

Fall Word Search



APPLE
AUTUMN
CHESTNUTS
CHILLY
CIDER
COBWEB
FALL
FOOTBALL
GOURD

HARVEST
HAY BALE
HAYRIDE
LEAVES
MAIZE
NOVEMBER
NUTS
OCTOBER
PUMPKIN

RAKE
SCARECROW
SEPTEMBER
SLEET
THANKSGIVING



405 N 15TH AVENUE, HIAWATHA, IA 52233

319-378-8583

hccinfo@hiawathacarecenter.com or kwilton@hiawathacarecenter.com



October Birthdays

Miriam Caves 10-5

Terry Bernhardt 10-10

Kay Riehl 10-13

Linda Williams 10-19

Norma Baughman 10-24

Dorothy Thompson 10-27

October Events

- 10/11: Entertainment with the "Country Steppers"
- 10/13: Wear Pink Day in Honor of Breast Cancer Awareness
- 10/16: Entertainment with the "Damascus Road Band"
- 10/20: Quilt Raffle @ 2:00 p.m.
- 10/20: Oktoberfest Party
- 10/26: Trunk or Treating @ Hiawatha Care Center
- 10/28: Staff Costume Contest & Halloween Party

In Loving Memory

Vilma Nejd

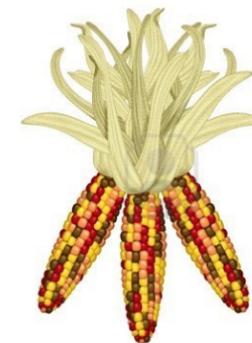
Fredrick Swallom

Ruth Chrystal



Welcome to Hiawatha Care Center

Marlene Scadden	Joe Moss	Sandra Cejka
Margaret Chaisson	Mary Ryan	Russell Rae
Kimberly Ellquist	Elizabeth Michaels	Shirley Weichman
Merwin Zerba	Carolyn Larabee	Elizabeth Stolba
Richard Brewer	Donald Klinger	Charles Davisson
Arlene Fassler	Mary Chmelicek	Dorothy Schuller
	Caroline Buhr	



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

Department Directory

Administrator	Kent Walton
Accountant	Karen Chadwick
Director of Nursing	Amanda Lauterwasser
Assistant Director of Nursing	Karmin Boote
Social Services Director	Becky Stebral
Social Services Assistant	Kristin Voss
Social Services Assistant	Kyann Banghart
Care Plan Coordinator	Kelly VanGinkel
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

2021 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.



Halloween Trivia

Question: How many pounds of candy corn are produced each year? _____

Question: What was the original title for Disney's *Hocus Pocus*? _____

Question: What is Des Moines, Iowa's pre-Halloween festivity called?

Question: Who was the first "First Lady" to decorate the White House for Halloween? _____

Question: What was *The Munsters'* address?

Question: How many calories are in an average trick-or-treater's Halloween stash? _____

Question: What is the most popular Halloween candy in America? _____

Question: Who sang the original "Monster Mash"?



October Menu 2021



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>3 Oatmeal, Cheese Omelet, Cinnamon Roll, Lunch: Choice 1: French Onion Roast Beef, Beef Gravy, Choice 2: Pork Chop, Sides: Honey Dill Carrots, Roll/Marg, Strawberry Pie, Dinner: Choice 1: Roast Beef, Sandwich on a Hoagie Bun, Lettuce & Tomato Slice, Potato Chips, Pickled Beets Choice 2: Chef Salad Sides: Reese's Krispie Treat</p>	<p>4 Cream of Wheat, Sausage Links, Pancakes/Syrup, Lunch: Choice 1: Honey Bourbon BBQ Ribs, Choice 2: Tavern Battered Cod, Sides: Baked Sweet Potato, Balsamic Roasted Broccoli, Bread/Marg, Salted Carmel Pudding, Dinner: Choice 1 Cheeseburger on Bun, Lettuce/Tomato/Onion, Potato Chips Choice 2: Chicken Club Salad/Dressing Roll/Marg,, Sides: Mixed Berries</p>	<p>5 Malt O Meal, Sausage Gravy, Biscuits Lunch: Choice 1: Tuscan Chicken W/ Pasta, Choice 2: Salisbury Steak W/Brown Gravy, Mashed Potatoes Sides: Peas, Garlic Toast, Fresh Grapes, Dinner: Choice 1: Cheddar-wurst On Bun, Seasoned Fries, Choice 2: Turkey Spinach Wrap, Sun Chips Sides: Peaches, Brownie W/ Choc Frosting</p>	<p>6 Oatmeal, Scrambled Egg Patty, Bacon, English Muffin, Margarine/Jelly Lunch: Choice 1 Breaded Chicken Tenders, Biscuit/Honey, Choice 2: Rueben Sandwich Sides: Potato Salad, Creamy Cucumber Salad, Ice Cream Cup, Dinner: Choice 1: Beefy Ranch Casserole, Roasted Lemon Asparagus, Bread/Marg Choice 2: Ham & Cheese Sandwich, Lettuce & Tomato Slice, Spring Pasta Salad,</p>	<p>7 Cream of Wheat, Hard Boiled Egg, Blueberry Muffins, Lunch: Choice 1: Philly Meatloaf, Parslied Red Potatoes, Choice 2: Turkey Noodle Casserole, Sides: Corn, Bred/ Marg, Black Forest Cheesecake Dinner: Choice 1: Sweet & Sassy Pork Burger Choice 2: Hot Dog, Pickle Relish Sides: Coleslaw, Baked Beans, Fresh Apple Slices</p>	<p>8 Malt O Meal, Sausage & Potato Breakfast Casserole, Toast, Marg/Jelly, Lunch: Choice 1 Buttered Crumb Pollock, Tarter Sauce, Choice 2: Baked Ham Sides: Macaroni & Cheese, Cascade Blend Vegetables, Cashew Pea Salad, Watermelon Dinner: Choice 1: Supreme Pizza, Choice 2: Pulled Pork Sides: Tossed Salad, Mixed Vegetables, Mango & Pineapple</p>	<p>9 Oatmeal, Scrambled Egg, Toast, Marg/Jelly, Lunch: Choice 1: Country Fried Steak, Mashed Potatoes, Country Gravy, Roasted Parmesan Green Beans, Bread/Marg Choice 2: Cottage Cheese/ Fruit Plate, Crackers, Dinner: Choice 1: Chicken & Noodles Choice 2: Hamburger Steak W/Gravy, Mashed Potatoes Sides: Peas & Carrots, Breadstick, Mandarin Oranges</p>
<p>10 Cream Of Wheat, Little Smokies, Glazed Donut, Lunch: Choice 1: Spiced Ham Choice 2: Herb Baked Ham Sides: Swiss Scalloped Potatoes, Lemon Kissed Asparagus, Roll/Marg, Cherry Pie, Dinner: Choice 1: Ham & Cheese Quiche, Muffin/Marg, Choice 2: Hamburger, Lettuce/ Tomato/ Onion, French Fries Sides: Carrots, Mandarin Oranges</p>	<p>11 Malt O Meal, Poached Egg, Toast, Marg/Jelly, Lunch: Choice 1: Chicken Cheddar Mashed Bowl, Choice 2: Pork Tenderloin, Pickles & Onions, Mashed Potatoes Sides: Mixed Vegetables, Twisted Strawberry Shortcake, Dinner: Choice 1: Pizza Patty/Bun, Choice 2: Fried Chicken Salad, Sides: Sweet Potato Tots, Marinated Cucumbers, Pears & Blueberries</p>	<p>12 Oatmeal, Fried Egg, Cinnamon Coffee Cake Lunch: Choice 1: Baked Penne & Sausage Choice 2: Beef Minute Steak, Mashed Potatoes Sides: Seasoned Green Beans, Garlic Toast, Cantaloupe Dinner: Choice 1: Turkey & Swiss Croissant Choice 2: Tuna Salad on Croissant Sides: Lettuce & Tomato Slice, Potato Chips, Chocolate Peanut Butter Cup Parfait</p>	<p>13 Cream of Wheat, Blueberry Toast, Sausage Patty, Lunch: Choice 1: Cod Scrod, Choice 2: BBQ Meatballs, Sides: Baked Potato/Marg, Roasted Broccoli w/Bacon, Bread/Marg, Peaches & Cream Cobbler, Dinner: Choice 1: Italian Combo Slider, Shredded Lettuce/Tomato, Coleslaw Choice 2: Egg O Biscuit, Tomato Slices, Tater Tots, Sides: Fruited Gelatin</p>	<p>14 Malt-O-Meal, Fruit & Yogurt Parfait, Danish Lunch: Choice 1: Smothered Pork Chop, Baked Sweet Potato Choice 2: Turkey Burger on Bun, Lettuce/Tom/Onion, Sides: Peas, Frosted Brownie, Dinner: Choice 1: Sloppy Joe/Bun, Choice 2: Breaded Chicken on Bun, Sides: Parmesan French Fries, Country Trio Vegetables, Fresh Melon Cup</p>	<p>15 Oatmeal, French Toast Breakfast Casserole, Banana Half, Lunch: Choice 1: Swiss Steak w/ Tomatoes, Choice 2: Lemon Pepper Tilapia Fillet, Sides: Mashed Potatoes, Beef Gravy, Corn, Mixed Berry Pretzel Dessert, Dinner: Choice 1: Tater Tot Casserole, Carrots, Breadstick, Choice 2: Mediterranean Chicken & Pasta Salad, Sides: Mandarin Oranges</p>	<p>16 Cream of Wheat, Scrambled Egg with Cheese, Toast, Margarine/Jelly, Lunch: Choice 1: Spaghetti, Tossed Salad/Dressing, Garlic Toast, Choice 2: Chicken Salad Sandwich, Potato Chips, Sides: Ice Cream Cup Dinner: Choice 1: Hot Dog/Bun, Potato Salad, Baked Beans, Choice 2: Chef Salad, Crackers, Sides: Fresh Grapes</p>
<p>17 Oatmeal, Scrambled Egg Patty, French Toast Bites, Lunch: Choice 1: Applewood Smoked Bacon BBQ Ribette Choice 2: Beef Minute Steak/Gravy Sides: Cheddar Ranch Scalloped Potatoes, Seasoned Green Beans, Dinner Roll, Pie, Dinner: Choice 1: Crispy Chicken Sandwich, Honey Mustard, Lettuce/Tomato/Onion Choice 2: Cheddar Omelet, Sides: Onion Tangles, Creamy Coleslaw, Sugar Cookie</p>	<p>18 Cream of Wheat, Scrambled Egg, Bacon, Toast, Margarine/Jelly, Lunch: Choice 1: Goulash, Choice 2: Breaded Pollock Filet, French Fries 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</p>	<p>19 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: Ham & Bean Soup, Crackers, Cottage Cheese & Peaches, Maple Cornbread, Choice 2: Hamburger on Bun, Lettuce/Tomato/Onion, Potato Salad Sides: Ice Cream Cup</p>	<p>20 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</p>	<p>21 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</p>	<p>22 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</p>	<p>23 Oatmeal, Sausage Link, Raisin Toast Margarine/Jelly Lunch: Choice 1: BBQ Bacon Cheeseburger, Tater Tots, lettuce/Tomato/Onion, Choice 2: Chef Salad, Crackers, Sides: Tutti Frutti Gelatin, Dinner: Choice 1: Creamy Chicken Alfredo, Seasoned Peas, Garlic Toast, Choice 2: Homemade Vegetable Soup, Hot Ham & Cheese Melt Sides: Mandarin Oranges</p>
<p>24 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</p>	<p>25 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 Butter Mousse, Dinner: Choice 1: Fish Sandwich Deluxe with Lettuce/Tomato, Potato Salad, Choice 2: Beef & Noodles, Carrots, Sides: Blushing Pears, Sherbet Cup</p>	<p>26 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, Mexican Coleslaw Choice 2: Beef Minute Steak/Gravy, Mashed Potatoes, Garlic Breadstick, Sides: Strawberries & Bananas, Apple Filled Churro</p>	<p>27 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.</p>	<p>28 Malt-O-Meal, Banana Half, Toast, Margarine/Jelly, Cheesy Egg Bake, Lunch: Choice 1: Roast Turkey/Gravy, 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</p>	<p>29 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</p>	<p>30 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 Fruit Salad, Chocolate Chip Cookie</p>

31 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

Dietary Notes:
Fall/Winter menus start on October 17th.
With the start of Fall/Winter Menus, soup of the day will return. Soup of the day will be M-F at the noon meal.
Fall Winer Menus will go though the first week of May.
If you have questions regarding what items are in each meal choice please ask one of our dietary staff.

Hiawatha Care Center Flu Vaccine Clinic

Attention Families & Residents!

On Wednesday, October 13th Hiawatha Care Center will be having a Flu Vaccine

Clinic. If you **DO NOT** wish for your loved one to have the flu vaccine, please contact Amy Dake, Infection Preventionist, **No Later** than

Monday, October 11th.

(319) 378-8583



2021 Hawkeye & Cyclone Quilt Raffle

Wednesday, October 20th, Hiawatha Care Center will be raffling off our Hawkeye & Cyclone T-shirt

Quilts at our Oktober Fest Party!

See Hannah or Mary in Activities to purchase your raffle tickets today!



\$5.00 a ticket or
5 tickets for \$20.00



2021 Quilts



Iowa/Iowa State Tailgate Party



Hiawatha's Evening Bonfire & Smores



TRUNK OR TREAT

FAMILIES, FRIENDS, AND STAFF, PLEASE COME JOIN US FOR TRICKS AND TREATS ON TUESDAY, OCTOBER 26TH @ 6:30 P.M. IN THE PARKING LOT LOCATED ON THE NORTH 15TH AVE SIDE!

COME DRESSED IN YOUR BEST HALLOWEEN COSTUME!



WE WILL SEND OUT AN EMAIL CANCELLATION THE AFTER-NOON OF, IF THE WEATHER CALLS FOR RAIN, SNOW, OR FREEZING TEMPERATURES!

6 **Sunday**

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



October Activities Calendar



					1 11:00 Crafts & Painting 2:30 Bingo	2 All Day Independent Activities in the Activity Room Weekend Popcorn at the Nurses Station
3 10:00 Catholic Communion with St. Elizabeth 4:00 King of Kings Lutheran Church Service	4 10:00 Manicure Monday's 2:30 Music with the Leo Shima Band 5:00 Bible Study Group	5 10:00 Reminisce with Activities 2:30 Corks & Canvas	6 <u>National Pumpkin Seed Day</u> 10:00 Outdoor or Indoor Social 2:30 Baking with Activities	7 10:00 Coffee & Social with Activities 2:30 Happy Hour with the Dave Wirtz	8 10:45 Rosary Prayer with Marty 2:30 Bingo 	9 All Day Independent Activities in the Activity Room Weekend Popcorn at the Nurses Station
10 10:00 Catholic Communion with St. Elizabeth 3:00 Movies in the West Dining Room	11 Columbus Day 10:00 Manicure Monday's 2:30 Entertainment with the Country Steppers 5:00 Bible Study Group	12 10:00 Gospel Light Baptist Church 2:30 October Birthday Party With Dave Marshall	13 <u>National No Bra Day</u> 10:00 Outdoor or Indoor Social Wear Pink Day  2:30 Games & Snacks	14 10:00 Coffee & Social 2:30 Happy Hour with the The Flip Side	15 11:00 Cathy Bible Study Group 2:30 Bingo	16 2:45 Music Entertainment with "Damascus Road Band" Weekend Popcorn at the Nurses Station
17 10:00 Catholic Communion with St. Elizabeth 4:00 King of Kings Lutheran Church Service	18 10:00 Manicure Monday's 2:30 Piano Music with Eldred Gerhold 5:00 Bible Study Group	19 9:45 Fall Bus Outing 2:30 Music with Scott Engledow 5:15 Piano with Jill	20 10:00 Outdoor or Indoor Social 2:00 Quilt Raffle Drawing 2:30 Oktoberfest Party	21 10:00 Coffee Social 2:30 Happy Hour with the La La Ladies	22 10:45 Rosary Prayer with Marty 2:30 Bingo 	23 All Day Independent Activities in the Activity Room Weekend Popcorn at the Nurses Station
24 10:00 Catholic Communion with St. Elizabeth 3:00 Movies in the West Dining Room	25 9:30 Local Elections "Voting" 2:30 Pumpkin Decorating  5:00 Bible Study Group	26 10:00 Devotional with Becky & Marty 2:00 Halloween Movie and Popcorn 6:30 Trunk or Treating	27 10:00 Methodist Church with Lovely Lane 2:30 Games & Snacks	28 10:00 Coffee & Social 2:00 Costume Contest 2:30 Halloween Happy Hour with Harold Gray	29 10:00 Manicures with Activities 2:30 Bingo	30 All Day Independent Activities in the Activity Room Weekend Popcorn at the Nurses Station
31 Happy Halloween 10:00 Catholic Communion with St. Elizabeth 	Happy Halloween 				All Activities are subject to change. Please refer to the whiteboards in the dining rooms for the daily activities.	