

# Hiawatha Care Center March 2023 Newsletter



**405 N 15TH AVENUE, HIAWATHA, IA 52233**

**319-378-8583**

[hccinfo@hiawathacarecenter.com](mailto:hccinfo@hiawathacarecenter.com) or [kw Walton@hiawathacarecenter.com](mailto:kw Walton@hiawathacarecenter.com)

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

## HCC Activities, Events, & Reminders

### The Vanity Shop

If you have any questions regarding a resident's hair, please see our stylist.

**Lisa Wiebke (319) 241-6617**

**Mary Kay Dannenbrink (563) 929-6182**

*\*\*Beginning March 2nd, Mary Kay will be out on leave until further notice!*



The chicks will be arriving soon!

Which staff to contact to get on the following lists:

Karmin Boote: Dentist List

Amanda Lauterwasser: Eye Doctor List

Kim Bell: Podiatrist List

### March Birthdays

Marjorie Daft 3/2

Joan Gerber 3/8

Marlys Knott 3/14

Eldred Gerhold 3/15

Bill Burke 3/15

Arlene Kolter 3/19

Betty Stoklasa 3/21

Dorothy Schuller 3/24

Bill Nost 3/25

John Paul 3/31

### March Events

3/4: Cedar Rapids Symphony Orchestra

3/12: Daylight Savings

3/17: St. Patrick's Day

3/19: St. Joseph's Day

3/20: 1st Day of Spring

3/20: The Chicks will be Here!



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# March 2023 Menu

			<p>1 Oatmeal, Poached Egg, Cinnamon Sour Cream Coffee Cake, <b>Lunch: Choice 1:</b> Ham Balls, Scalloped Potatoes, <b>Choice 2:</b> Hot Ham &amp; Cheese Melt, <b>Sides:</b> Corn, Pineapple Upside Down Cobbler, <b>Dinner: Choice 1:</b> Cream of Tomato Soup, Grilled Cheese Sandwich, Marinated Cucumbers, <b>Choice 2:</b> Chef Salad, Dinner Roll/Marg. <b>Sides:</b> Winter Fruit Cup</p>	<p>2 Cream of Wheat, Bacon, Toast, Mango <b>Lunch: Choice 1:</b> Loaded Chicken Sandwich, Tater Roundabouts, Green Beans, <b>Choice 2:</b> Hamburger on Bun, Potato Chips, Lettuce/Tomato/Onion, <b>Sides:</b> Strawberries, <b>Dinner: Choice 1:</b> Chex Chicken Breast, Broccoli, Cheese Breadstick, <b>Choice 2:</b> Hot Dog on Bun, Potato Salad, <b>Sides:</b> Apricots, Chocolate Chip Cookie</p>	<p>3 Malt-O-Meal, Sausage Link, Chocolate Chip Pancakes/Syrup, <b>Lunch: Choice 1:</b> Breaded Pollock Filet, <b>Choice 2:</b> Baked Ham, <b>Sides:</b> Macaroni &amp; Cheese, Capri Vegetables, Ritzy Strawberry Dessert, <b>Dinner: Choice 1:</b> Pizza, <b>Choice 2:</b> Fish Sandwich on Bun, <b>Sides:</b> Mixed Vegetables, Tossed Salad w/Dressing, Cinnamon Applesauce Gelatin</p>	<p>4 Oatmeal, Hard Boiled Egg, Toast, Cinnamon Baked Apples, <b>Lunch: Choice 1:</b> Walking Taco, Shredded Lettuce/Tomato <b>Choice 2:</b> Baked Pork Chop, Pork Gravy, Mashed Potatoes, <b>Sides:</b> Chuckwagon Corn, Frosted Cake, <b>Dinner: Choice 1:</b> Meatball Sub Sandwich, <b>Choice 2:</b> Turkey Burger, Lettuce/Tomato/Onion, <b>Sides:</b> Carrots, French Fries, Peaches</p>
<p>5 Oatmeal Scrambled Egg Patty, Toast/Marg, <b>Lunch: Choice 1:</b> Savory Roast Beef, <b>Choice 2:</b> Pork Chop <b>Sides:</b> Mashed Potatoes, Gravy, Candied Carrots, Hawaiian Roll/Marg, Pie, <b>Dinner: Choice 1:</b> Grilled Chicken Sandwich, Lettuce/Tomato/Onion, <b>Choice 2:</b> Cheddar Omelet, Roasted Potato Medley, Mixed Vegetables, <b>Sides:</b> Creamy Coleslaw, Sugar Cookie</p>	<p>6 Cream of Wheat, Scrambled Eggs, Bacon, Toast/Marg, Peaches, <b>Lunch: Choice 1:</b> Goulash, <b>Choice 2:</b> Breaded Pollock Filet, <b>Sides:</b> Broccoli, Garlic Toast, Banana Brownie, <b>Dinner: Choice 1:</b> Cheddar Chicken &amp; Rice Bake, Seasoned Peas, <b>Choice 2:</b> Sliced Turkey on Croissant, Lettuce/Tomato/Onion, Potato Chips, <b>Sides:</b> Winter Fruit Cup</p>	<p>7 Malt-O-Meal, Cheese Omelet, Toast/Marg, Banana Half, <b>Lunch: Choice 1:</b> BBQ Ribette, Cheddar Ranch Scalloped Potatoes, Seasoned Peas, <b>Choice 2:</b> Taco Salad, Shredded Lettuce/ Tomato <b>Sides:</b> Pumpkin Honey Bun Cake, <b>Dinner: Choice 1:</b> Hamburger on Bun, Lettuce/ Tomato/Onion, Potato Salad, <b>Choice 2:</b> Ham and Bean Soup, Crackers, Cottage Cheese &amp; Peaches, Maple Corn Bread, <b>Sides:</b> Ice Cream Cup</p>	<p>8 Oatmeal, Sausage Gravy, Biscuits, Fruit Cocktail, <b>Lunch: Choice 1:</b> Teriyaki Chicken Breast, Fried Rice, Crab Rangoons, <b>Choice 2:</b> Beef Minute Steak, Mashed Potatoes, Beef Gravy, <b>Sides:</b> Stir Fry Vegetables, Monster Bars, <b>Dinner: Choice 1:</b> Homemade Chili, Chili Fixings, Tossed Greens w/Drsg., <b>Choice 2:</b> Grilled Chicken Salad Plate, <b>Sides:</b> Breadstick, Pears</p>	<p>9 Cream of Wheat, Hard Boiled Egg, Pancakes/Diet Syrup, <b>Lunch: Choice 1:</b> Bacon Cheddar Meatloaf, <b>Choice 2:</b> Pork Tenderloin on Bun, Pickles &amp; Onions, <b>Sides:</b> French Fries, Capri Vegetables, Hot Cocoa Cheesecake, <b>Dinner: Choice 1:</b> Roasted Chicken Breast, <b>Choice 2:</b> Meatballs With Sauce, <b>Sides:</b> Mashed Potatoes, Gravy, Corn, Bread/Marg, Fruit Cocktail</p>	<p>10 Malt –O-Meal, Poached Egg, Toast, Winter Fruit Cup, <b>Lunch: Choice 1:</b> Beer Battered Tilapia, <b>Choice 2:</b> Pork Chop, <b>Sides:</b> Mini Baker Potatoes, Cascade Blend Vegetables, Cherry Angel Dessert, <b>Dinner: Choice 1:</b> Beef Stew, Biscuit, Honey Butter, <b>Choice 2:</b> Cream of Tomato Soup, Grilled Cheese Sandwich, <b>Sides:</b> Butterscotch Fluff</p>	<p>11 Oatmeal, Sausage Link, Raisin Toast/Marg, Banana Half, <b>Lunch: Choice 1:</b> Cheeseburger on Bun <b>Choice 2:</b> Chicken Club Sandwich, <b>Sides:</b> Tater Tots, Lettuce/Tomato/Onion, <b>Dinner: Choice 1:</b> Chicken Alfredo <b>Choice 2:</b> Beef &amp; Noodles <b>Sides:</b> Green Beans, Garlic Toast, Peaches</p>
<p>12 Cream of Wheat, Scrambled Eggs, Cinnamon Roll, <b>Lunch: Choice 1:</b> Chicken Fried Chicken, <b>Choice 2:</b> Herb Baked Fish, <b>Sides:</b> Mashed Potatoes, Chicken Gravy, Broccoli, <b>Dinner: Choice 1:</b> Chili Dog on Bun, Shredded Cheese / Diced Onion, <b>Choice 2:</b> Egg Salad, Lettuce/Tomato, <b>Sides:</b> Potato Chips, Mandarin Oranges</p>	<p>13. Malt-O-Meal, Sausage Patty, Maple Pecan Coffee Cake, <b>Lunch: Choice 1:</b> Braised Steak w/ Mushroom Gravy, <b>Choice 2:</b> Baked Ham, <b>Sides:</b> French Onion Rice, Sunshine Carrots, Bread/Marg, Peanut Butter Mousse, <b>Dinner: Choice 1:</b> Fish Sandwich, <b>Choice 2:</b> Turkey Burger, <b>Sides:</b> Lettuce/Tomato, Potato Salad, Blushing Pears</p>	<p>14 Oatmeal, Hard Boiled Egg, Bacon, Toast, Mixed Berries, <b>Lunch: Choice 1:</b> Unstuffed Green Pepper Casserole, <b>Choice 2:</b> Swiss Steak w/Tomatoes, Cheesy Mashed Potatoes, <b>Sides:</b> Cascade Vegetables, Breadstick, Mango <b>Dinner: Choice 1:</b> Taco Pie, Mexican Coleslaw <b>Choice 2:</b> Sweet Potato Fish Fillet, Mashed Potatoes, Garlic Breadstick <b>Sides:</b> Strawberries &amp; Bananas</p>	<p>15 Cream of Wheat, Scrambled Eggs with Cheese, Toast/Marg, Fruit Medley, <b>Lunch: Choice 1:</b> Cola Glazed Ham, <b>Choice 2:</b> Grilled Chicken Breast, <b>Sides:</b> Hashbrown Casserole, Country Trio Vegetables, Berry 7-up Cobbler, <b>Dinner: Choice 1:</b> Wisconsin Cheese Soup, Roast Beef Sandwich, <b>Choice 2:</b> Hamburger on Bun, Baked Beans, <b>Sides:</b> Lettuce/Tomato/Onion, Mandarin Oranges</p>	<p>16 Malt-O-Meal, Toast/Marg, Cheesy Egg Bake, <b>Lunch: Choice 1:</b> Roasted Turkey, Turkey Gravy, Stuffing, <b>Choice 2:</b> Pork Chop, Pork Gravy, <b>Sides:</b> Green Beans, Dinner Roll, Cran Raspberry Fluff <b>Dinner: Choice 1:</b> Meatballs with Sweet &amp; Sour Sauce, <b>Choice 2:</b> BBQ Chicken Breast on Bun, <b>Sides:</b> Sour Cream &amp; Onion Potato Bake, Carrots, Pineapple</p>	<p>17 Oatmeal, Ham, Egg &amp; Cheese Croissant, Banana Half, <b>Lunch: Choice 1:</b> Corned Beef, <b>Choice 2:</b> Breaded Cod Scrod, <b>Sides:</b> Baked Potato, Cabbage/Carrots Garlic Toast, Grasshopper Dessert, <b>Dinner: Choice 1:</b> Classic Tuna &amp; Noodle Bake, Seasoned Peas, <b>Choice 2:</b> Cottage Cheese Fruit Plate, <b>Sides:</b> Cinnamon Bakes Apples</p>	<p>18 Cream of Wheat, Cheese Omelet, Biscuit, Mango, <b>Lunch: Choice 1:</b> Cheddar Ranch Chicken Breast, Scalloped Potatoes, Mixed Vegetables, <b>Choice 2:</b> Hamburger on Bun, Lettuce/Tomato/Onion, Pasta Salad, <b>Sides:</b> Angel Food Cake, Whipped Topping, <b>Dinner: Choice 1:</b> Pulled Pork Cornbread Casserole, Green Beans, <b>Choice 2:</b> Chef Salad w/ Chicken, Crackers, <b>Sides:</b> Mixed Berries</p>
<p>19 Malt– O-Meal, Poached Egg, Muffin, <b>Lunch: Choice 1:</b> Beef Pot Roast, <b>Choice 2:</b> BBQ Chicken, <b>Sides:</b> Roasted Vegetables, Roll, Pie, <b>Dinner: Choice 1:</b> Cheddarwurst on Bun, Peas &amp; Carrots, <b>Choice 2:</b> Chicken Noodle Soup, Ham &amp; Cheese Sandwich, Lettuce/Tomato, <b>Sides:</b> Pears, Chocolate Chip Cookie</p>	<p>20 Oatmeal, Sausage &amp; Potato Breakfast Casserole, Toast/Marg, <b>Lunch: Choice 1:</b> Ranch Chicken Breast, Cheesy Rice, Broccoli Florets, <b>Choice 2:</b> Chef Salaf, Crackers, <b>Sides:</b> Strawberry Snickerdoodle Crunch, <b>Dinner: Choice 1:</b> Loaded Potato Soup, Roast Beef Sandwich on a Slider, <b>Choice 2:</b> Smoked Turkey &amp; Cheese Slider, Vegetable Soup, <b>Sides:</b> Lettuce/Tomato, Peaches</p>	<p>21 Cream of Wheat, Sausage Gravy, Biscuit, Mango, <b>Lunch: Choice 1:</b> Italian Goulash, Garlic Toast, <b>Choice 2:</b> Grilled Turkey, Bacon &amp; Swiss Sandwich, French Fries, <b>Sides:</b> Mixed Vegetables, Frosted Pumpkin Bar, <b>Dinner: Choice 1:</b> Chicken Alfredo, Breadstick, <b>Choice 2:</b> Fish Sandwich, <b>Sides:</b> Sunshine Carrots, Mandarin Oranges</p>	<p>22 Malt-O-Meal, Cheese Omelet, Toast, Mixed Fruit, <b>Lunch: Choice 1:</b> Smothered Pork Chop, Mashed Potatoes, Pork Gravy, Cascade Vegetables, <b>Choice 2:</b> Taco Salad, Shredded Lettuce/Tomato, <b>Sides:</b> Caramel Apple Crisp, <b>Dinner: Choice 1:</b> Country Fried Steak, Mashed Potatoes, Country Gravy, Capri Vegetables, <b>Choice 2:</b> Cheeseburger Soup, Chicken Salad Croissant <b>Sides:</b> Blueberry Bread Pudding</p>	<p>23 Oatmeal, Danish, Fruit &amp; Yogurt Parfait <b>Lunch: Choice 1:</b> Beef &amp; Noodles, Green Beans, Garlic Toast, <b>Choice 2:</b> Pork Tenderloin on Bun, Lettuce/Tomato/Onion, <b>Sides:</b> Banana Split Fluff, <b>Dinner: Choice 1:</b> BBQ Rib Sandwich, <b>Choice 2:</b> Hot Dog on Bun, <b>Sides:</b> Potato Chips, Baked Beans, Mixed Berries</p>	<p>24 Cream of Wheat, Scrambled Egg with Ham, Toast, Banana Half, <b>Lunch: Choice 1:</b> Baked Cod, <b>Choice 2:</b> Hamburger Steak w/ Gravy, <b>Sides:</b> Baked Potato/Marg. Buttered Peas, Bread/Marg, Lemon Bar, <b>Dinner: Choice 1:</b> Scalloped Potatoes &amp; Ham, <b>Choice 2:</b> Breaded Fish Fillet, <b>Sides:</b> Carrots, Cornbread/Margarine, Apricots</p>	<p>25 Malt-O-Meal, Hard Boiled Egg, Bacon, Raisin Toast, Banana <b>Lunch: Choice 1:</b> Meatloaf, <b>Choice 2:</b> Baked Pork Chop, <b>Sides:</b> Macaroni &amp; Cheese, California Vegetables, Rosy Applesauce, <b>Dinner: Choice 1:</b> Chili, Toss Salad/Dt. Dressing, Cheese Breadstick, <b>Choice 2:</b> Cheeseburger on Bun, Lettuce/Tomato/Onion, <b>Sides:</b> Pineapple</p>
<p>26 Oatmeal, Scrambled Egg, Mini Donuts, Mixed Berries, <b>Lunch: Choice 1:</b> Glazed Ham, <b>Choice 2:</b> Herb Baked Chicken <b>Sides:</b> Mashed Potatoes, Broccoli, Dinner Roll, Pie, <b>Dinner: Choice 1:</b> Sloppy Joe on Bun, Potato Chips, <b>Choice 2:</b> Biscuit Breakfast Sandwich, Hashbrowns <b>Sides:</b> Mandarin Oranges</p>	<p>27 Cream of Wheat, Scrambled Egg/Bacon, Raisin Toast, Banana Half, <b>Lunch: Choice 1:</b> Porcupine Meatballs, Baked Potato/Marg, Cauliflower w/Cheese <b>Choice 2:</b> Cottage Cheese Fruit Plate, Crackers, <b>Sides:</b> Pumpkin Chocolate Chip Square, <b>Dinner: Choice 1:</b> Potato Soup, Salami &amp; Cheese Sandwich, Tossed Greens w/Dressing <b>Choice 2:</b> Creamed Turkey over Biscuit, Green Beans <b>Sides:</b> Fruit</p>	<p>28 Malt-O-Meal, Fried Egg, Danish, Banana Half, <b>Lunch: Choice 1:</b> Lemon Pepper Chicken Breast, <b>Choice 2:</b> Hamburger Steak w/Gravy, <b>Sides:</b> Baked Sweet Potato, Peas, Cookies &amp; Cream Brownie, <b>Dinner: Choice 1:</b> Beef Pot Roast Sandwich, <b>Choice 2:</b> Breaded Chicken Tenders, <b>Sides:</b> Mini Baker Potatoes, Parslied Carrots, Mango &amp; Bananas</p>	<p>29 Oatmeal, Poached Egg, Cinnamon Sour Cream Coffee Cake, <b>Lunch: Choice 1:</b> Ham Balls, Scalloped Potatoes, <b>Choice 2:</b> Hot Ham &amp; Cheese Melt, <b>Sides:</b> Corn, Pineapple Upside Down Cobbler, <b>Dinner: Choice 1:</b> Cream of Tomato Soup, Grilled Cheese Sandwich, Marinated Cucumbers, <b>Choice 2:</b> Chef Salad, Dinner Roll/Marg. <b>Sides:</b> Winter Fruit Cup</p>	<p>30 Cream of Wheat, Bacon, Toast, Mango <b>Lunch: Choice 1:</b> Loaded Chicken Sandwich, Tater Roundabouts, Green Beans, <b>Choice 2:</b> Hamburger on Bun, Potato Chips, Lettuce/Tomato/Onion, <b>Sides:</b> Strawberries, <b>Dinner: Choice 1:</b> Chex Chicken Breast, Broccoli, Cheese Breadstick, <b>Choice 2:</b> Hot Dog on Bun, Potato Salad, <b>Sides:</b> Apricots, Chocolate Chip Cookie</p>	<p>31 Malt-O-Meal, Sausage Link, Chocolate Chip Pancakes/Syrup, <b>Lunch: Choice 1:</b> Breaded Pollock Filet, <b>Choice 2:</b> Baked Ham, <b>Sides:</b> Macaroni &amp; Cheese, Capri Vegetables, Ritzy Strawberry Dessert, <b>Dinner: Choice 1:</b> Pizza, <b>Choice 2:</b> Fish Sandwich on Bun, <b>Sides:</b> Mixed Vegetables, Tossed Salad w/Dressing, Cinnamon Applesauce Gelatin</p>	

# BIRTHDAY CARD SHOWER



**ELDRED GERHOLD WILL BE 105**

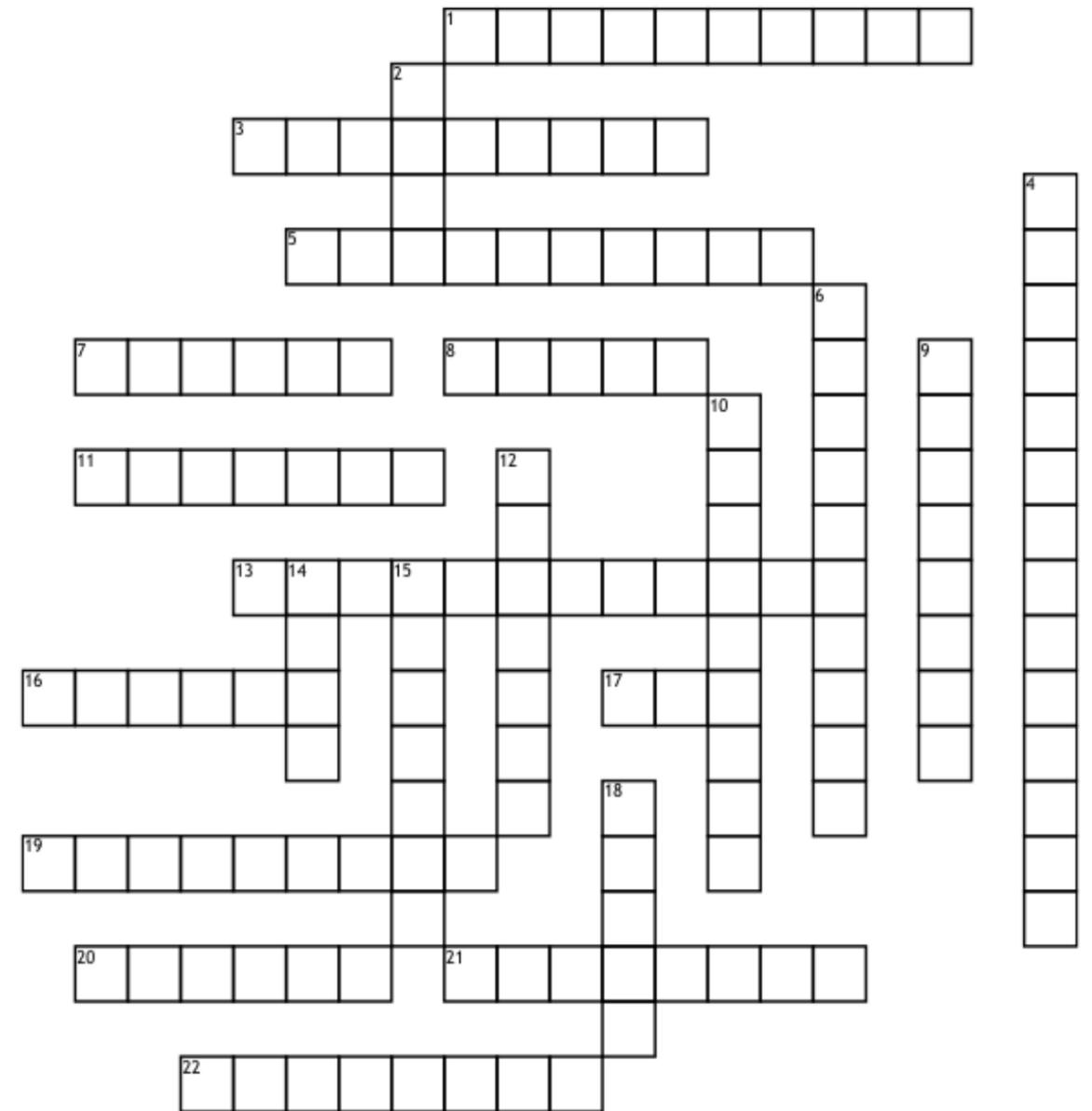
**&**

**BETTY STOKLASA WILL BE 101**

Please send your cards to the  
Hiawatha Care Center no later than  
Tuesday, March 14th!

405 North 15th Ave. Hiawatha, Iowa 52233

## St. Patty's Day



**Across**

- 1. meat
- 3. patron saint
- 5. mischevious
- 7. language
- 8. month after feb
- 11. slight of hand
- 13. lucky stone
- 16. irish
- 17. dance

**19. regular**

- 20. capital
- 21. rhyme
- 22. irish plant

**Down**

- 2. instrument
- 4. lucky
- 6. weapon
- 9. make believe
- 10. coins

- 12. irish country
- 14. good \_\_\_\_
- 15. rows of colour
- 18. colour

**Sunday****Monday****Tuesday****Wednesday****Thursday****Friday****Saturday**

		1 National Peanut Butter <u>Lovers Day</u> 10:15 History & Reminisce 2:30 Cards/Games		2 10:15 Coffee & Hot Cocoa Social  2:30 Happy Hour & Music Entertainment by Dave Wirtz		3 11:00 Cathy's Bible Study Group  2:15 Bingo Hour		4 All Morning Independent Activities 2:30 Music with the Cedar Rapids Symphony Orchestra 4:30 Flute Music with Miss Charlotte					
		5 10:00 St. Elizabeth's Catholic Communion  2:15 Weekend Bingo  4:00 King of Kings Lutheran Church Service		6 10:00 Manicures & Social  2:30 Country Steppers  4:45 Bible Study Group		7 10:30 Piano Music with Melinda  2:30 Wheel of Fortune		8 10:15 Bingo with Andrews Christian Academy Students  2:30 Cards/Games		9 10:15 Games & Fun with Friends from the A.R.C  2:15 Bingo Hour		10 10:00 Manicures & Social  2:30 Happy Hour & Music Entertainment by "The Flip Side"	
12 <b><u>Daylight Savings</u></b> 10:00 St. Elizabeth's Catholic Communion  2:15 Crafters Corners		13 10:00 Manicures & Social  2:30 Corks & Canvas  4:45 Bible Study Group		14 10:00 Gospel Light Baptist Church Service  2:30 Cards/Games		15 10:00 Morning Farkle  <b>2:30 March Birthday Party &amp; Music Entertainment by David Marshall</b>		16 10:15 Coffee & Hot Cocoa Social  2:15 Bingo Hour		17 <b><u>St. Patrick's Day</u></b> 11:00 Cathy's Bible Study Group  2:30 St. Patrick's Day Party & Music Entertainment by Terry McCauley		18 All Morning Independent Activities  2:15 Weekend Games  Weekend Popcorn	
19 <b><u>St. Joseph's Day</u></b> 10:00 St. Elizabeth's Catholic Communion  2:30 Music Entertainment with Richard Lee  4:00 King of Kings Lutheran Church Service		20 <b><u>1st Day of Spring</u></b>  <b>All Morning Baby Chick Visits</b>  2:30 Kolaches & Social  4:45 Bible Study Group		21 10:30 Piano Music with Melinda  2:30 Ice Cream Social		22 10:15 Lovely Lane Methodist Church Service  2:30 Cards/Games		23 10:15 Games & Fun with Friends from the A.R.C  2:30 Happy Hour & Music Entertainment by Harold Gray		24 10:00 Manicures & Social  2:15 Bingo Hour		25 All Morning Independent Activities  2:15 Popcorn & Reminisce	
26 10:00 St. Elizabeth's Catholic Communion  2:15 Weekend Bingo		27 10:00 Manicures & Social  2:30 Travel Adventures  4:45 Bible Study Group		28 10:00 Jokes & Reminisce  2:30 Movie & Popcorn		29 10:00 Coffee & Hot Cocoa Social  2:30 Cards/Games		30 10:00 Recipes & Baking  2:30 Happy Hour & Music Entertainment by Clay Willie		31 10:15 Wheel of Fortune  2:15 Bingo Hour		<b>Activities are subject to change. See the daily white boards in each dining room for the current day's activities.</b>	