

5 interesting facts about September

- September 17th is an incredibly important day for the US, as it was on this day in 1787 that the US Constitution was adopted. If it weren't for the Constitution the US could be an incredibly different country today, with far fewer civil liberties!
- September also used to only have 29 days. Thanks to Julius Caesar's reform of the Roman calendar in 46 BC the month now has an additional day!
- September 11, 2001, changed the shape of the world forever. It was on this fateful day that the worst terrorist attack on US soil happened when four commercial airliners were hijacked. Two of the planes were flown straight into the Twin Towers of the World Trade Center, and another was crashed into the Pentagon. The fourth plane crash-landed into a field in Pennsylvania after the passengers of the flight attempted to regain control of the plane from the terrorists.
- September only has one birthstone though, but with a stone like this, who needs another? The stone I'm talking about is the majestically vivid sapphire. With its deep blue tones, this precious stone is said to represent the wisdom of the gods, purity, and trust. Sapphires were once worn to protect the wearer from both poisoning and other evils.
- September has three birth flowers: the forget-me-not, the morning glory, and the aster. Forget-me-nots represent love and memories, asters represent love as well, and the morning glory represents unrequited love.

Hiawatha Care Center's September 2021 Newsletter



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September Birthdays

Sharon Obrien 9/5

Rose Downs 9/9

Kenneth Novak 9/10

Rae Russell 9/15

James Washburn 9/17

Jeanette Robinson 9/18

Ellen Henningson 9/18

Beverly Wren 9/19

Linda Meineke 9/19

Linda Cole 9/22

Ione Lehew 9/26

Marlene Cameron 9/29

September Events

9/9: Iowa/Iowa State Tailgate-Happy Hour

9/10: September 11th Memorial Services

9/16: Grandparents Day-Happy Hour

In Loving Memory

Ron Andrews

Ed Kendall

Shirley Nove

Eunice Taylor

Betty Fleming

Elizabeth Kacere



Welcome to Hiawatha Care Center

Tom Rosenberger Marian Snyder Raymond Anderson

Rita Kay Donna Jayne Joanne Parizek

Kenneth Burns Gary West Joanne Karns

Kay Mase Patricia Spargur Ramona Dietzman

Ruth Aue Dorothy Brondel Ray Russell

Harlan Leclere



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

Department Directory

Administrator
 Accountant
 Director of Nursing
 Assistant Director of Nursing
 Social Services Director
 Social Services Assistant
 Social Services Assistant
 Care Plan Coordinator
 Certified Dietary Manager, CFPP
 Assistant Dietary Manager, CFPP
 Dietary Consultant
 Activity Director
 Activities Assistant
 Environmental Service Supervisor
 Restorative Therapy Director
 Human Resource Director

Kent Walton
 Karen Chadwick
 Amanda Lauterwasser
 Karmin Boote
 Becky Stebral
 Kristin Voss
 Kyann Banghart
 Kelly VanGinkel
 Stephanie Cross
 Shianne Bascom
 Linda Green
 Hannah Waters
 Mary Obiedzinski
 Emma Ness
 Tammy Ronnebaum
 Amanda Kennedy

2021 Resident Council Board Members

Ron Jorgensen—President
 James Vick—Vice President
 Carma Reiss—Secretary
 Vilma Nejdl—Treasurer

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.



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



September Meal Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>5 Oatmeal, Cheese Omelet, Cinnamon Roll, <u>Lunch: Choice 1:</u> French Onion Roast Beef, Beef Gravy, Choice 2: Pork Chop, Sides: Honey Dill Carrots, Roll/Marg., Strawberry Pie, <u>Dinner: Choice 1:</u> 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>6 Cream of Wheat, Sausage Links, Pancakes/Syrup, <u>Lunch: Choice 1:</u> Honey Bourbon BBQ Ribs, Choice 2: Tavern Battered Cod, Sides: Baked Sweet Potato, Balsamic Roasted Broccoli, Bread/Marg., Salted Carmel Pudding, <u>Dinner: Choice 1:</u> Cheeseburger on Bun, Lettuce/Tomato/Onion, Potato Chips Choice 2: Chicken Club Salad/Dressing Roll/Marg., Sides: Mixed Berries</p>	<p>7 Malt O Meal, Sausage Gravy, Biscuits <u>Lunch: Choice 1:</u> Tuscan Chicken W/ Pasta, Choice 2: Salisbury Steak W/Brown Gravy, Mashed Potatoes Sides: Peas, Garlic Toast, Fresh Grapes, <u>Dinner: Choice 1:</u> Cheddar-wurst On Bun, Seasoned Fries, Choice 2: Turkey Spinach Wrap, Sun Chips Sides: Peaches, Brownie W/ Choc Frosting</p>	<p>1 Oatmeal, Fruit & Yogurt Parfait, Raisin Toast, <u>Lunch: Choice 1:</u> Lasagna Choice Two: Beef Minutes Steak, Mashed Potatoes, Beef Gravy, Sides: Peas, Garlic Toast, Scotcharoos, <u>Dinner: Choice 1:</u> Cheeseburger Tot Casserole, Carrots, Bread/Marg., Choice 2: Turkey Club Slider with Lettuce/Tomato, Potato Chips, Sides: Tropical Fruit</p>	<p>2 Cream of Wheat, Skillet Breakfast, Toast, <u>Lunch: Choice 1:</u> Nacho Chicken, Shredded Lettuce, Tomato, Sour Cream, Spanish Rice, Choice 2: Beef & Noodles, Bread/Butter, Sides: Chuckwagon Corn, Chocolate Toffee Dessert, <u>Dinner: Choice 1:</u> Ham & Swiss/Croissant, Potato Chip, Pears, Choice 2: Cottage Cheese Fruit Plate, Assorted Crackers, Sides: Sherbet Cup</p>	<p>3 Malt-O-Meal, Poached Egg, Toast, Banana Half, <u>Lunch: Choice 1:</u> Lemon Pepper Tilapia Fillet, Cornbread/Marg. Choice 2: Pork Tenderloin/Bun Sides: Fried Potatoes, Green Bean Saute, Raspberry Ripple, <u>Dinner: Choice 1:</u> Chicken Club Pasta Salad, Choice 2: Wisconsin Cheese Soup, Shaved Turkey Sandwich, Sides: Deviled Egg Salad, Tomato Wedges, Chocolate Banana Cake</p>	<p>4 Oatmeal, Scrambled Egg Patty, Danish, <u>Lunch: Choice 1:</u> Ham Balls, Choice 2: Swiss Steak Sides: Baked Potato/Marg., Sour Cream, Colorful Vegetable Casserole, Smores Pudding, <u>Dinner: Choice 1:</u> Boneless Chicken Wings Choice 2: BBQ Ribette Sides: Corn Bake, Broccoli Salad, Cantaloupe</p>
<p>12 Cream Of Wheat, Little Smokies, Glazed Donut, <u>Lunch: Choice 1:</u> Spiced Ham Choice 2 Herb Baked Ham Sides: Swiss Scalloped Potatoes, Lemon Kissed Asparagus, Roll/Marg., Cherry Pie, <u>Dinner: Choice 1</u> Ham & Cheese Quiche, Muffin/Marg., Choice 2: Hamburger , Lettuce/Tomato/ Onion, French Fries Sides: Cucumbers, Mandarin Oranges</p>	<p>13 Malt O Meal , Poached Egg, Toast, Marg/Jelly, <u>Lunch: Choice 1:</u> Chicken Cheddar Mashed Bowl , Choice 2: Pork Tenderloin, Pickles & Onions, Mashed Potatoes Sides: Mixed Vegetables, Twisted Strawberry Shortcake, <u>Dinner: Choice 1:</u> Pizza Patty/Bun, Choice 2: Fried Chicken Salad, Sides: Sweet Potato Tots, Marinated Cucumbers, Pears & Blueberries</p>	<p>14 Oatmeal, Fried Egg, Cinnamon Coffee Cake <u>Lunch: Choice 1:</u> Baked Penne & Sausage Choice 2: Beef Minute Steak, Mashed Potatoes Sides: Seasoned Green Beans, Garlic Toast, Cantaloupe <u>Dinner: Choice 1:</u> Turkey & Swiss Croissant Choice 2: Tuna Salad on Croissant Sides: Lettuce & Tomato Slice, Potato Chips, Chocolate Peanut Butter Cup Parfait</p>	<p>15 Cream of Wheat, Blueberry Toast, Sausage Patty, <u>Lunch: Choice 1:</u> Cod Scrod, Choice 2: BBQ Meatballs, Sides: Baked Potato/Marg., Roasted Broccoli w/Bacon, Bread/Marg., Peaches & Cream Cobbler, <u>Dinner: Choice 1:</u> Italian Combo Slider, Choice 1: Sloppy Joe/Bun, Choice 2: Breaded Chicken on Bun, Sides: Parmesan French Fries, Country Trio Vegetables, Tater Tots, Sides: Fruited Gelatin</p>	<p>16 Malt-O-Meal, Fruit & Yogurt Parfait, Danish <u>Lunch: Choice 1:</u> Smothered Pork Chop, Baked Sweet Potato Choice 2: Turkey Burger on Bun, Lettuce/Tom/Onion, Sides: Peas, Frosted Brownie, <u>Dinner: Choice 1:</u> Italian Combo Slider, Choice 1: Sloppy Joe/Bun, Choice 2: Breaded Chicken on Bun, Sides: Parmesan French Fries, Country Trio Vegetables, Tater Tots, Sides: Fruited Gelatin</p>	<p>17 Oatmeal, French Toast Breakfast Casserole, Banana Half, <u>Lunch: Choice 1:</u> Swiss Steak w/ Tomatoes, Choice 2: Lemon Pepper Tilapia Fillet, Sides: Mashed Potatoes, Beef Gravy, Corn, Mixed Berry Salad Sandwich, Potato Chips, Sides: Ice Cream Cup <u>Dinner: Choice 1:</u> Hot Dog/Bun, Potato Salad, Baked Beans, Choice 2: Chef Salad, Crackers, Sides: Fresh Grapes</p>	<p>18 Cream of Wheat, Scrambled Egg with Cheese, Toast, Margarine/Jelly, <u>Lunch: Choice 1:</u> Spaghetti, Tossed Salad/Dressing, Garlic Toast, Choice 2: Chicken Salad Sandwich, Potato Chips, Sides: Ice Cream Cup <u>Dinner: Choice 1:</u> Hot Dog/Bun, Potato Salad, Baked Beans, Choice 2: Chef Salad, Crackers, Sides: Fresh Grapes</p>
<p>19 Malt-O-Meal, Sausage Link, Frosted Long John, <u>Lunch: Choice 1:</u> Turkey Roast, Turkey Gravy, Choice 2: Cheddarwurst, Sauerkraut, Sides: Mashed Potatoes, Broccoli w/Cheese, Dinner Roll/Marg., Pie, <u>Dinner: Choice 1:</u> Creamed Chipped Beef/Toast, Peas, Choice 2: Chicken Noodle Soup, Roast Beef Sandwich, Lettuce & Tomato Slice, Sides: Watermelon</p>	<p>20 Oatmeal, Hard Boiled Egg, Toast, Margarine/Jelly, <u>Lunch: Choice 1:</u> Cheeseburger Deluxe, Lettuce/Tom/Onion, Choice 2: Tavern Battered Cod, Tartar Sauce, Cascade Blend Vegetables, Sides: Sweet Potato Tots, Strawberry Shortcake, <u>Dinner: Choice 1:</u> chicken Parmesan Sandwich, Choice 2: BBQ Ribette/Bun, Sides: Rotini Pasta Salad, mango & Bananas, Snickerdoodle Cookie</p>	<p>21 Cream of Wheat, Sausage Patty, Chocolate Chip Pancakes/Syrup <u>Lunch: Choice 1:</u> Hot Beef Sandwich, Mashed potatoes/Beef Gravy, Choice 2: Chicken & Rice Bake, Tossed Salad W/Dressing, Sides: Honey buttered Corn, Cherry Pie Crisp, <u>Dinner: Choice 1:</u> Cream of Potato Soup/Crackers, Choice 2: Taco Salad, Shredded Lettuce/Tomato, Salsa, Sour Cream, Sides: Italian Cream Cake</p>	<p>22 Malt-O-Meal, Scrambled Egg, Toast <u>Lunch: Choice 1:</u> BLT, Cottage Cheese, Potato Chips, Choice 2: Turkey A LA King, Flaky Biscuit, Sides: Pineapple, <u>Dinner: Choice 1:</u> Cheesy Chicken Parmigiana, Spaghetti Noodles, Garlic Toast, Carrots, Choice 2: Taco Salad, Shredded Lettuce/Tomato, Salsa, Sour Cream, Sides: Italian Cream Cake</p>	<p>23 Oatmeal, Sausage Gravy, Flaky Biscuit <u>Lunch: Choice 1:</u> Sour Cream Dill Chicken Breast, Choice 2: Baked Ham Sides: Roasted Ranch Red Potatoes, Steamed Asparagus, Bread/Butter, M & M Pretzel Cheese-cake, <u>Dinner: Choice 1:</u> Turkey & Rice Casserole, Choice 2: Breaded Pork Patty/Bun, Lettuce & Tomato Slice, Sides: Mixed Vegetables, Apple Slices</p>	<p>24 Cream of Wheat, Egg O' Muffin with Cheese, <u>Lunch: Choice 1:</u> Chicken Alfredo, Choice 2: Beef & Noodles, Sides: Broccoli Florets, Garlic Breadstick, Blueberry Gelatin Dessert, <u>Dinner: Choice 1:</u> Bratwurst on Bun, Seasoned Tots, Choice 2: Fiesta Potato Platter, Shredded Lettuce/Tomato, Sides: Layered Salad, Pears</p>	<p>25 Malt-O-Meal, Fried Egg, Caramel Roll <u>Lunch: Choice 1:</u> Meatloaf, Sour Cream Mashed Potatoes, Green Beans, Bread/Butter, Choice 2: Roast Beef/Swiss Croissant, Cucumber Pasta Salad Sides: Fruit Cocktail, <u>Dinner: Choice 1:</u> Smothered Beef & Bean Burrito, Shredded Lettuce/Tomato, Corn & Black Bean Salad, Choice 2: Tater Tot Casserole, Corn, Bread/Marg. Sides: Brownie</p>
<p>26 Oatmeal, Frittata, Fruit Turnover <u>Lunch: Choice 1:</u> Smokey Ranch Chicken, Choice Two: Beef Minute Steak Sides: Potato Salad, Baked Beans, Dinner Roll/Marg., Pie, <u>Dinner: Choice 1:</u> Tuna Mac & Cheese, Bread/Butter, Choice 2: Sloppy Joe on Bun, Cheddar Cheese Munchers, Sides: Mixed Vegetables, Raspberry Peaches</p>	<p>27 Cream of Wheat, Scrambled Egg, Flaky Biscuit, Honey, <u>Lunch: Choice 1:</u> Brisket Grilled Cheese, Choice 2: Tavern Battered Cod, Tartar Sauce, Sides: French Fries, Coleslaw, Pineapple, <u>Dinner: Choice 1:</u> Garden Vegetable Soup, Assorted Crackers, Summer Sausage & Cheese Plate, Choice 2: Bacon Cheddar Ranch Chicken Salad Wrap, Potato Chips Sides: Beet Pickles, Monster Bars</p>	<p>28 Malt-O-Meal, Sausage Patty, Toast, <u>Lunch: Choice 1:</u> Smothered pork Chop/Gravy, Choice 2: Chicken Tenders, Sides: Mashed Potatoes, Cascade Vegetables, Strawberry Shortcake, <u>Dinner: Choice 1:</u> Pulled Pork on Hoagie Bun, Choice 2: Breaded Chicken Fillet on Bun, Sides: Summer Fresh Pasta Salad, Marinated tomatoes & Cucumbers, Oranges Slices</p>	<p>29 Oatmeal, Fruit & Yogurt Parfait, Raisin Toast, <u>Lunch: Choice 1:</u> Lasagna Choice 2: Beef Minutes Steak, Mashed Potatoes, Beef Gravy, Sides: Peas, Garlic Toast, Scotcharoos, <u>Dinner: Choice 1:</u> Cheeseburger Tot Casserole, Carrots, Bread/Marg., Choice 2: Turkey Club Slider with Lettuce/Tomato, Potato Chips, Sides: Tropical Fruit</p>	<p>30 Cream of Wheat, Skillet Breakfast, Toast, <u>Lunch: Choice 1:</u> Nacho Chicken, Shredded Lettuce, Tomato, Sour Cream, Spanish Rice, Choice 2: Beef & Noodles, Bread/Butter, Sides: Chuckwagon Corn, Chocolate Toffee Dessert, <u>Dinner: Choice 1:</u> Ham & Swiss/Croissant, Potato Chip, Pears, Choice 2: Cottage Cheese Fruit Plate, Assorted Crackers, Sides: Sherbet Cup</p>		

2021 Kernels Game



2021 Hawkeye & Cyclone Quilt Raffle

Mid-October, Hiawatha Care Center will be raffling off our Hawkeye & Cyclone T-shirt Quilts! See Hannah or Mary in Activities to purchase your raffle tickets today!

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



2021 T-shirt Quilts

Fall Word Search



ACORN
APPLE
AUTUMN
CHESTNUTS
CHILLY
CIDER
COBWEB
FALL
FOOTBALL
GOURD

HALLOWEEN
HARVEST
HAY BALE
HAYRIDE
LEAVES
MAIZE
NOVEMBER
NUTS
OCTOBER
PUMPKIN



QUILT
RAKE
SCARECROW
SEPTEMBER
SLEET
THANKSGIVING

Star Employee
of the Month



*Nurse
Lindsey Harris*

September Activities Calendar

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



5 10:00 Catholic Communion with St. Elizabeth's Church 4:00 Lutheran Church with King of Kings	6 Labor Day 9:45 Manicures with Eileen 3:30 Movie in the SW Dining Room 5:15 Piano Music with Jill	7 10:00 Outdoor Exercises & Social 2:30 Crafts with Activities	1 10:00 Room to Room Visits with Activities 2:30 Games & Snacks	2 10:00 Coffee & Social 2:30 Happy Hour Anniversary with Dave Wirtz	3 11:00 Cathy's Bible Study Group 2:30 Bingo	4 All Day Independent Activities in the Activity Room Weekend Fresh Popcorn @ Nurses' Stations
12 Happy Grandparents Day 10:00 Catholic Communion with St. Elizabeth's Church All Day Independent Activities in the Activity Room	13 9:45 Manicures with Eileen 2:30 Movie & Popcorn 5:00 Bible Study Group	14 10:00 Gospel Light Baptist Church Service 2:30 September Birthday Party with Dave Marshall	15 10:00 Room to Room Visits with Activities 2:30 Games & Snacks 3:30 Music Therapy	16 10:00 Coffee & Social 2:30 Grandparents Day Happy Hour with the La La Ladies	17 11:00 Cathy's Bible Study Group 2:30 Bingo	18 All Day Independent Activities in the Activity Room Weekend Fresh Popcorn @ Nurses' Stations
19 Wife Appreciation Day 10:00 Catholic Communion with St. Elizabeth's Church 4:00 Lutheran Church with King of Kings	20 9:45 Manicures with Eileen 2:30 Music with Eldred Gerhold 5:00 Bible Study Group	21 National Pecan Cookie Day 10:00 Outdoor Exercises & Social 2:30 Baking with Activities 6:30 Smores on the Patio	22 First Day of Fall 10:15 Methodist Church Service with Lovely Lane 2:30 Ice Cream Social 3:30 Music Therapy	23 10:00 Coffee & Social 2:30 Happy Hour with Harold Gray	24 10:45 Rosary Prayer with Marty 2:30 Bingo	25 All Day Independent Activities in the Activity Room Weekend Fresh Popcorn @ Nurses' Stations
26 10:00 Catholic Communion with St. Elizabeth's Church All Day Independent Activities in the Activity Room	27 9:45 Manicures with Eileen 2:30 Corks & Canvas 5:00 Bible Study Group	28 10:30 Devotional with Becky & Marty 2:30 Outdoor Social with Autumn Snacks	29 10:00 Room to Room Visits with Activities 2:30 Games & Snacks 3:30 Music Therapy	30 10:00 Coffee & Social 2:30 Happy Hour with Scott Engledow		Activities are subject to change at any time. Please see the daily white boards located in the dining rooms.