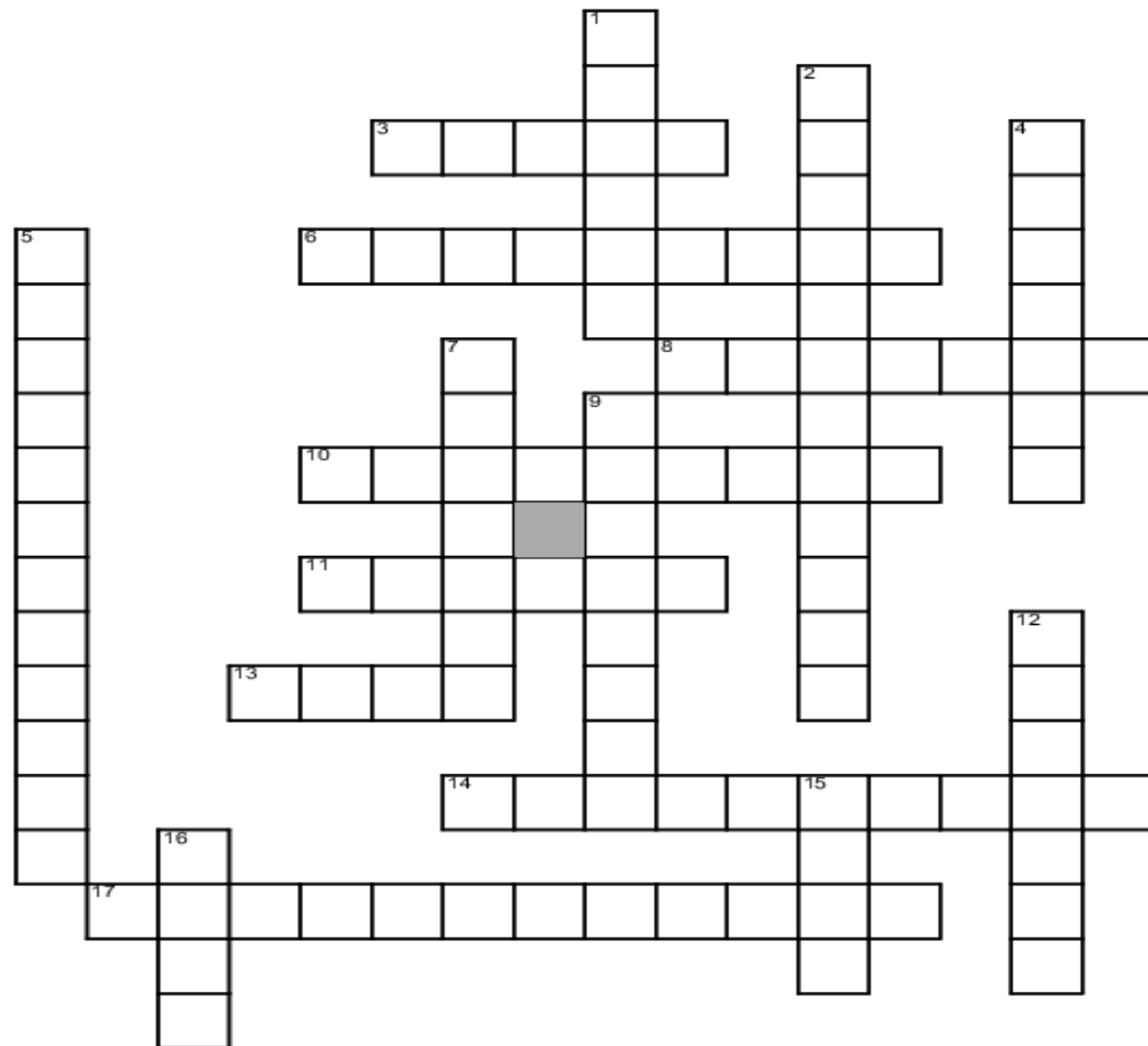


Fall Harvest Crossword Puzzle



Across

- 3. Fruit of the ask tree
- 6. Scares birds from cornfield
- 8. Month preceding November
- 10. Holiday on October 31
- 11. They change colors in the fall
- 13. Used to gather leaves
- 14 Horn of plenty
- 17. Carved Pumpkin

Down

- 1. Traditional Thanksgiving bird
- 2. Mexican Holiday on the first of November
- 4. To gather; to reap
- 5. Holiday for giving thanks
- 7. Leaves on tree
- 9. Month of preceding December
- 12. In astronomy, the first day of autumn is called
The autumnal _____
- 15. Grows on tall stalks
- 16. Another name for Autumn

Hiawatha Care Center Newsletter November 2020



*“Count your rainbows,
not your
thunderstorms.”*

HIAWATHA CARE CENTER
 405 N 15TH AVENUE, HIAWATHA, IA 52233
 319-378-8583

hccinfo@hiawathacarecenter.com
 kwalton@hiawathacarecenter.com

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	Emma Boote
RESTORATIVE THERAPY DIRECTOR	Tammy Ronnebaum
CARE PLAN COORDINATOR	Kelly VanGinkel
HUMAN RESOURCE DIRECTOR	Amanda Kennedy

2020 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.

Gifts for Grandparents

Each year Hiawatha Care Center arranges a gift giving opportunity for families, staff members, churches, companies, and friends to purchase Christmas gifts for our long-term residents.

This year has been especially hard on our residents, and we would love nothing more than to make Christmas extra special for them. Each resident will have their own name tag with personalized suggestions on them.

The items will need to be gift wrapped and returned to Hiawatha Care Center no later than Friday, December 18th 2020 by 4:00 p.m.

To make arrangements to get a name tag or if you have any questions, please call Hannah or Deanna at 368-2626, or email us at hwaters@hiawathacarecenter.com

*Thank you everyone that purchased meals
for our staff.
We appreciate your kindness
and the wonderful food!
Thank you!*



thank you



In Loving Memory



Pam Durchenwald

Dora Vogt

Carol Debrower

Don Scott

John McNabb

Neva Griem

Richard Morris

Phyllis Atwood

Jim Kazimour

Shirley Ely

Gisela Huhndorf

Evelyn Lacock

Ken Ruzicka



November Birthdays



Rosalind Henneberry

11/24/1935

Hiawatha Care Center Quilt Raffle

The raffle will be held on Wednesday, November 25th @ 1:00 p.m.
The first 5 people to purchase \$20 in tickets by November 2nd will receive 2 extra tickets. All proceeds go to the residents for activities and entertainment. Contact Hannah Waters or Deanna Reeves to get your tickets @ (319) 368-2626.

\$5-1 ticket

\$10-3 tickets

\$20-6 tickets

Iowa Hawkeyes



Iowa State Cyclones



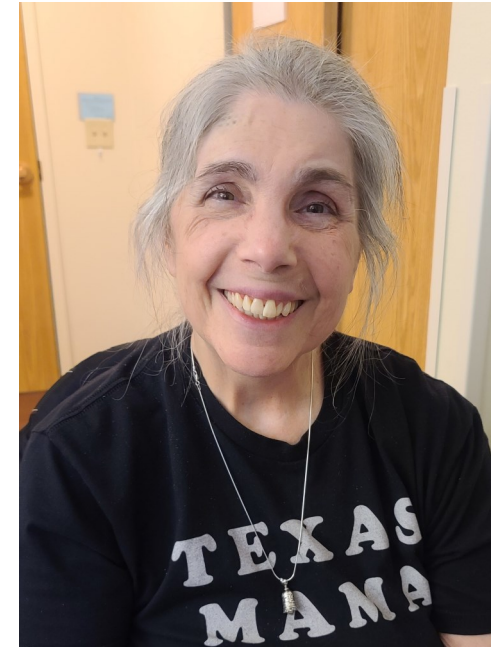
United States Military



Backside

Resident Spotlight

Rhonda Reamon



Rhonda was born on June 4th, 1956 in Cedar Rapids, Iowa. This is where she and her siblings grew up. They were known as the 5 R's. Rhonda, being the eldest, was the leader of the pack, and they all looked up to her.

Some of her fondest memories as a young girl were camping and fishing with her family, spending time with her friends and playing barbies with her sisters.

In High School, she enjoyed hanging out with her friends, cruising the Ave. in her Ford Galaxie 500.

Rhonda remembers having a summer time job working at Burger King. She also recalls going through the Office Education Program during her senior year that lead her to a job in a small claims court. After graduating High School in 1974, Rhonda moved to Salt Lake City, Utah, and married her high school sweet-heart Bob. They moved to Colorado and after a few years of marriage, they decided to part ways. Rhonda then moved back to Iowa to be closer to her family.

As she was looking for a job, she saw an ad in the newspaper for the Duane Arnold Energy Plant and applied. At first she wasn't sure what she got herself into, but after working there for a short while she knew this was where she was supposed to be.

Rhonda endured the loss of her sister. Through that loss, Rhonda and her parents raised her niece and nephew. They grew very close to and enjoyed spending time with them. She always made it a priority to attend their school events.

Some of Rhonda's enjoyments in life are gardening, spending time with friends and family, meeting new people, and making others happy. It has been said that her kindness has no boundaries and she would give the shirt right off her back to a stranger. Some advice Rhonda gives is, "to always remember why you fell in love in the first place, and to be good to each other."

Enjoying the Great Outdoors



*"It feels great
to get
outside!"
-Carma*



*Home Run
Vonnie!*

*Lemonade
and a great
story*



Picture Fun



What are you Thankful for?

1. _____
2. _____
3. _____
4. _____
5. _____

THERE IS
always, always,
ALWAYS
something
to be thankful for

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Oatmeal, Scrambled Egg Patty, Donut Lunch: Baked Ham, Yam Souffle, California Vegetables, Dinner Roll, Pie Dinner: Hamburger/Bun, Lettuce/Tomato/Onion, Potato Salad, Carrots, Chocolate Chip Cookie	2 Cream of Wheat, Little Smokies, Muffin/Margarine Lunch: Chicken Strips, Mashed Potatoes, Chicken Gravy, Country Trio Vegetables, Bread/Butter, Strawberry Cheesecake Dinner: Supreme Pizza, Mixed Vegetables, Toss Salad/Dressing, Mandarin Oranges	3 Oatmeal, Sausage Link, Pancake/Syrup Lunch: Italian Cannelloni w/ Blushed Sauce, Riviera Vegetables, Garlic Toast, Chocolate Toffee Dessert Dinner: Steakhouse Vegetable Soup, Crackers, Roast Beef & Cheddar Sandwich, Lettuce/	4 Malt-O-Meal, Everything Bagel Bake Lunch: Herbed Pork Loin, Scalloped Potatoes, Zucchini Parmesan, Bread/Marg, Autumn Gelatin Parfait Dinner: Roast Turkey French Dip, Dill Pickle Pasta Salad, Marinated Tomatoes & Cucumbers, Pears	5 Oatmeal, Hard Boiled Egg, Wheat Toast, Margarine/Jelly Lunch: BBQ Meatloaf, Macaroni & Cheese, parslied Carrots, Caramel Apple Bar Dinner: Cuban Slider, French Fries, Zesty Corn, Fruit Cocktail	6 Cream of Wheat, Sausage Gravy, Biscuit Lunch: Breaded Cod Scrod, Tartar Sauce, Garden Blend Rice, Broccoli, Blueberry Lemon Upside Down Cake Dinner: Homemade Chili, Crackers, Cinnamon Roll, Tossed Salad/Drsg, Peaches	7 Oatmeal, Scrambled Egg/Cheese, Toast, Margarine/Jelly Lunch: Country Fried Steak, Mashed Potatoes, Country Gravy, Capri Blend Vegetables Dinner: Pork Tenderloin on Bun, Pickles & Onions, Sweet Potato Tots, Coleslaw, Pumpkin Crisp
8 Malt-O-Meal, Poached Egg, Cinnamon Coffee Cake Lunch: Roast Beef, Mashed Potatoes, Beef Gravy, Seasoned Peas, Dinner Roll/Marg, Pie Dinner: BBQ Ribette/Bun, Cheesy Hash browns, Green Beans, Strawberries & Bananas	9 Oatmeal, Sausage Link, Pancakes/Syrup Lunch: Lasagna, Italian Cauliflower, Garlic Toast, Mint Cheesecake Brownie Dinner: Turkey Vegetables Soup, Crackers, Egg Salad Croissant, Tossed Salad/Dressing, Cinnamon Applesauce	10 Cream of Wheat, Cheddar Omelet, Toast, Margarine/Jelly Lunch: Smoked Pork Chop, Baked Potato/Marg. Sour cream, Cabbage Au Gratin, Bread/Butter, Pumpkin Blondie Dinner: Beef Pot Pie w/Cheddar Onion Biscuits, Winter Fruit Cup, Oatmeal Raisin Cookie	11 Oatmeal, Skillet Breakfast, Toast, Margarine/Jelly Lunch: Chicken Bowtie Condon Bleu, Broccoli, Garlic Breadstick, Spice Cake w/Brown Butter Frosting Dinner: Honey Garlic Meatballs, Loaded Scalloped Potatoes, Country Trio Vegetables, Bread/Butter, Peaches	12 Malt-O-Meal, Sausage Patty, Raisin Toast, Margarine/Jelly Lunch: Philly Steak sandwich w/ Peppers & Onions, Sweet Potatoes Wedges, Salted Caramel Pudding Dinner: Creamy Ham & Bean Chowder, Crackers, Cornbread/Margarine, Tossed Salad/Dressing, Tropical Fruit	13 Oatmeal, Fruit & Yogurt Parfait, Donut Lunch: Creamy Tuna Pasta Parmesan, Cascade Blend Vegetables, Garlic Toast, Strawberry Marshmallow Dessert Dinner: Wisconsin Cheese Soup, Crackers, Sloppy Joe/Bun, Pears, Coleslaw	14 Cream of Wheat, Breakfast Sandwich Lunch: Chicken Strips, Mashed Potatoes, Chicken Gravy, Glazed Carrots, Bread/Marg., Ice Cream Cup Dinner: Dorito Taco Salad, Cheddar Cornbread, Mandarin Oranges, Rice Krispy Square
15 Oatmeal, Little Smokies, Cinnamon Roll Lunch: Turkey Roast, Cornbread Stuffing, Broccoli Florets, Pumpkin Pie/Topping Dinner: Hamburger Deluxe, French Fries, Lettuce/Tomato/Onion, Baked Beans, Tropical Fruit	16 Malt-O-Meal, Fried Egg, Muffin/Marg. Lunch: Ham Balls, Baked Potato/Marg., Sunshine Carrots, Bread/Butter, Blueberries & Cream Angel Dessert Dinner: Loaded Chicken Noodle Soup, Everything Ham * Cheese Slider, Creamy Cucumbers Salad, Pears	17 Oatmeal, Hard Boiled Egg, Bacon, Toast, Margarine/Jelly Lunch: Country Fried Steak, Mashed Potatoes, Country Gravy, Brown Sugar Glazed Beets, Cookie Dough Cheesecake Dinner: Chili, Chili Fixin's, Crackers, Tossed Salad/Dressing, Pineapple	18 Cream of Wheat, Scrambled Egg/Cheese, Toast/Margarine/Jelly Lunch: Glazed Meatloaf, Mixed Vegetables, Mashed Potatoes/Marg, Dinner Roll/Marg., Chocolate Chip Cookie Dinner: Gravy Fries w/ Shredded Beef Platter, Carrots, Bread/Butter, Mandarin Oranges	19 Oatmeal, Poached Egg, Toast, Margarine/Jelly, Banana Half Lunch: Honey Dijon Pork Loin, Baked Sweet Potato, Bread/Butter, Normandy Vegetables, Cherry Crisp Dinner: Cheeseburger Soup, Cheese Stuffed Breadstick, Apricots, No Bake Peanut Butter Bar	20 Malt-O-Meal, Sausage Gravy, Biscuit Lunch: Breaded Cod Scrod, Bread/Butter, Herbed Rice, Cauliflower Au Gratin, Cranberry Orange Cake Dinner: Taco Mac & Cheese, Tossed Salad/Dressing, Green Beans, Cornbread Muffin, Fruited Gelatin	21 Oatmeal, Scrambled Egg Patty, Toast, Margarine/Jelly Lunch: Cheddar wurst/Bun, Sweet Pepper Slaw, Potato Salad, Tapioca Pudding w/ topping & Cherry Garnish Dinner: Creamed Chipped Beef over Toast, Peas, Peaches, Brownie
22 Cream of Wheat, Ham & Egg Frittata, Toast, Margarine/Jelly Lunch: Pork Roast, Mashed Potatoes, Pork Gravy, Brussels Sprouts, Dinner Roll/Marg., Pie Dinner: Chicken Parmesan Soup, Tossed Salad/Dressing, Garlic Toast, Applesauce	23 Oatmeal, Poached Egg, Toast, Margarine/Jelly Lunch: Spaghetti/Meat Sauce, Italian Blend Vegetables, Garlic Breadstick, Pumpkin Bar Dinner: Fish Sandwich, Tartar Sauce, French Fries, Green Beans, Apricots	24 Malt-O-Meal, Bacon, Scrambled Egg Patty, English Muffin, Margarine/Jelly Lunch: Ranch Chicken Breast, Baked Potato/Marg, Sour Cream, Carpi Blend Vegetables, Bread/Butter, Flamingo Cake Dinner: Cream of Potato Soup, Crackers, Turkey & Swiss Croissant Lettuce & Tomato Slice, Peaches	25 Oatmeal, Sausage Patty, Long John Lunch: Open Face Hot Beef Sandwich, Mashed Potatoes, Broccoli, Caramel Apple Crisp Dinner: Cream of Tomato Soup, Grilled Cheese Sandwich, Coleslaw, Winter Fruit Cup	26 Cream of Wheat, Fried Egg, Toast, Margarine/Jelly Lunch: Turkey Roast, Mashed Potatoes, Turkey Gravy, Stuffing, Green Bean Casserole, Pumpkin Pie with Whipped Topping Dinner: Chicken Strips, Sweet Potato Tots, Country Trio Vegetables, Strawberries & Bananas	27 Oatmeal, Sausage Link, Pancakes/Syrup Lunch: Tavern Battered Cod, Fried Potatoes, Lemon Glazed Carrots, Bread/Butter, Mint Fluff Dinner: Beef & Noodles, Cascade Blend Vegetables, Fresh Baked Bread, Fruited Gelatin	28 Malt-O-Meal, Scrambled Egg, Toast, Margarine/Jelly Lunch: Salisbury Bury Steak w/ Mushroom Gravy, Mashed Potatoes, Green Beans, Bread/Marg. Cake Roll Dinner: Chicken Enchilada Casserole, Mexican Rice, Corn, Fruit Cocktail
29 Oatmeal, Scrambled Egg Patty, Donut Lunch: Baked Ham, Yam Souffle, California Vegetables, Dinner Roll, Pie Dinner: Hamburger/Bun, Lettuce/Tomato/Onion, Potato Salad, Carrots, Chocolate Chip Cookie	30 Cream of Wheat, Little Smokies, Muffin/Margarine Lunch: Chicken Strips, Mashed Potatoes, Chicken Gravy, Country Trio Vegetables, Bread/Butter, Strawberry Cheesecake Dinner: Supreme Pizza, Mixed Vegetables, Toss Salad/Dressing, Mandarin Oranges	<div>  <div> <h1>November 2020</h1>  </div> </div>				

A Note from the Kitchen

We will start our Fall/Winter Menus on
November 1st.

There will be a 4 week menu cycle with one meal
choice.

As always if there are dislikes to certain foods we
will provide something as an alternate.

Thank you!

A Note from the Activities Department

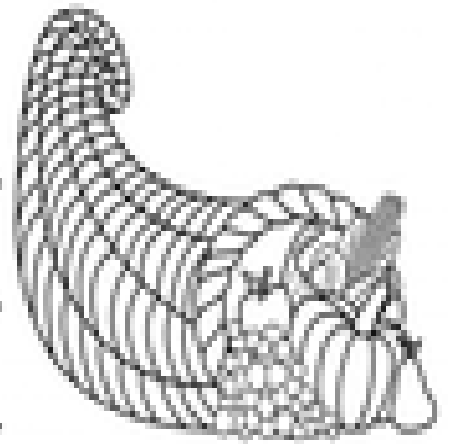
Video chats will start again on Monday,
November 2nd. Signup will be similar to last
time. If you have any questions please
contact Hannah or Deanna

Thank you!

(319) 368-2626

hwaters@hiawathacarecenter.com


Thanksgiving



1. RGSIIPLM _____
2. ONCR _____
3. RBRRYCAEN _____
4. KISNVIAHTGGN _____
5. KIPMNPU _____
6. NAOOCRICPU _____
7. OWLMERAYF _____
8. SATFE _____
9. ONYCOL _____
10. AIENTV ESNIAMRAC _____
11. VTSHAER _____
12. HUQSSA _____
13. ADEPRA _____
14. ERTYKU _____
15. YMA _____

November 2020

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

1 *All Day in Room Activities All Day Church on Ch. 21 & 22 or YouTube	2 <u>A.M.</u> Sip & Social Hour <u>P.M.</u> Movie Monday All Day Independent in room Activities	3 <u>A.M.</u> Hydration & Nail Care <u>P.M.</u> Arts & Crafts All Day Independent in room Activities	4 <u>A.M.</u> Room to Room Social <u>P.M.</u> Reminisce with Activities All Day Independent in room Activities	5 <u>A.M.</u> Brunch Bunch <u>P.M.</u> Happy Hour & Music All Day Independent in room Activities	6 <u>A.M.</u> Exercise Fun Group <u>P.M.</u> Hallway Bingo– SW All Day Independent in room Activities	7 <u>A.M.</u> Games & Fun <u>P.M.</u> Social & Popcorn *All Day in Room Activities
8 *All Day in Room Activities All Day Church on Ch. 21 & 22 or YouTube	9 <u>A.M.</u> Sip & Social Hour <u>P.M.</u> Books & Snacks All Day Independent in room Activities	10 <u>A.M.</u> Hydration & Games <u>P.M.</u> Corks & Canvas All Day Independent in room Activities	11 <u>Veterans Day</u> <u>A.M.</u> Room to Room Social <u>P.M.</u> Room to Room Social All Day Independent in room Activities	12 <u>A.M.</u> Brunch Bunch <u>P.M.</u> Happy Hour & Music All Day Independent in room Activities	13 <u>A.M.</u> Exercise Fun Group <u>P.M.</u> Hallway Bingo—East All Day Independent in room Activities	14 *All Day in Room Activities P.M. Social & Popcorn
15 *All Day in Room Activities All Day Church on Ch. 21 & 22 or YouTube	16 <u>A.M.</u> Sip & Social Hour <u>P.M.</u> Resident Council Meeting All Day Independent in room Activities	17 <u>A.M.</u> Hydration & Nail Care <u>P.M.</u> Baking & Tasting All Day Independent in room Activities	18 <u>A.M.</u> Room to Room Social <u>P.M.</u> Reminisce with Activities All Day Independent in room Activities	19 <u>A.M.</u> Brunch Bunch <u>P.M.</u> Happy Hour & Music All Day Independent in room Activities	20 <u>A.M.</u> Exercise Fun Group <u>P.M.</u> Hallway Bingo –NW All Day Independent in room Activities	21 *All Day in Room Activities P.M. Social & Popcorn
22 *All Day in Room Activities All Day Church on Ch. 21 & 22 or YouTube	23 <u>A.M.</u> Sip & Social Hour <u>P.M.</u> Card Decorating All Day Independent in room Activities	24 <u>A.M.</u> Hydration & Games <u>P.M.</u> Women's Sewing Club All Day Independent in room Activities	25 <u>A.M.</u> Room to Room Social <u>P.M.</u> Room to Room Social All Day Independent in room Activities 1:00 HCC Quilt Raffle	26 <u>Thanksgiving Day</u> <u>A.M.</u> Movies & Games <u>P.M.</u> Hallway Bingo—New Wing 	27 <u>Black Friday Shopping Day</u> *All Day Independent in room Activities & Visits with Staff. <u>P.M.</u> Social & Snacks	28 *All Day in Room Activities P.M. Social & Popcorn
29 *All Day in Room Activities All Day Church on Ch. 21	30 <u>A.M.</u> Sip & Social Hour <u>P.M.</u> Men's Social Group All Day Independent		* Activities at this time are no more than 5 residents per group at a time. Social distancing will be		The calendar is subject to change.	