

Heart of a Mom

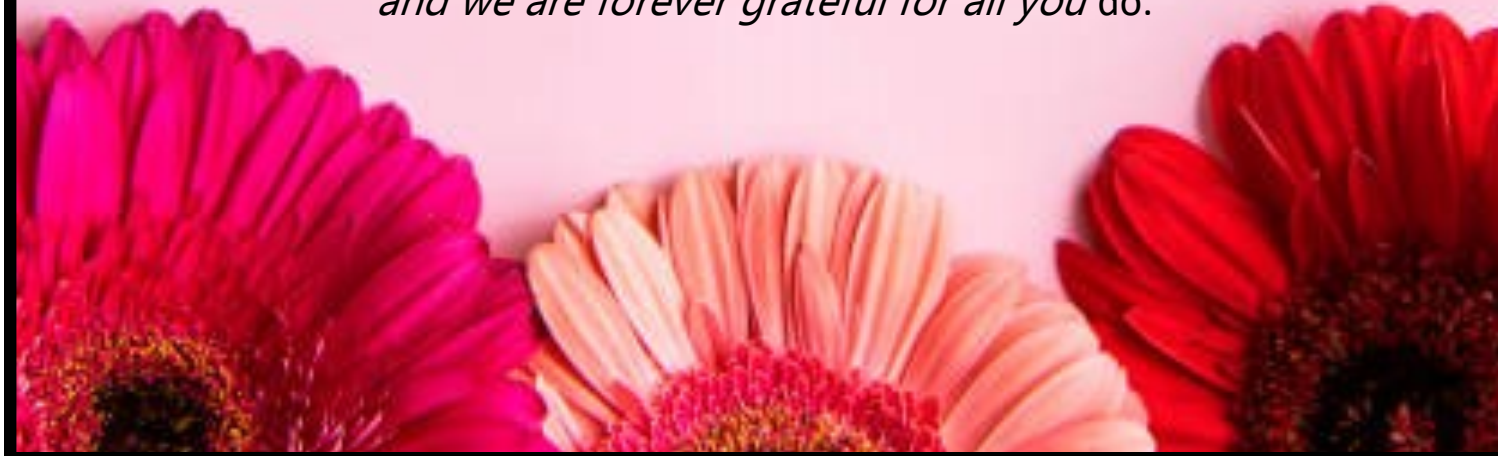
A true mother's love is one that knows no bounds. It's a love that chooses to care, to guide, and to be there no matter what. It's not about the circumstances or how one becomes a mom, but about the heart—the way a mother gives herself fully to those she loves.

A mother's love is not always easy, but it is always unconditional. It's the kind of love that puts others first, sacrifices without hesitation, and supports through every challenge. It's in the quiet moments of comfort, the loud celebrations of achievements, and the steady presence in times of need.

Being a mother means loving through everything—the highs and the lows, the messy moments and the joyful ones. It's about embracing the role of nurturing, guiding, and lifting up those you care for, even when it's hard, even when it seems thankless. A true mother loves with everything she has, without ever asking for anything in return.

Her love is a quiet strength, always present, always there. It's the love that shapes lives, teaches lessons, and makes the world a better place. It's a love that doesn't need recognition, but that is felt deeply by everyone lucky enough to be in her care.

Today, we celebrate all the mothers—the ones who give their hearts, their time, and their love without question. Your love makes the world brighter, and we are forever grateful for all you do.



Hiawatha Care Center May 2025 Newsletter

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Hiawatha, IA 52233

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

Department Head Directory

319-378-8583

Administrator: Kent Walton

Director or Nursing: Amanda Lauterwasser

Care Plan Coordinator: Kelly VanGinkel

Social Service Director: Becky Stebral

Accountant: Karen Chadwick

Dietary Manager: Stepanie Cross

Dietitian: Linda Green

Environmental Supervisor: Alex Studt

Activity Director: Hannah Waters

Restorative Therapy Director: Tammy Ronnebaum

Resident Council Leaders

Kay Riehl

Gayla Ruiz

Beth Taggart

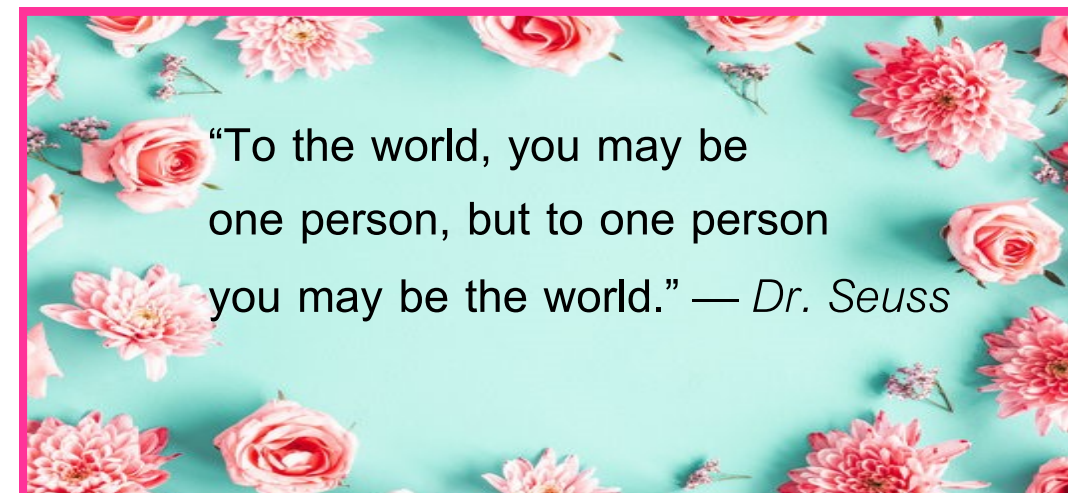
Linda Spence

Mary Heck

Marlys Fischels

May Birthdays

Mary Jo Hemphill 5/14



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>The menu is subject to change based on food supply availability. Thank you!</p> <h1 style="text-align: center;">The Menu-May 2025</h1>				<p>1 Oatmeal, Denver Scrambled Eggs, 1/2 Banana, Lunch: Choice 1: Beef Tips/Gravy, Choice 2: BBQ Ribs, Sides: Mashed Potatoes, Carrots, Pumpkin Crisp, Supper: Choice 1: Breaded Chicken Patty/Bun, L/T/O, Creamy Coleslaw Choice 2: Pulled Pork Salad, Cornbread, Sides: Brownie Pie</p>	<p>2 Cream of Wheat, Fried Egg, 1/2 Banana, Lunch: Choice 1: Breaded Cod Scrod, Choice 2: Hamburger Steak w/Gravy, Sides: Garden Blend Rice, Riviera Vegetables, Cherry Delight, Supper: Choice 1: Cream of Tomato Soup, Grilled Cheese Sandwich, Choice 2: Cheeseburger Mac, Garlic Breadstick, Sides: Tossed Salad/Dressing, Peaches</p>	<p>3 Malt-O-Meal, Hard Boiled Egg, Blueberry Toast Lunch: Choice 1: Queso Chicken & Rice Bake, Shredded Lettuce/Tomato, Sour Cream, Refired Beans, Choice 2: Baked Pork Chops, Mashed Potatoes, Sides: Corn Cinnamon Applesauce, Supper: Choice 1: Chili/Fixing's Choice 2: Cottage Cheese Fresh Fruit Plate, Crackers, Sides: Pears, Apple Spice Cake/ Cinnamon Cream Cheese Frosting</p>
<p>4 Oatmeal, Danish, Sausage Link, Baked Spiced Fruit Cup, Lunch: Choice 1: Beef Pot Roast w/ Gravy, Choice 2: Swiss Steak Sides: Mashed Potatoes, Green Beans, Dinner Roll, Pie, Supper: Choice 1: Breaded Fish Filet, Choice 2: Hot Dog /Bun, Sides: Macaroni & Cheese, Toss Salad/Dressing, Blueberries</p>	<p>5 Cream of Wheat, Poached Egg, 1/2 Banana, Lunch: Choice 1: Glazed Ham, Choice 2: Smothered Turkey Patty, Sides: Mashed Potatoes, Chalet Garlic Buttered Vegetables, Bread/Marg., Strawberry Cheesecake Fluff, Supper: Choice 1: Breaded Chicken Filet, Choice 2: Baked Pork Chop, Sides: Fried Potatoes, Buttered Dill Corn, Mandarin Oranges</p>	<p>6 Malt-O-Meal, Scrambled Egg/Cheese, Chocolate Chip Coffee Cake, Lunch: Choice 1: BBQ Ribette, Butternut Squash, Peas, Bread/Marg., Choice 2: Deli Roast Beef Slider, L/T/O, Sides: Mixed Fruit, Supper: Choice 1: Roast Turkey French Dip, Choice 2: Autumn Chicken, Garlic Mashed Potatoes, Garlic Bread Sides: Carrots, Snickerdoodle Pumpkin Dessert</p>	<p>7 Oatmeal, Sausage Patty, French Toast/Syrup, Strawberries, Lunch: Choice 1: Chicken Lasagna, Choice 2: Beef Cube Steak/Gravy, Sides: Breadstick, Riviera Vegetables, Coffee Cream Dessert, Supper: Choice 1: Cheeseburger/Bun Choice 2: BBQ Pork Steak/Bun, Sides: L/T/O, French Fries, Apricots</p>	<p>8 Cream of Wheat, Cheese Omelet, Raisin Toast, Lunch: Choice 1: Taco in a Bag, Shredded Lettuce, Tomato, Sour Cream, Choice 2: Chicken Tenders, Mashed Potatoes, Sides: Southwest, Vegetable, Frosted Peach Cake, Supper: Choice 1: Chicken & Dumplings, Crackers, Choice 2: Laded Baked Potato/Ham, Sides: Garlic Bread, Pears, Peanut Butter Cookie</p>	<p>9 Malt-O-Meal, Egg & Sausage Biscuit, 1/2 Banana, Lunch: Choice 1: Grilled Cheese Sandwich, Cream of Tomato Soup, Choice 2: Cheesy Tuna Casserole, Mixed Vegetables, Bread/Marg., Sides: Peaches Supper: Choice 1: Breaded Fish Filet, Choice 2: Meatballs/Sauce, Sides: Cascade Vegetables, Potato Wedge, Cupcake</p>	<p>10 Oatmeal, Bacon, Toast, Blueberries, Lunch: Choice 1: Baked Ham, Au Gratin Potatoes, Garlic Breadstick Choice 2: Sloppy Joes/Bun Sides: Dilled Carrots, Oatmeal Butterscotch Bar, Supper: Choice 1: BBQ Chicken Tenders, Pasta Salad, Country Trio Vegetables, Choice 2: Chicken Noodle Soup, Ham Salad Sandwich, Sides: Cinnamon Baked Apples</p>
<p>11 <u>Happy Mother's Day</u> Breakfast: Oatmeal, Honeybun Coffee Cake, Hard Boiled Egg Lunch: Chicken & Tortellini Alfredo, Broccoli, Garlic Breadstick, Strawberry Pie Supper: Bacon Dill Egg Salad/ Croissant, L/T/O, Chips, Mixed Fruit</p>	<p>12 <u>NNHW- 4th of July</u> Breakfast: Malt O Meal, Red, White and Blue Parfait, Danish Lunch: Foot Long Hot Dog/Bun, Potato Salad, Creamy Corn Salad, Red White and Blue Jello Cake Supper: Western Burger, L/T/O, Chips with French Onion Dip, Watermelon</p>	<p>13 <u>NNHW- St. Patrick's</u> Breakfast: Lucky Charms, Cinnamon Roll w/Green Frosting, Bacon, Honeydew Lunch: Baked Potato Bar, Grasshopper Dessert Supper: Honey Glazed Ham, Irish Mashed Potatoes, Green Beans, Lime Gelatin with Pears</p>	<p>14 <u>NNHW- Easter</u> Breakfast: Cream of Wheat, Hashbrown Egg Bake, Fresh Fruit Cup Lunch: Salad Bar, Deviled Egg Halves, Easter Cookie Bars Supper: Beef Stroganoff, Herbed Mashed Potatoes, Cheesy Garlic French Bread, Carrots, Easter Dirt Cup</p>	<p>15 <u>NNHW- Christmas</u> Breakfast: Oatmeal, Breakfast Burger on bun, Strawberries & Grapes Lunch: Open Face Hot Beef Sandwich, Asparagus w/Bacon, Christmas Lasagna Dessert Supper: Popcorn Chicken, Mashed Potatoes/Gravy, Chicken Gravy, Corn, Hot Chocolate Cookie</p>	<p>16 <u>NNHW- Halloween</u> Breakfast: Malt O Meal, Monster Muffins, Maple Sausage Patty, Mandarin Oranges Lunch: Walking Taco with Black Chips, Black Beans, Shredded Lettuce/Diced Tomatoes, Monster Cookie Cake Supper: Chili Dog/Bun Diced Onion, Mixed Vegetables, French Fries, Creamy Orange Fluff</p>	<p>17 Cream of Wheat, Pancakes/Syrup, Sausage Patty, Lunch: Bacon Cheeseburger Meatloaf, Ranch Tater Tots, Peas, Pears Supper: Italian Combo Slider with Lettuce/Tomato, Kettle Chips, Mixed Fruit</p>
<p>18 Oatmeal, Cheese Omelet, Mini Donuts, Mandarin Oranges, Lunch: Choice 1: French Onion Roast Beef, Mashed Potatoes/Beef Gravy, Choice 2: Pork Steak, Sides: Carrots, Dinner Roll, Pie, Supper: Choice 1: Chicken Salad Sandwich, L/T/O, Marinated Cucumbers, Potato Chips, Choice 2: Chef Salad, Crackers Sides: Mandarin Tapioca Fluff</p>	<p>19 Cream of Wheat, Toast, Cheesy Egg Bake, 1/2 Banana, Lunch: Choice 1: BBQ Ribette, Choice 2: Tavern Battered Cod Sides: Baked Sweet Potato, Broccoli, Fresh Grapes, Supper: Choice 1: Pizza, Tossed Salad, Choice 2: BBQ Meatballs, Cheesy Garlic Mashed Potatoes, Sides: Mixed Vegetables, Pineapple Tidbits</p>	<p>20 Malt-O-Meal, Toast, Sausage Link, Cantaloupe, Lunch: Choice 1: Chicken Bowtie Cordon Bleu, Choice 2: Salisbury Steak/Gravy, Mashed Potatoes, Sides: Green Beans, Garlic Toast, Blueberry Lemon Upside Down Cake, Supper: Choice 1: Grilled Chicken Sandwich, L/T/O Choice 2: Cheddar Wurst/Bun Sides: Seasoned Fries, Peaches</p>	<p>21 Oatmeal, Scrambled Egg Patty, Bacon, English Muffin, Lunch: Choice 1: Breaded Pork Tenderloin, Choice 2: BBQ Chicken Strips, Sides: Potato Wedges, Dilled Cucumbers, Pears, Supper: Choice 1: Pollock Nuggets, Choice 2: Italian Chicken Breast, Sides: Capri Blend Vegetables, Fried Potatoes, Banana Bread Cake</p>	<p>22 Cream of Wheat, Hard Boiled Egg, Blueberry Muffin, Honeydew Melon Lunch: Choice 1: Glazed Meatloaf, Choice 2: Maple BBQ Pork Steak, Sides: Parslied Red Potatoes, Corn, Cherry Cha Cha Dessert Supper: Choice 1: Turkey Ranch Club Slider, L/T/O, Choice 2: Hot Dog/Bun, Ketchup, Mustard, Relish Sides: Deviled Egg Pasta Salad, Mixed Fruit</p>	<p>23 Malt O Meal, Sausage & Potato Breakfast Casserole, Toast, Fresh Strawberries, Lunch: Choice 1: Chicken Strip, Choice 2: Baked Ham, Sides: Macaroni & Cheese, Dilled Carrots, Watermelon, Supper: Choice 1: Cheeseburger/Bun Choice 2: Crunchy Fish Sandwich, Tartar Sauce, Sides: L/P/O Tomato Wedges, Potato Chips, Mixed Berries</p>	<p>24 Oatmeal, Scrambled Egg, Toast, 1/2 Banana, Lunch: Choice 1: Country Fried Steak, Baked Potato/Marg., Green Beans, Choice 2: Cottage Cheese Fruit Plate, Crackers, Sides: Frosted Cake Supper: Choice 1: Chili/Fixing's, Cheese Sandwich Choice 2: Hamburger Steak/Gravy, Mashed Potatoes, Caribbean Blend Vegetables, Sides: Mandarin Oranges</p>
<p>25 Cream of Wheat, Little Smokies, Cinnamon Coffee Cake, Lunch: Choice 1: Baked Ham, Choice 2: Baked Chicken, Sides: Scalloped Potato, Cauliflower w/ Cheese, Dinner Roll, Pie, Supper: Choice 1: Ham & Cheese Omelet, Tomato Wedges, Muffin, Choice 2: Turkey Burger/Bun, L/T/O, Sides: Hashbrowns, Apricots</p>	<p>26 Malt O Meal, Lunch: Choice 1: Taco Salad, Shredded Lettuce/Tomato, Southwest Vegetable Blend, Choice 2: Pork Tenderloin/Bun, Pickles & Onions, Potato Chips, Sides: Twisted Strawberry Shortcake, Supper: Choice 1: Bacon Dill Egg Salad/Croissant, Sun Chips, Choice 2: Grilled Chicken Salad Plate, Crackers, Sides: Marinated Cucumbers, Pears & Blueberries</p>	<p>27 Oatmeal, Breakfast Ham Patty, Bagel, Cream Cheese Lunch: Choice 1: Glazed Ham Balls, Choice 2: Beef Minute Steak, Sides: Broccoli, Baked Potato, Garlic Toast, Cantaloupe, Supper: Choice 1: BBQ Boneless Wings, Corn, Choice 2: Tuna Salad on Rye Bread, Sides: Ruby Tuesday Pasta Salad, Peaches</p>	<p>28 Cream of Wheat, Blueberry Toast, Sausage Patty, Fruit Cocktail, Lunch: Choice 1: Hawaiian Sloppy Joe Sliders, Choice 2: Breaded Cod, Sides: Coleslaw, Peaches & Cream Cobbler, Supper: Choice 1: Meatball Sub Sandwich, Green Beans, Choice 2: Salami & Swiss Sandwich, Tomato Slices, Cucumber Slices, Sides: Italian Pasta Salad, Country Apple Dessert</p>	<p>29 Malt O Meal, Fruit & Yogurt Parfait, Danish, Lunch: Choice 1: Brown Sugar Glazed Pork Steak, Baked Sweet Potato, Peas, Choice 2: Hamburger Steak/Gravy Sides: Baked Sweet Potato, Peas, Fresh Grapes, Supper: Choice 1: Chicken Philly Sandwich, Choice 2: Grilled Ham & Cheese Sandwich, Sides: Fried Potatoes, Country Trio Vegetables, Brownie</p>	<p>30 Oatmeal, Mini Waffles/Syrup, Maple Sausage Link, Lunch: Choice 1: Salad Bar, Tomato Wedges, Cucumber Slice, Crackers, Choice 2: Shaved Turkey Sandwich, L/T/O, Potato Chips, Sides: Jello Cake, Supper: Choice 1: Tator Tot Casserole, Breadstick, Choice 2: Pulled Pork/Bun Sides: Carrots, Mandarin Oranges</p>	<p>31 Cream of Wheat, Scrambled Egg/Cheese, Toast, Fresh Strawberries, Lunch: Choice 1: Spaghetti, Italian Blend Vegetables, Garlic Toast, Choice 2: Chicken Salad Sandwich, L/T/O, Potato Chips, Sides: Watergate Dessert, Supper: Choice 1: Chicken Bacon Swiss/Bun Choice 2: Hot Dog/Bun Sides: Potato Salad, Calico Bean Bake, Lemon Fruit Cup</p>

2025 NNHW Dress-up Days

We're kicking off *National Nursing Home Week* with a week full of celebration—and we want **everyone** to join the fun! That means **residents, staff, and families**—let's make this week full of smiles, laughter, and festive flair!

Each day, we're celebrating a different holiday:

- **Monday:**  *Fourth of July* – Rock the red, white & blue!
- **Tuesday:**  *St. Patrick's Day* – Don your green and maybe some shamrocks!
- **Wednesday:**  *Easter* – Think pastels, bunny ears, or anything springy!
- **Thursday:**  *Christmas* – Ugly sweaters, Santa hats, or anything jolly!
- **Friday:**  *Halloween* – Costumes welcome and encouraged!



Be sure to check the calendar for all the exciting activities and special treats planned throughout the week—including delicious themed meals!

Let's come together, have fun, and make some amazing memories!

Mother's Day

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COOKING	SWEET	DRIVING	DAUGHTERS	ADVICE
GIVING	MOTHER	FATHER	HUGS	PATIENT
KISSES	WIFE	SUNDAY	SONS	CARING
NURTURING	LISTEN	FEEDING	FLOWERS	GIFTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1 style="color: #ff0066; text-align: center;">May Activities</h1>			<p>All activities are subject to change. Please refer to the whiteboards in the dining rooms for the daily schedule!</p>	<p>1 May Day 8:50 Catholic Mass 10:15 May Day Baskets 2:30 Happy Hour & Music with Dave Wirtz 4:15 Vase Decorating 6:30 Flower Arranging</p>	<p>2 10:00 Movers & Shakers Group on the Patio (Weather Pending) 2:30 Bingo Hour</p>	<p>3 <i>10:30 Brunch @ Tiffany's Mother's Day Social</i> <i>(For ALL the female residents)</i></p>
				<p>4 National Lemonade Day 10:00 Catholic Communion 2:30 Crafty Hour: Make your Own Lemonade Glass 4:00 King of Kings Lutheran Church Service</p>	<p>5 Cinco de Mayo 10:00 Manicures & Social 2:30 Margarita's & Churro's on the Patio 4:45 Bible Study Group</p>	<p>6 10:00 Brain Teasers 10:30 Piano Music with Melinda 2:30 Resident Memorial Service with Dr. Jim Coyle from Cedar Memorial</p>
<p>11 Happy Mother's Day 10:00 Catholic Communion  2:30 Bingo Hour with Mom</p>	<p>12 NNHW- 4th of July 10:00 Fun Fireworks on the Patio and Smores 2:30 Music Show with Grant Beck and Apple Pie 4:45 Bible Study Group</p>	<p>13 NNHW- St. Patrick's 10:00 Lucky of the Editable Art with Melisa 2:30 Shamrock Lounge: Tattoos-Shakes-Golden Smoothies 4:15 Guess the Puzzle: "Irish Style"</p>	<p>14 NNHW- Easter 10:00 Design a Tye-Bow-Hate with Students from Andrews Chrisitan Academy 2:30 Bunny Bake Workshop: Cake Design 4:30 Crafty Hour: Twist & Tye Dye</p>	<p>15 NNHW- Christmas 10:00 Outdoor Pony Sleigh Rides and Hot Cocoa 2:30 Holly Jolly Happy Hour with the La La Ladies 4:15 DIY Christmas Ordainments</p>	<p>16 NNHW- Halloween 10:00 Witch's Brew Tasting 11:15 The Balloon of Doom 2:30 Halloween Bingo Hour 4:15 Monster Mash Popcorn & Halloween Movie</p>	<p>17 Morning Independent Activities 2:30 Music & Popcorn with the "Flip Side" 4:30 Games: Left-Right-Center</p>
<p>18 10:00 Catholic Communion 2:30 Dance Performance with The Pointe Dance Students 4:00 King of Kings Lutheran Church Service 4:30 Book Reading</p>	<p>19 10:00 Manicures & Social 2:30 Root Beer Floats & Social on the Patio 4:45 Bible Study Group</p>	<p>20 10:00 Brain Teasers 10:30 Piano Music with Melinda 2:30 Guest Speaker: Eleanor Roosevelt</p>	<p>21 National Slushie Day 10:00 Gospel Light Baptist Church Service 2:30 NEW* Slushie's & Music Hour with Aaron Shoemaker 4:30 Craft Hour: Painted Strawberry Rocks</p>	<p>22 8:50 Catholic Mass 10:15 Coffee/Cocoa & News 2:30 Happy Hour & Music with Harold Gray 4:30 Trivia: Finish the Phrase</p>	<p>23 10:00 Games with Friends from Discovery Living 2:30 Bingo Hour 4:15 Snacks & Storytime</p>	<p>24 Morning Independent Activities 2:30 Live Music with the "The Gospel/Hymn Sings Band"</p>
<p>25 10:00 Catholic Communion 2:30 Weekend Bingo</p>	<p>26 Memorial Day  Morning Independent Activities 2:30 Country Music Hour with Bruce Wright</p>	<p>27 10:00 Outdoor Games & Fun with Mother Goose Daycare Kids 2:30 Snacks & Storytelling with August Green on the Patio 4:15 Games: UNO</p>	<p>28 10:15 Lovely Lane Methodist Church Service 2:30 Birthday Party & Music with Dave Marshall 4:30 Crafty Hour: Flip Flop Design</p>	<p>29 8:50 Catholic Mass 10:15 Coffee/Cocoa & News 2:30 Happy Hour & DJ Music with Clay Willie 4:30 Trivia: Guess that Sound</p>	<p>30 10:00 Manicures & Social 2:30 Bingo Hour</p>	<p>31 Morning Independent Activities 2:30 Crafty Hour: Smile-A-Gram Card making 4:30 Popcorn & Reminisce Group</p>