



### Families & Friends

With cold and flu season upon us, it's important that we all take proactive steps to maintain a healthy environment. We ask that if you're not feeling well or are experiencing flu like symptoms such as fever or cough, that you refrain from coming into the facility until you have fully recovered!

### Hot off the laundry line



Families, to make sure every sock, sweater, and bra finds its way home, please have all new clothing items labeled by the laundry team- even if you're taking it home to wash. This helps avoid mix-ups and keeps everyone's belongings on track.

Thanks for your cooperation!

### Department Head Directory

319-378-8583

Administrator: Kent Walton

Director of Nursing: Amanda Lauterwasser

Care Plan Coordinator: Kelly VanGinkel

Social Service Director: Becky Stebral

Accountant: Karen Chadwick

Restorative Therapy Director: Tammy Ronnebaum

Dietary Manager: Stephanie Cross

Dietitian: Linda Green

Environmental Supervisor: Alex Studt

Activity Director: Hannah Waters

## Hiawatha Care Center January 2026 Newsletter

405 N 15TH Avenue Hiawatha, IA 52233

319-378-8583

[kw Walton@hiawathacarecenter.com](mailto:kw Walton@hiawathacarecenter.com)

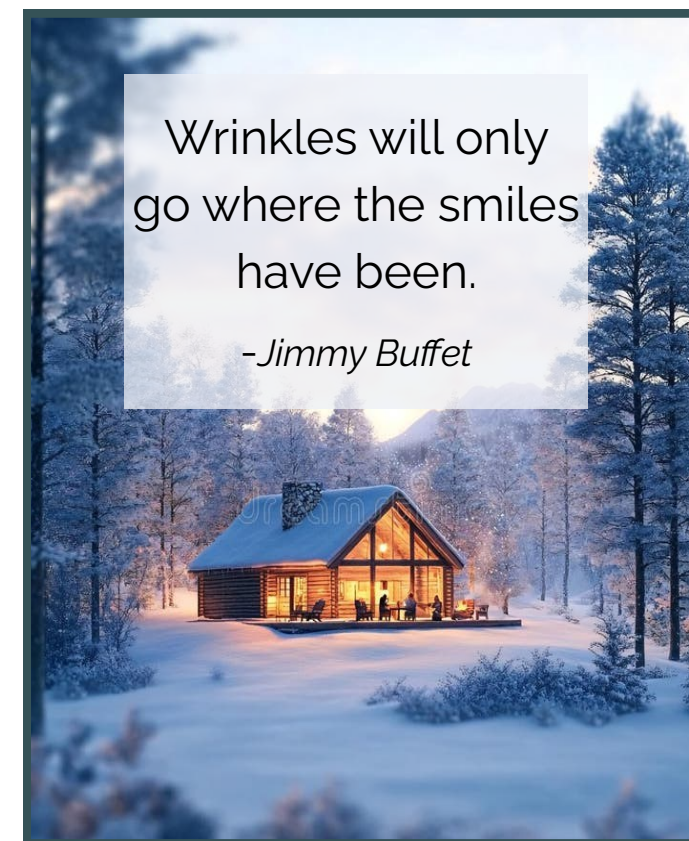
At Hiawatha Care Center, we not only emphasize our quality of care, but also our quality of caring!

### January Birthdays

Loretta Kvach	3rd
Bill Wiese	5th
Herb Surom	13th
Yvonne Veronda	18th
Sharon Jackson	21st
Carolyn Ryan	28th

Wrinkles will only  
go where the smiles  
have been.

-Jimmy Buffet



### Resident Council Leaders

Kay Riehl	Gayla Ruiz	Beth Taggart
Linda Spence	Mary Heck	Marlys Fischels

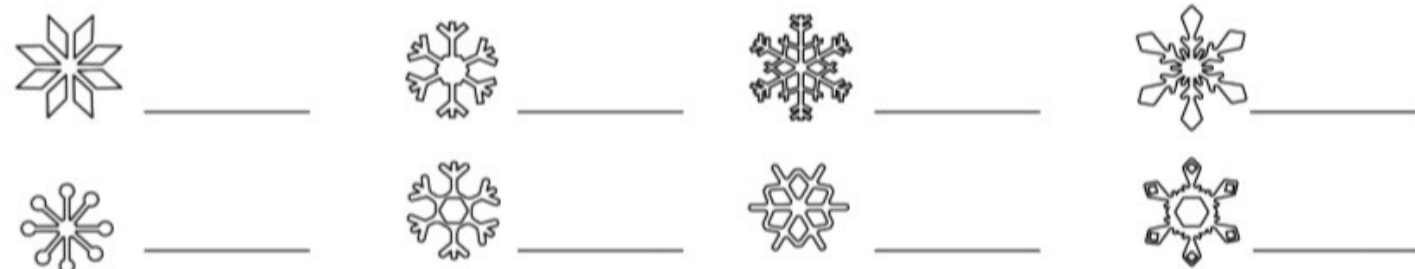
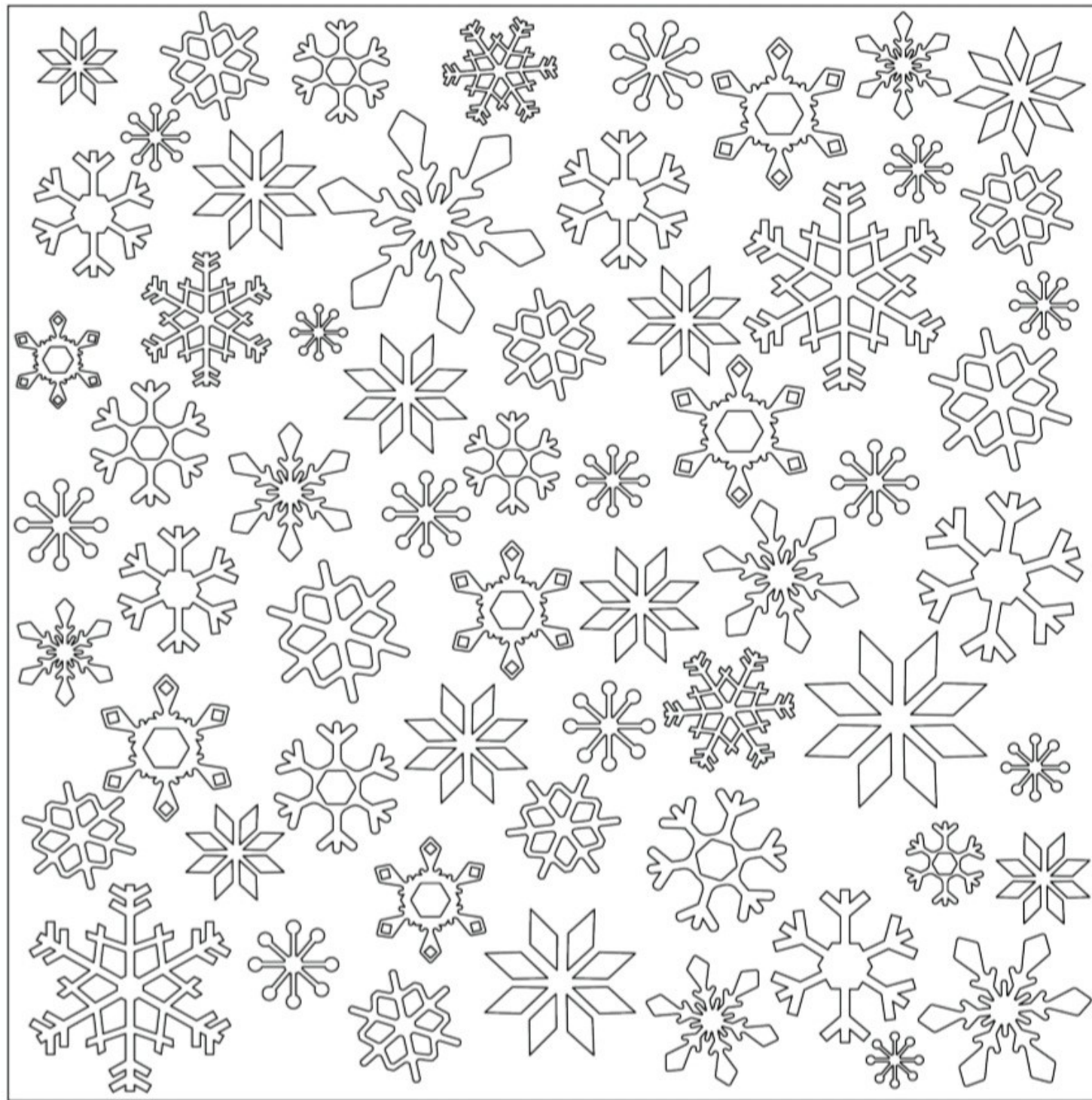




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>  <h1>January Menu</h1> <p>The menu is subject to change based on food supply availability. Thank you!</p>  </div>						
<b>4</b> Cream of Wheat, Fruit & Yogurt Parfait, Strudel Bites, <b><u>Lunch:</u> #1</b> Glazed Ham, <b>#2:</b> Hamburger Steak/Gravy, <b>Sides:</b> Au Gratin Potatoes, Cascade Vegetables, Dinner Roll, Pie, <b><u>Supper:</u> #1</b> Chili w/Fixings, Fritos Corn Chips, <b>#2</b> Loaded Baked Potato w/Ham, <b>Sides:</b> Apricots	<b>5</b> Malt-O-Meal, Bacon, Scrambled Eggs, Toast, <b><u>Lunch:</u> #1</b> Baked Garlic Parmesan Chicken, <b>#2</b> BBQ Ribette, <b>Sides:</b> Garlic & Basil Pasta, Capri Vegetables, Garlic Bread, Pineapple & Cherries, <b><u>Supper:</u> #1</b> BBQ Sloppy Joe/Bun, <b>#2</b> Bratwurst Patty/Bun, <b>Sides:</b> French Fries, Toss Salad w/Dressing, Fruit Cocktail	<b>6</b> Oatmeal, Everything Bagel Bake, 1/2 Banana, <b><u>Lunch:</u> #1</b> Beef Minute Steak w/Gravy, <b>#2</b> Turkey Rotini Bake, Cheddar Garlic Biscuit, <b>Sides:</b> Mashed Potatoes, Mixed Vegetables, Ambrosia Dessert, <b><u>Supper:</u> #1</b> Wisconsin Cheese Soup, 1/2 Deli Chicken Sandwich, <b>#2</b> Turkey Cranberry Salad Palte /Dressing Sides: Creamy Cucumber Salad, Cinnamon Baked Apples	<b>7</b> Cream of Wheat, Sausage Link, Banana French Toast Bake, <b><u>Lunch:</u> #1</b> Baked Pork Chop, Stuffing, Broccoli, Cranberry Rice Bread, <b>#2</b> Beef Chicken Biscuit Casserole, <b>Sides:</b> Ice Cream Cup, <b><u>Supper:</u> #1</b> Pork Tenderloin/Bun, <b>#2</b> Chicken Taco Burger/Bun, <b>Sides:</b> Lettuce/Tomato Slice, Potato Chips, Mandarin Oranges	<b>8</b> Malt-O-Meal, Ham, Egg & Cheese Croissant, Mixed Fruit, <b><u>Lunch:</u> #1</b> Beef Pot Roast, <b>#2</b> Grilled Chicken Breast, <b>Sides:</b> Garlic & Herb Roasted Potatoes, Carrots, Bread w/Marg., Banana Foster Cake, <b><u>Supper:</u> #1</b> Harvest Vegetable Soup, 1/2 Turkey Ranch Slider, L/T/O, <b>#2</b> Reuben Sandwich, Potato Chips, <b>Sides:</b> Peaches	<b>9</b> Oatmeal, Poached Egg, Pumpkin Coffee Cake, 1/2 Banana, <b><u>Lunch:</u> #1</b> Baked Ham, <b>#2</b> Pecan Crusted Tilapia, <b>Sides:</b> Macaroni & Cheese, Creamy Coleslaw, Cornbread w/Marg., Chocolate Raspberry Delight, <b><u>Supper:</u> #1</b> Cheesy Tuna Casserole, Breadstick, <b>#2</b> Baked Pork Chop, Mashed Potatoes, <b>Sides:</b> Cascaded Vegetables, Blushing Pears	<b>10</b> Cream of Wheat, Hard Boiled Egg, Bacon, English Mufin, <b><u>Lunch:</u> #1</b> Salisbury Steak w/Mushroom Gravy, <b>#2</b> BBQ Ribs, <b>Sides:</b> Baked Potato w/Marg., Sunshine Carrots, Cookies & Cream Dessert, <b><u>Supper:</u> #1</b> Pizza, Mixed Vegetables, <b>#2</b> Cheeseburger/Bun, Potato Chips, <b>Sides:</b> Toss Salad, Tropical Fruit Upside Down Cake
<b>11</b> Malt O Meal, Frittata, Cinnamon Roll Casserole, <b><u>Lunch</u> #1</b> Pork Loin/Gravy, <b>#2</b> Turkey Fillet, <b>Sides:</b> Mashed Potatoes, Riviera Vegetables, Dinner Roll w/Marg., Pie, <b><u>Supper</u> #1</b> Chicken Bacon Swiss/Bun, L/T/O, <b>#2</b> Pulled Pork/Bun, <b>Sides:</b> Baked Beans, Pears	<b>12</b> Oatmeal, Pancakes, Breakfast Ham Patty, <b><u>Lunch</u> #1</b> Spaghetti, Italian Vegetables, Garlic Bread, <b>#2</b> Chef Salad, Crackers, <b>Sides:</b> Chocolate Peanut Butter Quake, <b><u>Supper</u> #1</b> Meatballs w/Sauce, <b>#2</b> Pollock Wings, <b>Sides:</b> Fried Potatoes, Bacon Tomato Cucumber Salad, Apricots	<b>13</b> Cream of Wheat, Biscuits & Gravy, <b><u>Lunch</u> #1</b> Cheddar Chicken & Rice Bake, <b>#2</b> Tater Tot Casserole, <b>Sides:</b> Peas, Cheese Breadstick, Mixed Berries <b><u>Supper</u> #1</b> Grilled Turkey & Swiss, <b>#2</b> Breaded Pork Tenderloin, <b>Sides:</b> Cheddar Potato Spudz, Creamy Coleslaw, Mandarin Oranges	<b>14</b> Malt O Meal, Egg Bite, Toast, Cantaloupe, <b><u>Lunch</u> #1</b> Meatloaf, Sour Cream Mashed Potatoes, <b>#2</b> Pulled Pork Laded Baked Potato, <b>Sides:</b> Green Beans, Banana Split Cake, <b><u>Supper</u> #1</b> Chicken Noodle Soup, Deli Ham Sandwich, <b>#2</b> Vegetable Beef Soup, Deli Turkey Sandwich <b>Sides:</b> Crackers, L/T/O,	<b>15</b> Oatmeal, Denver Scrambled Eggs, Toast, 1/2 Banana, <b><u>Lunch</u> #1</b> Beef Tips w/Brown Gravy, <b>#2</b> BBQ Ribs, <b>Sides:</b> Mashed Potatoes, Carrots, Pumpkin Crisp, <b><u>Supper</u> #1</b> Chicken Patty/Bun, L/T/O, Creamy Coleslaw, <b>#2</b> BBQ Chicken Salad Plate w/Cornbread, <b>Sides:</b> Brownie Pie	<b>16</b> Cream of Wheat, Fried Egg, Toast, <b><u>Lunch</u> #1</b> Cod Scrod, <b>#2</b> Hamburger Steak w/Gravy, <b>Sides:</b> Garden Rice, Riviera Vegetables, Blushing Pears <b><u>Supper</u> #1</b> Cream of Tomao Soup, Grilled Cheese Sandwich, <b>#2</b> Cheeseburger Mac, Garlic Breadstick, <b>Sides:</b> Toss Salad w/Dressing, Peaches	<b>17</b> Malt O Meal, Hard Boiled Egg, Blueberry Toast, <b><u>Lunch</u> #1</b> Queso Chicken & Rice Bake, Lettuce & Tomato, Refried Beans, <b>#2</b> Baked Pork Chop, Mashed Potatoes, <b>Sides:</b> Corn, Cinnamon Applesauce, <b><u>Supper</u> #1</b> Chili w/Fixing's, Cheddar Cornbread, Pears, <b>#2</b> Cottage Cheese Fruit Plate w/Crackers <b>Sides:</b> Cinnamon Roll Cake
<b>18</b> Oatmeal, Sausage Link, Danish, Baked Spice Fruit Cup, <b><u>Lunch</u> #1</b> Beef Pot Roast, <b>#2</b> Swiss Steak, <b>Sides:</b> Mashed Potatoes w/Gravy, Green Beans, Dinner Roll, Pie, <b><u>Supper</u> #1</b> Fish Filet, <b>#2</b> Hot Dog/Bun, <b>Sides:</b> Macaroni & Cheese, Toss Salad w/Dressing, Blueberries	<b>19</b> Cream of Wheat, Poached Egg, Toast, 1/2 Banana, <b><u>Lunch</u> #1</b> Glazed Ham, <b>#2</b> Smothered Turkey Patty, <b>Sides:</b> Mashed Potatoes, Chalet Vegetables, Bread w/Marg., Strawberry Cheesecake Fluff, <b><u>Supper</u> #1</b> Breaded Chicken, <b>#2</b> Baked Pork Chop, <b>Sides:</b> Fried Potatoes, Corn, Mandarin Oranges	<b>20</b> Malt O Meal, Scrambled Egg/Cheese, Peanut Butter Coffee Cake, <b><u>Lunch</u> #1</b> Baked Penne & Sausage, <b>#2</b> French Onion Beef Casserole, <b>Sides:</b> Peas, Bread/Butter, Mixed Fruit, <b><u>Supper</u> #1</b> Turkey French Dip, <b>#2</b> Autum Chicken Breast, Garlic Mashed Potatoes, Garlic Bread, <b>Sides:</b> Carrots, Snickerdoodle Pumpkin Dessert	<b>21</b> Oatmeal, Maple Sausage, French Toast, Strawberries, <b><u>Lunch</u> #1</b> Chicken Lasagna, Breadstick, <b>#2</b> Beef Cube Steak w/Gravy, Loaded Mashed Potatoes, <b>Sides:</b> Riviera Vegetables, Chocolate Dream Dessert, <b><u>Supper</u> #1</b> Cheeseburger/Bun, <b>#2</b> BBQ Pork Steak/Bun, <b>Sides:</b> L/T/O, French Fries, Apricots	<b>22</b> Cream of Wheat, Cheese Omelet, Raisin Toast, <b><u>Lunch</u> #1</b> Taco in a Bag, L/T/Sour Cream, <b>#2</b> Chicken Tenders, Mashed Potatoes, <b>Sides:</b> Southwest Vegetables, Birthday Cake Blondie, <b><u>Supper</u> #1</b> Chicken & Dumpling Soup, Crackers, Garlic Bread <b>#2</b> Loaded Baked Potato w/Ham, <b>Sides:</b> Pears,	<b>23</b> Malt O Meal, Egg & Sausage Biscuit, 1/2 Banana, <b><u>Lunch</u> #1</b> Cheesy Tuna Casserole, Mixed Vegetables, Bread w/Marg., <b>#2</b> Grilled Cheese Sandwich, Tomato Soup, <b>Sides:</b> Peaches, <b><u>Supper</u> #1</b> Breaded Fish, <b>#2</b> Meatballs w/Sauce, <b>Sides:</b> Cascade Vegetables, Potato Wedges, Frosted Cake	<b>24</b> Oatmeal, Bacon, Toast, Blueberries <b><u>Lunch</u> #1</b> Turkey Meatloaf, Au Grain Potatoes, Garlic Breadstick, <b>#2</b> Sloppy Joe/Bun, Potato Chips, <b>Sides:</b> Dilled Carrots, Oatmeal Butterscotch Bar, <b><u>Supper</u> #1</b> BBQ Chicken Tenders, Herb Baby Baker Potatoes, <b>#2</b> Chicken Noodle Soup, Grilled Ham & Cheese, <b>Sides:</b> Country Trio Vegetables, Cinnamon Baked Apples
<b>25</b> Cream of Wheat, Apple Streusel Coffee Cake, Hard Boiled Egg, <b><u>Lunch</u> #1</b> Baked Ham, <b>#2</b> Turkey Medallions w/Gravy, <b>Sides:</b> Cheesy Mashed Potatoes, Winter Vegetables, Dinner Roll, Pie, <b><u>Supper</u> #1</b> Broccoli Cheddar Soup, Salami Sandwich, L/T/O, <b>#2</b> Cheese Omelet, Pea, Toast, <b>Sides:</b> Mandarin Oranges	<b>26</b> Malt O Meal, Chocolate Croissant, Sausage Link, <b><u>Lunch</u> #1</b> Beef Pepper Steak, <b>#2</b> Chicken Tenders, <b>Sides:</b> Baked Potato w/Marg., Key West Vegetables, Garlic Bread, Black Forest Pie, <b><u>Supper</u> #1</b> BBQ Rib Sandwich, <b>#2</b> Hamburger/Bun, <b>Sides:</b> Sweet Potato Waffle Fries, Creamy Coleslaw, Peaches	<b>27</b> Oatmeal, Scrambled Egg w/Cheese, Toast <b><u>Lunch</u> #1</b> Tater Tot Casserole, <b>#2</b> Beef Minute Steak w/Gravy, <b>Sides:</b> Carrots, Biscuit, Pineapple Upside Down Cake, <b><u>Supper</u> #1</b> Cheeseburger Soup, Turkey Sandwich, <b>#2</b> Chili w/Fixings, <b>Sides:</b> Tossed Salad w/Dressing, Caramel Fruit Dessert	<b>28</b> Cream of Wheat, Ham Patty, Frosted Cinnamon Roll, Peaches & Raspberries, <b><u>Lunch</u> #1</b> Chicken Bacon Ranch Casserole, <b># 2</b> Goulash, <b>Sides:</b> Riviera Vegetables, Garlic Bread, Loaded Cookie Bar, <b><u>Supper</u> #1</b> Chicken Parmesan Sandwich, Tater Tots, Green Beans, <b>#2</b> Chef Salad, Dinner Roll, <b>Sides:</b> Cranberry Crumb Cake	<b>29</b> Malt O Meal, Bacon, Cheese Omelet, Toast, 1/2 Banana, <b><u>Lunch</u> #1</b> Hamburger Steak w/Gravy, <b>#2</b> Meatballs w/Sauce, <b>Sides:</b> Garlic Mashed Potatoes, Malibu Vegetables, Chocolate Toffee Dessert, <b><u>Supper</u> #1</b> Grilled Reuben, Vegetable Beef Soup, <b>#2</b> Turkey Burger/Bun, L/T/O, French Fries, <b>Sides:</b> Apricots	<b>30</b> Oatmeal, Scrambled Egg Patty, Pumpkin Muffin, <b><u>Lunch</u> #1</b> Alaskan Pollock Wings, <b>#2</b> Caesar Chicken, <b>Sides:</b> Fried Potatoes, Mixed Vegetables, Fresh Baked Bread, Strawberry Cream Cake, <b><u>Supper</u> #1</b> Layered Taco Salad, Lettuce/Tomato, Cornbread, <b>#2</b> Tuna Salad/Croissant, Potato Chips, L/T/O <b>Sides:</b> Pineapple Tidbits	<b>31</b> Cream of Wheat, Sausage Patty, Pancake, 1/2 Banana, <b><u>Lunch</u> #1</b> Cheesy Meatloaf, <b>#2</b> Pork Steak, <b>Sides:</b> Cheesy Mashed Potatoes, Normandy Vegetables, Smore Pudding, <b><u>Supper</u> #1</b> Wisconsin Cheese Soup, Deli Chicken Sandwich, <b>#2</b> BBQ Turkey Tenderloin Sandwich, Potato Chips <b>Sides:</b> L/T/O, Pears



# I Spy



# Winter Word Search

## Challenge - 4

Words may go in any direction (forward, backward, diagonal).



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

DOG SLEDDING  
DOWNHILL SKIING  
SNOWBALL FIGHT  
BOBSLEDDING

QUILTED  
GUSTY  
MITTENS  
CUDDLE

HOCKEY  
WINTRY  
CARIBOU  
FLURRY  
BLANKET

FIREWOOD  
POLAR BEAR  
CRANBERRY  
PINE TREE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div> <div> All activities are subject to change. Please refer to the whiteboards in the dining rooms for the daily schedule! </div> <div>  <h1>January's Activities</h1> </div> </div>				<div>1</div> <div>New Years Day</div> <div>Independent Activities</div> <div>Movies &amp; Snacks with Staff</div>	<div>2</div> <div>Independent Activities</div> <div>2:30 Bingo Hour</div>	<div>3</div> <div>Independent Activities</div> <div>Movies &amp; Snacks with Staff <i>(In the Common Areas)</i></div> <div>4:30 Flute Music with Charlotte</div>
<div>4</div> <div>10:00 Catholic Communion</div> <div>Movies &amp; Snacks with Staff <i>(In the Common Areas)</i></div> <div>4:00 King of Kings Lutheran Church Service</div>	<div>5</div> <div>10:00 Manicures &amp; Social</div> <div>2:30 Music with the La La Ladies</div> <div>4:45 Bible Study Group</div>	<div>6</div> <div>10:00 Reminiscing</div> <div>10:30 Piano Music with Melinda</div> <div>2:30 Guess the Puzzle and Beat the Dealer</div> <div>4:00 Activity Hour</div>	<div>7</div> <div>10:00 Bingo with Students from Andrews Academy</div> <div>2:30 Music with the Famous Lena Adams</div> <div>4:00 Activity Hour</div>	<div>8</div> <div>10:00 Bingo with Friends from the ARC Group</div> <div>2:30 Happy Hour with Dave Wirtz</div> <div>4:00 Activity Hour</div>	<div>9</div> <div>10:00 Craft: Making Cards for Veterans over Seas</div> <div>2:30 Bingo Hour</div> <div>3:30 Snack &amp; a Show</div>	<div>10</div> <div>Morning Independent Activities</div> <div>2:30 Music with the C.R Express Band</div> <div>4:00 Activity Hour</div>
<div>11</div> <div>10:00 Catholic Communion</div> <div>2:30 Sip &amp; Create: Guess that Milk Flavor &amp; Milk Jug Craft</div>	<div>12</div> <div>10:00 Manicures &amp; Social</div> <div>2:30 Fun Games for National Rubber Duck Day</div> <div>4:45 Bible Study Group</div>	<div>13</div> <div>10:00 Gospel Light Baptist Church Service</div> <div>2:30 Guess the Puzzle and Beat the Dealer</div> <div>4:00 Activity Hour</div>	<div>14</div> <div>10:00 Flavored Tea &amp; Gossip</div> <div>2:30 Strawberry Ice Cream Social with Music</div> <div>4:00 Activity Hour</div>	<div>15</div> <div>10:00 Manicures &amp; Social</div> <div>2:30 Happy Hour with the Flip Side</div> <div>4:00 Activity Hour</div>	<div>16</div> <div>10:00 Mover's &amp; Shakers Group Hour</div> <div>2:30 Bingo Hour</div> <div>3:30 Snack &amp; a Show</div>	<div>17</div> <div>Independent Activities</div> <div>Movies &amp; Snacks with Staff <i>(In the Common Areas)</i></div>
<div>18</div> <div>10:00 Catholic Communion</div> <div>Movies &amp; Snacks with Staff <i>(In the Common Areas)</i></div> <div>4:00 King of Kings Lutheran Church Service</div>	<div>19</div> <div>10:00 Manicures &amp; Social</div> <div>2:30 Piano Recital with Students</div> <div>3:15 Snacks &amp; Social</div>	<div>20</div> <div>10:00 Reminiscing</div> <div>10:30 Piano Music with Melinda</div> <div>2:30 Cheese/Wine Tasting and Reminiscing</div> <div>4:00 Activity Hour</div>	<div>21</div> <div>10:00 Painting Hour</div> <div>2:30 Movie &amp; Fresh Popcorn</div> <div>4:00 Activity Hour</div>	<div>22</div> <div>10:00 Gourmet Coffee Hour</div> <div>2:30 Happy Hour with Harold Gray</div> <div>4:00 Activity Hour</div>	<div>23</div> <div>10:00 Bingo Hour with Friends From Discovery Living</div> <div>2:30 Bingo Hour</div> <div>3:30 Snack &amp; a Show</div>	<div>24</div> <div>Morning Independent Activities</div> <div>2:30 Making Cards for National Compliment Day</div> <div>Weekend Popcorn</div>
<div>25</div> <div>10:00 Catholic Communion</div> <div>2:30 Weekend Bingo</div> <div>4:00 Activity Hour</div>	<div>26</div> <div>10:00 Manicures &amp; Social</div> <div>2:30 Serenity Spa Hour</div> <div>4:45 Bible Study Group</div>	<div>27</div> <div>10:00 Farkle Hour</div> <div>2:30 Travel Adventures to Hawaii</div> <div>4:00 Activity Hour</div>	<div>28</div> <div>10:15 Lovley Lane Methodist Church Service</div> <div>2:30 Birthday Party with Dave Marshall</div> <div>3:00 Pet Visits with Eartha</div>	<div>29</div> <div>10:00 Mover's &amp; Shakers Group Hour</div> <div>2:30 Happy Hour with D.J. Clay Willie-Midnight Rider</div> <div>4:00 Activity Hour</div>	<div>30</div> <div>10:00 Hot Cocoa Hour &amp; Gossip</div> <div>2:30 Bingo Hour</div> <div>3:30 Snack &amp; a Show</div>	<div>31</div> <div>Morning Independent Activities</div> <div>3:00– 3:20 Prestige Dance Performance</div>