

Labor Day in the United States

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

barbecue

civic pride

community

end of summer

fair wages

family

federal holiday

honest work

Labor Day

parade

sales at stores

start of school

unions

unity

workers

Hiawatha Care Center

Newsletter

September 2020



HIAWATHA CARE CENTER
 405 N 15TH AVENUE, HIAWATHA, IA 52233
 319-378-8583
hccinfo@hiawathacarecenter.com
kwatson@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	Donna Radeke
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.

HEALTHCARE ENVIRONMENTAL SERVICES WEEK

We want to say thank you to our
 housekeeping, laundry and
 maintenance staff for all the hard work
 you do. You go above and beyond.
 Thank you!



Hiawatha's Happy Couples

I love you. I am who I am because of you. You are every reason, every hope, and every dream I've ever had, and no matter what happens to us in the future, everyday we are together is the greatest day of my life. I will always be yours." — **Nicholas Sparks**



If you live to be
a hundred, I want to
live to be a hundred
minus one day, so I
never have to live
without you.

WINNIE THE POOH

So it's not gonna be easy.
It's going to be really hard;
we're gonna have to work at
this everyday, but I want
to do that because
I want you.

I want all of you, forever,
everyday.
— Noah



Welcome to HCC



Bea Coleman

Sharyl Hohnacker

Margaret Smith

Margaret Lanning

Robert Peck

Roger Torrey

Elizabeth McMahon

Loryne King

Mildred Jessen

Imogene McMahan

Dora Vogt

Wilbur Busch

Evelyn Covington



In Loving Memory



Isabelle Michael

Anna Vittengl

Ronald Hardy

Gloria Langenfeld

Jean Hoppenrath

Leonore Petrick

Lyle Kurth

Resident of the Month

Ardeth Fevold

Ardeth was born on October 11th, 1931 in Rugby, North Dakota. She and her brother grew up in Towner, North Dakota where as kid she enjoyed jumping rope, playing baseball and cheerleading; where she proudly wore her brown jodhpurs with her red satin blouse. During High School she was the lead violinist in the concert band, sang in the choir, and enjoyed working on the school newspaper.

After graduating from Bismarck High School, she went on to further her education at Bismarck State College. While she was working on her major in English, she was a proud member of the choir and orchestra.

While still in college, Ardeth moved with her family to South America. While living there, she helped wealthy housewives strengthen their English dialect and taught junior high students at the American college and at the United States Sponsored School of English. After she moved back to North Dakota, she married the love of her life on October 16th, 1953. They had two wonderful daughters; Kathy and Rebecca.

Traveling, camping, reading, spending time with her family and friends, and church activities are some of the activities she has enjoyed throughout her life.

Since coming to Hiawatha, Ardeth has enjoyed getting to know a whole new family.

Her one piece of advice is "Learn to Listen!"

2020 Quilt Raffle

We are once again raffling off Jenny Gronewold's famous t-shirt quilts.

This year we will have throw/lap quilts of the Iowa Hawkeyes, Iowa State Cyclones, and Military themed.

The raffle will be on Sunday, September 20th @ 3:30 pm. Virtually.

\$5 = 1 ticket

\$10 = 3 tickets

You will receive 1 ticket for every donated Hawkeye, Cyclone, or Military Branch T-Shirt (Large to X-large) after a \$20 purchase.

The proceeds will go to the activities department for the residents.

Contact Hannah Waters Activity Director @

(319) 368- 2626 or at

hwaters@hiawathacarecenter.com to purchase your Tickets now.

September 11th Memorial Service
Friday, September 11th at 11:00.
Staff and Residents please come join
us.





Friendly reminder for families with loved ones in long term care. All Care Conferences are being held via telephone until further notice. Please make sure you respond to the email notification you receive letting us know if you can attend the conference. If the date or time doesn't work for you, please let us know that as well.



Mark your calendars for the Family
Parade Sunday, September 20th @
2:00 invite everyone!
Decorate your cars, make personalize
signs.

September 2020 Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Breakfast: Malt-O-Meal, Hard Boiled Egg, Raisin Toast Lunch: Hot Dog on Bun, Summer Fresh Pasta Salad, Green Beans, , Sides: Fresh Grapes, Supper: Goulash, Garlic Toast, Sides: Tossed Salad/Dressing, Applesauce	2 Breakfast: Oatmeal, Sausage Gravy, Biscuit Lunch: Scalloped Potatoes, & Ham, Sides: Capri Blend Vegetables, Garlic Breadstick, Banana Bread Blondie, Supper: Cheeseburger Deluxe, Sides: Lettuce/Tomato/Onion, Potato Salad, Mandarin Oranges	3 Breakfast: Cream of Wheat, Scrambled Egg with Cheese, Toast Lunch: Roast Beef, Beef Gravy, Asparagus, , Sides: Mashed Potatoes, Marg, Cherry Cheesecake Supper: Pasta Primavera w/Chicken, Mixed Vegetables, Fresh Baked Bread, Sides: Oregon Berry Cup	4 Breakfast: Malt-O-Meal, Poached Egg, Blueberry Toast Lunch: Tavern Battered Cod, Tartar Sauce, Parmesan Rice, , Sides: Country Trio Vegetables, Bread/Marg. Candy Bar Cake, Supper: Salisbury Steak w/Mushroom Gravy, Baked Potato, Sour Cream/Margarine, Broccoli Cuts, Bread/Marg. Sides: Pears	5 Breakfast: Oatmeal, Breakfast Sandwich, Lunch: Ham Ball, Baked Sweet Potato, Corn, Bread/MargSides: Watermelon, Supper: Cheeseburger Casserole, Green Beans, Sides: Dark Sweet Cherries, Ice Cream Cup
6 Breakfast: Oatmeal, Scrambled Egg/Cheese, Cinnamon Roll/Frosting Lunch: Chicken Breast Tenders, Mashed Potatoes, Chicken Gravy, Creamy Coleslaw, Sides: Dinner Roll/Marg, Pie, Supper: Hot Dog/Bun, Potato Salad, Sides: Carrots, Mandarin Oranges	7 Breakfast: Cream of Wheat, Scrambled Egg Patty, Bacon, Toast, Lunch: Spaghetti/Meatsauce, toss Salad/Dressing, Sides: Garlic Toast, Triple Fudge Brownie, Supper: Turkey Burger on Bun, Sides: Lettuce/Tomato/Onion, Scalloped corn, Fresh Grapes	8 Breakfast: Malt-O-Meal, Sausage Link, Pancakes/Syrup, Banana Half, Lunch: Caribbean Pork chop, Mixed Vegetables, Sides: Baked Sweet Potato, Bread/Marg. Lime Crunch, Supper: Chicken Caesar Salad, Tomato Wedges, Assorted Crackers, Cucumber Slices, Sides: Jell-O Cake	9 Breakfast: Oatmeal, Fried Egg, Toast, Lunch: Hot Beef Sandwich, Mashed Potatoes, Beef Gravy, Sides: Lemon Glazed Carrots, Peach Cobbler Cake, Supper: Homemade Vegetable Beef Soup, Salami & Swiss on Focaccia Square/Lettuce & Tomato, Sides: Apricots	10 Breakfast: Cream of Wheat, Fruit & Yogurt Parfait, Donut Lunch: Smothered Chicken, Garden Blend Rice, Sides: Broccoli, Toss Salad/Dressing, Cherry Chocolate Crisp Supper: Meatball Sub Sandwich, Sides: Pasta Salad, Dilly Green Bean Salad, Scotcharoos	11 Breakfast: Malt-O-Meal, Sausage Gravy, Biscuit Lunch: Tavern Battered Cod, Tartar Sauce, Fried Potatoes, Country Fried Steak, Country Trio Vegetables, Bread/Butter, , Sides: Lemon Angel Dessert Supper: Chicken & Noodles, Cascade Blend Vegetables, Sides: Fruit Cocktail, Snickerdoodle Cookie	12 Breakfast: Oatmeal, Hard Boiled Egg, Toast/Jelly Lunch: Hamburger on Bun, Potato Salad, Lettuce, Tomato, Onion, Sides: Watermelon, Supper: Turkey Provolone Croissant, Potato Chips, Toss Salad/Dressing, Sides: Berry Cup
13 Breakfast: Cream of Wheat, Poached Egg, Danish Lunch: Baked Ham, Dilled Carrots, Sides: Party Potatoes, Dinner Roll/Marg., Pie, Supper: Denver Hashbrown Casserole, Cinnamon Roll, Sides: Capri Blend Veggies, Sunrise Fruit Blend	14 Breakfast: Malt-o-Meal, Scrambled Egg, Toast Lunch: Beef & Noodles, . Sides: Asparagus w/Bacon, Bread/Marg, Angle Food Cake, w/ Strawberries, Whipped Topping, Supper: Country Fried Steak, Mashed Potatoes, Country Gravy, Riviera Vegetables, , Sides: Tapioca Pudding	15 Breakfast: Oatmeal, Blueberry Toast, Sausage Link Lunch: BLT Sandwich, Cottage Cheese, Potato Chips, Sides: Fresh Melon Cup, Supper: Fiesta Potato Platter, Shredded Lettuce/Tomato, Sour Cream, Sides: Cascade Blend Veggies, Chocolate Chip Cookie	16 Breakfast: Cream of Wheat, hard Boiled Egg, Toast, Banana Half, Lunch: Baked Pork Chop, Mashed Potatoes, Pork Gravy, Sides: Garlic Breadstick, Cherry Fluff Supper: Philly Steak Sandwich, Roasted peppers & Onions, Sides: Potato Salad, Fresh Grapes	17 Breakfast: Malt-O-Meal, Breakfast Sandwich Lunch: Meatloaf, , Sides: Baked Sweet Potato, Capri Blend Veg, Bread/Marg, Cream Puff Dessert, Supper: Turkey Swiss Sandwich, Lettuce/Tomato, Potato Chips, #Sides: Pears	18 Breakfast: Oatmeal, Fried Egg, Toast, Margarine/Jelly Lunch: Hamburger Steak w/ Gravy, Sides: Fried Potatoes, Green Beans, Bread/Butter, Frosted Brownie, Supper: Ham Pasta Salad, Tomato Wedges, Deviled Egg Halves, Sides: Fresh Baked Bread, Tropical Fruit	19 Breakfast: Cream of Wheat, Fruit & Yogurt Parfait, Wheat Toast Lunch: Chicken Fajita Pasta Bake, Riviera Vegetables, Bread/Marg. Supper: Scalloped Potatoes & Ham, Mixed Vegetables, , Sides: Mandarin Oranges, Sherbet Cup
20 Breakfast: Malt-O-Meal, Sausage Patty, Glazed Long John Lunch: Herbed pork Loin, Peas, Sides: Baked Sweet Potato/Marg. Dinner Roll/Marg, Pie, Supper: Sweet & Sour Meatballs, Bread/Butter, Sweet Macaroni Salad, Sides: Cascade Blend Vegetables, Blushing Pears	21 Breakfast: Oatmeal, Fried Egg, Toast, Lunch: Lemon Pepper Tilapia, Tartar Sauce, Sides: Fried Potatoes, Parslied Carrots, Triple Berry Buckle, Supper: Chicken Breast/Bun Italian Tomato Salad, Cheddar Munchers, Sides: Fruit Cup	22 Breakfast: Cream of Wheat, Little Smokies, Toast Lunch: Swiss Steak w/ Tomatoes, Beef Gravy, Sides: Mashed Potatoes, Asparagus, Fresh Baked Bread, Strawberries, Supper: Taco Salad, Shredded Lettuce/Tomato, Salsa, Sour Cream, Sides: Mandarin Oranges, Ice Cream Cup	23 Breakfast: Malt-O-Meal, Sausage Gravy, Biscuit, Lunch: Chicken Enchilada Casserole, Mexican Rice, Sides: Country Trio Vegetables, French Silk Dessert, Supper: Supreme Pizza, Tossed Salad/Dressing, Mixed Vegetable, Sides: Lemon Fruit Cup	24 Breakfast: Oatmeal, Cheese Omelet, Blueberry Muffin, Lunch: Baked Ham, Baked Potato/Marg & Sour Cream, Green Beans, , Sides: Bread/Marg, Very Berry Gelatin, Supper: Herb Roasted Chicken, Mashed Potatoes, Chicken Gravy, Sides: Capri Blend Veggies, Bread/Marg. Heath Bar Blondie	25 Breakfast: Cream of Wheat, Sausage Link, Pancakes/Syrup Lunch: Spaghetti/Meat sauce, Mini Chef Salad, Garlic Toast, Sides: Lemon Cheesecake, Supper: Salami & Swiss Sandwich, Tomato Slices, 3 Bean Salad, Sides: Apricots	26 Breakfast: Malt-O-Meal, Bacon, Toast, Margarine/Jelly, Lunch: Honey Garlic Meatballs, Scalloped Potatoes, Pickled Beets, Bread/Marg, Fresh Melon Cup Supper: Sloppy Joe on Bun, Ranch Tater Tots, Cucumber & Onion Salad, Sides: Ranger Cookies
27 Breakfast: Oatmeal, Scrambled Egg, Glazed Donut Lunch: Roast Turkey, Parsley Butter Red Potatoes, Sides: Creamed Peas, Dinner Roll, Pie, Supper: Ham & Cheese Quiche, Mixed Vegetables, Muffin/Marg, Sides: Banana & Mandarin Oranges	28 Breakfast: Cream of Wheat, Skillet Breakfast, Toast, Lunch: Lasagna, Garlic Toast, Sides: Cascade Blend Vegetables, Toss Salad/Drg, Root Beef Float Cake, Supper: Italian Croissant with Lettuce/Tomato, Potato Chips, Sides: Pineapple Tidbits	29 Breakfast: Malt-O-Meal, Hard Boiled Egg, Raisin Toast Lunch: Hot Dog on Bun, Summer Fresh Pasta Salad, Green Beans, , Sides: Fresh Grapes, Supper: Goulash, Garlic Toast, Sides: Tossed Salad/Dressing, Applesauce	30 Breakfast: Oatmeal, Sausage Gravy, Biscuit Lunch: Scalloped Potatoes, & Ham, Sides: Capri Blend Vegetables, Garlic Breadstick, Banana Bread Blondie, Supper: Cheeseburger Deluxe, Sides: Lettuce/Tomato/Onion, Potato Salad, Mandarin Oranges			

Hiawatha Care Centers September Birthdays

Kenneth Novak
9/10/1926

Mary Bulanda
9/13/2031

Barbara Dohnalek
9/19/1938

Marian Garner
9/13/1928

Jeanette Robinson
9/18/1931

Linda Meineke
9/19/1945

Gisela Huhndorf
9/24/1929

Beverly Wren
9/19/1931

Jody Anderson
9/1/1969

Phyllis Atwood
9/25/1931



★HAPPY★
BIRTHDAY!

Hiawatha’s 100 + Golden Girls



BACK IN 1920

1920s AVERAGE COST
A first class stamp \$0.02
A gallon of gas \$0.25
A dozen eggs \$0.55
A pound of bacon \$0.47
A half gallon of milk \$0.28

AVERAGE NET INCOME
\$3,269

'20s SLANG
Ankle - To walk
Bearcat - A lively woman
Berries - "Bee's knees"
Darb - Splendid
Giggle water - Liquor
Hotsy totsy - Attractive
Sinkers - A doughnut

IN Style...
WOMEN
Art Deco fashion
Felt hats • Bonnets
Chemise dresses
High heeled shoes
Bobbed hair • Fur coats
MEN
Knickerbockers
Wingtip Shoes
Custom tailored suits
Fedora & newsboy hats
Shiny, slicked back hair

U.S. PRESIDENT
Woodrow Wilson

U.S. POPULATION
106.5 MILLION

TECHNOLOGY
Airlines started to appear around the world as the commercial implications are realized.

The first commercial radio station transmits on August 20th in the United States.

The handheld, household hair dryer first appeared.

POPULAR FILMS
The Cabinet of Dr. Caligari
The Mark of Zorro
Way Down East
Within Our Gates

POPULAR SONGS
Swanee - Al Jolson
Whispering - Paul Whiteman
Crazy Blues - Mamie Smith
Dardanella - Ben Selvin
St Louis Blues - Marion Harris

The first radios were sold in the United States for home use.

IN THE NEWS...
Warren G. Harding is elected President of the United States, defeating Democrat candidate James M. Cox.

Walt Disney starts work as an artist with Kansas City Slide Company for \$40 a week.

Babe Ruth finished the season with a record-breaking, 54 home runs in one season.

Prohibition began in the U.S., which banned the production, importation, transportation, and sale of alcoholic beverages.

The nineteenth amendment to the Constitution is ratified, giving women the right to vote.

September 2020

Sunday

Monday







Tuesday

Wednesday

Thursday

Friday

Saturday

		<p>1</p> <p>9:30 Online Catholic Church Service</p> <p>10:30 Puzzle Group</p> <p>2:30 Jokes, Facts, & Trivia</p> <p>4:00 Pre– Supper Movie Show</p>	<p>2</p> <p>10:00 Room to Room Social Visits</p> <p>10:00 I Love Lucy Show</p> <p>2:30 JW Bible Stories</p> <p>2:30 Games & Snacks</p> <p>4:00 Music Therapy Group</p>	<p>3</p> <p>10:00 Brunch Bunch</p> <p>2:30 Happy Hour & Virtual Tour</p> <p>4:00 Independent Table Games</p>	<p>4</p> <p>10:00 Nail Care & More</p> <p>11:00 Bible Study Group with Cathy</p> <p>2:45 Bingo</p> <p>4:00 Farkle & Table Games</p>	<p>5</p> <p>Grab & Go Popcorn at the Nurses Stations</p> <p>All Day Resident Lead Activities & Independent Activities</p>
<p>6</p> <p>9:30 Online Methodist Church Service</p> <p>2:30 Movies with Staff</p>	<p>7</p>  <p>*Resident Independent Room Activities all Day</p>	<p>8</p> <p>9:30 Online Catholic Church Service</p> <p>10:30 Puzzle Group</p> <p>2:30 Baking & Creations</p> <p>4:00 Pre– Supper Movie Show</p>	<p>9</p> <p>10:00 Room to Room Social Visits</p> <p>10:00 I Love Lucy Show</p> <p>2:30 JW Bible Stories</p> <p>2:30 Games & Snacks</p> <p>4:00 Music Therapy Group</p>	<p>10</p> <p>10:00 Brunch Bunch</p> <p>2:30 Happy Hour with the La La Ladies</p> <p>4:00 Independent Table Games</p>	<p>11</p> <p>10:00 Exercise Fun</p> <p>11:00 September 11th Memorial Service</p> <p>2:45 Bingo</p> 	<p>12</p> <p>Grab & Go Popcorn at the Nurses Stations</p> <p>All Day Resident Lead Activities & Independent Activities</p>
<p>13</p>  <p>9:30 Online Lutheran Church Service</p>	<p>14</p> <p>10:00 Exercise Fun with Activities</p> <p>2:30 Music Concert with Grant</p> <p>4:00 Music Therapy Group</p> 	<p>15</p> <p>9:30 Online Catholic Church Service</p> <p>10:30 Puzzle Group</p> <p>2:30 Outdoor Reminisce & Snacks</p> <p>4:00 Pre-Supper Movie Show</p>	<p>16</p> <p>10:00 Room to Room Social Visits</p> <p>10:00 I Love Lucy Show</p> <p>2:30 JW Bible Stories</p> <p>2:30 Games & Snacks</p> <p>4:00 Music Therapy Group</p>	<p>17</p> <p>10:00 Brunch Bunch</p> <p>2:30 Happy Hour with the Flip Side</p> <p>4:00 Independent Table Games</p>	<p>18</p> <p>10:00 Nail Care & More</p> <p>11:00 Bible Study Group with Cathy</p> <p>2:45 Bingo</p> <p>4:00 Farkle & Table Games</p>	<p>19 <u>2020 Big 12 Conference</u></p> <p>Grab & Go Popcorn at the Nurses Stations</p> <p>10:00 Bingo with Activities</p> <p>All Day Resident Lead Activities & Independent Activities</p>
<p>20</p> <p>9:30 Online Baptist Church Service</p> <p>2:00 Grandparents Day Outdoor Parade & Raffle Drawing</p>	<p>21</p> <p>10:00 Exercise Fun with Activities</p> <p>2:30 September Birthday Party</p> <p>4:00 Music Therapy Group</p> 	<p>22</p> <p>9:30 Online Catholic Church Service</p> <p>10:15 Devotional Service with Becky & Marty</p> <p>2:30 First Day of Fall Craft</p> <p>4:00 Pre-Supper Movie Show</p>	<p>23</p> <p>10:00 Room to Room Social Visits</p> <p>10:00 I Love Lucy Show</p> <p>2:30 JW Bible Stories</p> <p>2:30 Games & Snacks</p> <p>4:00 Music Therapy Group</p>	<p>24</p> <p>10:00 Brunch Bunch</p> <p>2:30 Happy Hour & Name that Song</p> <p>4:00 Independent Table Games</p>	<p>25</p> <p>10:00 Nail Care & More</p> <p>11:00 Rosary Prayer Group With Marty</p> <p>2:45 Bingo</p> <p>4:00 Farkle & Table Games</p>	<p>26</p> <p>Grab & Go Popcorn at the Nurses Stations</p> <p>All Day Resident Lead Activities & Independent Activities</p>
<p>27</p> <p>9:30 Online Methodist Church Service</p> <p>2:30 Movies with Staff</p>	<p>28</p> <p>10:00 Exercise Fun</p> <p>2:30 Movies & Snacks</p> <p>4:00 Music Therapy Group</p>	<p>29</p> <p>9:30 Online Catholic Church Service</p> <p>11:00 Puzzle Group</p> <p>2:30 Wheel of Fortune</p> <p>4:00 Pre– Supper Movie Show</p>	<p>30</p> <p>10:00 Room to Room Social Visits</p> <p>10:00 I Love Lucy Show</p> <p>2:30 JW Bible Stories</p> <p>2:30 Games & Snacks</p>	<p>31</p> <p>10:00 Brunch Bunch</p> <p>2:30 Happy Hour with Music</p> <p>4:00 Independent Table Games</p>		<p><i>All activities are subject to change.</i></p>