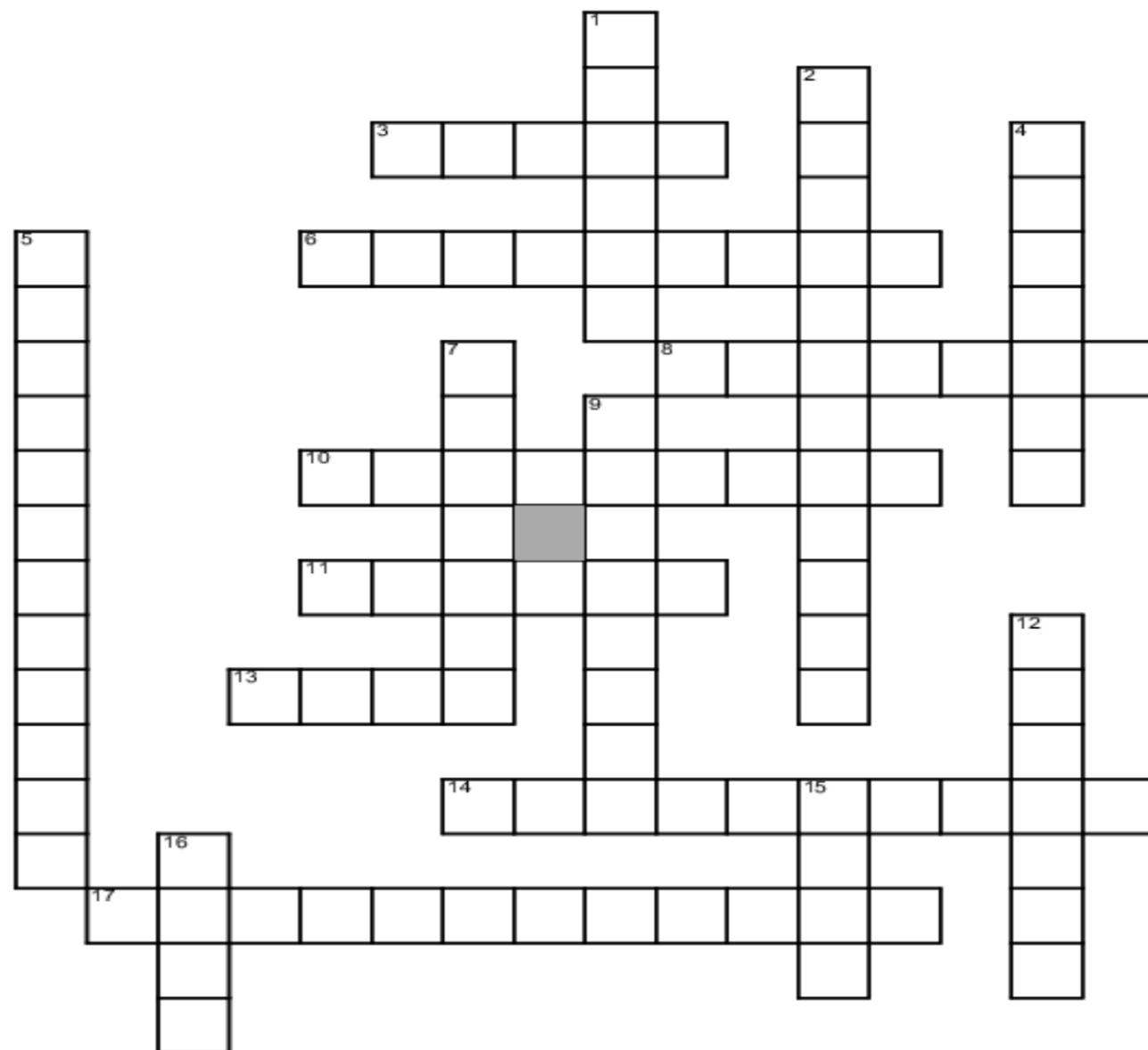


# Fall Harvest Crossword Puzzle



## 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  
 kw Walton@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](mailto: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

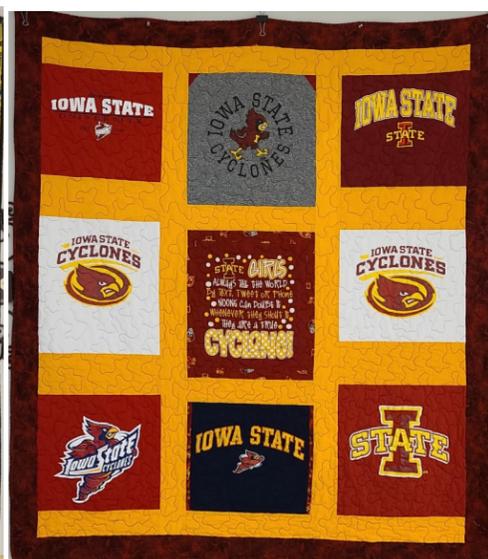
\$10-3 tickets

\$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 led 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. \_\_\_\_\_



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

# November 2020

## *A Note from the Kitchen*

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

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*

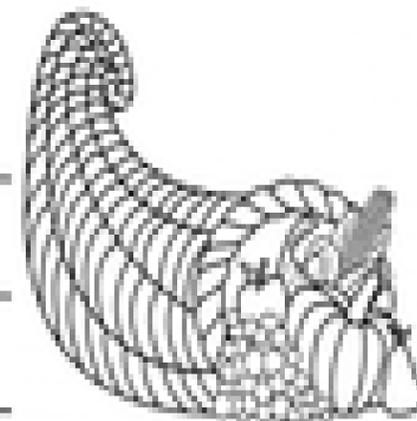
Video chats will start again on Monday,  
November 2nd. Signup will be similar to last  
time. If you have any questions please  
contact Hannah or Deanna

Thank you!

(319) 368-2626

hwaters@hiawathacarecenter.com

Thanksgiving



1. RGSIIPLM \_\_\_\_\_
2. ONCR \_\_\_\_\_
3. RBRRYCAEN \_\_\_\_\_
4. KISNVIAHTGGN \_\_\_\_\_
5. KIPMNP \_\_\_\_\_
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> <b>Resident Council Meeting</b>  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.	