter Mousse, Dinner : Choice 1 : Fish Sandwich Deluxe Choice 2 : Turkey Burger Deluxe, Sides : Lettuce Leaf/Tomato Slice, Potato Salad, Blushing Pears, Sherbet Cup	29 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 Cole-slaw Strawberries & Bananas, Apple Filled Churro	30 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	31 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		

HIAWATHA CARE CENTER

NEW BEAUTICIAN

Becky Speight

PERSONAL CARE SERVICES OFFERED

BEARD TRIM	\$5.00
HAIRCUT	\$20.00
SET ONLY (NO SHAMPOO)	\$20.00
SHAMPOO & SET	\$25.00
HAIRCUT & SET	\$40.00
COLOR, CUT & STYLE	\$75.00
PERM, CUT & STYLE	\$80.00

BECKY HAS 38 YEARS EXPERIENCE IN HAIR CARE!

BECKY WILL BE AVAILABLE ON MONDAYS AND WEDNESDAYS FROM 9:00 AM TILL 3:00 PM. A FORM WAS EMAILED. AT THE BOTTOM OF THE FORM THERE IS INFORMATION FOR YOU TO FILL OUT AND RETURN TO BECKY.

IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT BECKY AT (319) 431-3102 OR STOP BY.

MARCH WORDSEARCH

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

Imperialterrace

Rainbow

Limerick

Irish

Fortune

Clover

Banshee

Tradition

Luck

Leprechaun

Green

Emerald

Celtic

Bagpipe

Shamrock

Mischief

Jig

Gold

Donneybrook

Brogue

Bac

Shillelagh

Magic

Ireland

Gaelic

Celebrate

Blarney

SPRING CLEANING ROOMS!

In an effort to keep the rooms clean, neat, and organized, we ask that you would do some spring cleaning in your loved one's room.

Please remove any unnecessary items.

If you have any questions, please contact

Emma Ness, Environmental Services

(319) 378-8583



ST. PATRICK'S DAY CROSSWORD PUZZLE



Across

- capital of Ireland
- a type of Irish dance
- if you do not wear green on March 17 this will happen
- the day St. Patrick's Day falls on
- the national emblem of Ireland
- yellow and blue make _____
- from Ireland

Down

- the 3rd month of the year
- good fortune
- nonsense or misleading talk
- called the Emerald Isle
- a starchy vegetable
- a sprite
- 4 leaf _____



**Hiawatha Care Center's
2022 Valentines
King & Queen**



Jack & Ellen Henningston



A Note from the Nurse

Reminder Dr. Witt, will be here on **Wednesday, March 16th**. If you wish for your loved one to be seen by him, please contact Karmin Boote, Assistant Director of Nursing for more information.

(319) 378-8583

A Note From the Activity Department

We are in need of the following items for **BINGO!**

Stuffed animals, lip balm, simple jewelry, little knick knacks, peanuts, cashews, 100-300 piece puzzles, mini lotion bottles, mini body wash, and more!

Contact Hannah or Mary
(319) 368-2626

Sunday

Monday

Tuesday







Wednesday

Thursday

Friday

Saturday

 **March Activities**

<p>6 10:00 Catholic Communion with St. Elizabeth's 2:00 Weekend Bingo with Tesa 4:00 Kings of Kings Lutheran Church Service</p>	<p>7 10:00 Manicure Monday's 2:30 Leo Shima Band 5:00 Bible Study Group</p>	<p>1 Mardi Gras Day 10:00 Room to Room Visits 10:45 Select Music Therapy Group 2:30 Mardi Gras Party & Trivia </p>	<p>2 Ash Wednesday 10:00 Blessing of the Ashes with St. Elizabeth's  2:30 Cards & Games</p>	<p>3 10:30 Kitchen Creations 2:30 Happy Hour with Dave Wirtz</p>	<p>4 National Wear Blue Day 11:00 Cathy's Bible Study Group 2:15 Bingo Hour</p>	<p>5 2:00 Farkle with Tesa 4:15 Social & Popcorn</p>
<p>13 Day Lights Savings 10:00 Catholic Communion with St. Elizabeth's  2:00 Crafts with Kate</p>	<p>14 National Butterfly Day 10:00 Manicure Monday's  2:30 Butterflies & Gardening 5:00 Bible Study Group</p>	<p>8 10:00 Gospel Light Baptist Church Service 10:45 Select Music Therapy Group 2:30 March Birthday Party with Dave Marshall</p>	<p>9 10:00 Catholic Online Church Service 2:30 Corks & Canvas</p>	<p>10 10:30 Kitchen Creations 2:30 Happy Hour with the La La Ladies</p>	<p>11 10:00 Morning Manicures 2:15 Bingo Hour 4:00 Matinee Movie</p>	<p>12 2:00 Games with Kate 4:15 Movie & Popcorn</p>
<p>20 10:00 Catholic Communion with St. Elizabeth's 2:00 Bingo with Tesa 4:00 Kings of Kings Lutheran Church Service</p>	<p>21 10:00 Manicure Monday's 2:30 Piano Music with Eldred Gerhold 5:00 Bible Study Group</p>	<p>15 10:00 Dice Games with Activities 10:45 Select Music Therapy Group 2:30 Cards & Snacks</p>	<p>16 10:00 Online Church Service First Assembly of God 2:00 Relaxation & Spa with Hannah & Mary</p>	<p>17 St. Patrick's Day 10:30 Kitchen Creations  2:30 St. Patrick's Day Party with Treasured Music</p>	<p>18 St. Joseph's Day & Kolaches  11:00 Cathy's Bible Study Group 2:15 Bingo Hour</p>	<p>19 St. Joseph's Day 2:00 Farkle with Tesa 4:15 Social & Popcorn</p>
<p>27 10:00 Catholic Communion with St. Elizabeth's 2:00 Crafts with Kate</p>	<p>28 10:00 Manicure Monday's 2:30 Movies & Popcorn 5:00 Bible Study Group</p>	<p>22 10:00 Room to Room Visits 10:45 Select Music Therapy Group 2:30 Cards & Snacks</p>	<p>23 10:15 Lovely Lane Methodist Church Service 2:30 Crafts & Fun</p>	<p>24 10:30 Kitchen Creations 2:30 Happy Hour with Harold Gray</p>	<p>25 10:00 Morning Manicures 2:15 Bingo Hour 4:00 Matinee Movie</p>	<p>26 2:00 Games with Kate 4:15 Movie & Popcorn</p>
<p>29 Vietnam War Veteran's Day 10:00 Room to Room Visits 10:45 Select Music Therapy Group 2:30 Music with Gunther</p>	<p>30 10:00 Morning Farkle 2:00 Ice Cream Social</p>	<p>31 10:30 Kitchen Creations 2:30 Happy Hour with "The Flip Side"</p>	<p></p>	<p>All Activities are subject to change. Please refer to the whiteboards in the dining rooms for the daily activities.</p>		