

River Bend Retirement Community

813 Tyler Street NE Cascade, IA 52033

www.riverbendal.com

April 2011

Phone: (563) 852-5001

From the Manager:

We have had a lot of inquiries at River Bend recently, and I thought I could clarify some frequently asked questions (faqs) about assisted living.

- **What is Assisted Living?** Assisted Living is a housing model not a medical model. We provide apartments with services. Each individual has different needs and a service plan is developed with the resident, family, and nurse to help with activities of daily living. These activities of daily living may be bathing, grooming, dressing, cooking, cleaning, and medication management, or help with ambulating.
- **Is there a charge for every little thing?** Our monthly rates are based on time. The time is determined from the service plan from the time and number of services requested. There are five levels of service. There are many basic services included in all levels.
- **Are Meals Included?** Independent rates include the noon meal. Assisted rates include 3 meals per day (breakfast is made to order). Residents receive a menu and are able to choose from 2 delicious entrée's.
- **Do you have Skilled Nursing?** We do not provide skilled nursing. But, since this is their home, Home Care may come in to assist residents with skilled services and therapies.
- **Are there Garages?** Yes there are, and valet parking.
- **Do you take people to the Doctor's Office?** We provide rides in town, Monday through Friday. We encourage family involvement. The doctor's office prefers the family to bring residents to appointments. We bring people to the local office for labs.

Please call if you have questions or visit our website: www.riverbendal.com.

Karl Manternach, RN/Manager

A colorful graphic with the words "Happy Easter" in a stylized, bubbly font. The letters are multi-colored with a gradient effect, ranging from purple to yellow.

APRIL EVENTS:

Bible Study
Every Wednesday
9:30 a.m.

Music & Prayer
Saturday, April 9th
2:30 p.m.

Community Bingo
Sponsored by
First Ave Cuts
(Mary Kay Wagner)
Sunday, April 10th
1:30 p.m.- 3:30 p.m.

Alzheimer's Support Group
Tuesday, April 12th
6:00 p.m.

Music at River Bend
Featuring: Take Two
(Ray & Jan Kumor)
50's & 60's Music and
Variety Show
Saturday, April 16th
2:00 p.m.- 3:00 p.m.

Nurses Notes: Anne Nielson, RN

Excerpts from Alzheimer's Disease: A Guide for Care Givers

As a caregiver, it's common to focus so much on the person in your care that you neglect to take care of yourself. However, taking care of yourself must become a priority, so that you can live healthily and happily and can give the best care to the person with Alzheimer's disease dementia.

One of the key things to watch out for is stress. Stress occurs as a result of too many pressures that demand too much of you. The stress of care giving can be overwhelming when you feel you have too many responsibilities and not enough support. If you feel very guilty, resentful, sad, frightened, or just in over your head all the time, your stress level will be high. However, it is natural for caregivers to experience these feelings from time to time.

Here are some common ways you can care for yourself:

- Find someone, a friend or counselor, who can listen and give you new ideas and perspective
- Attend conferences and lectures about Alzheimer's disease or join a support group with other people who are going through the same thing.
- Hire more help or enlist more family involvement
- Claim time for yourself and make sure you use it
- Make and keep doctor's appointments for yourself
- Join a caregiver support group
- Take advantage of Respite opportunities

Alzheimer's Association
Fish Fry Fundraiser
Friday, April 1st
Marilyn's Café and Catering
12-8 p.m. \$9.00 per person all you can eat



COOKS CORNER: MCKENZIE DAVIS

Provided by Darlene Curoe daughter of Resident Catherine Schmitt

Deluxe Chocolate Marshmallow Bars

Cookie Crust:

3/4 C. butter	1 1/2 C. Sugar
3 eggs	1 tsp vanilla
1 1/3 C. flour	1/2 tsp baking powder
1/2 tsp salt	3 Tablespoons Cocoa
1/2 C. nuts (Optional)	4 C. Miniature Marshmallows

Topping:

8 oz. chocolate Chips	3 Tablespoons Butter
1 C. Peanut Butter	2 C. Crisp Rice Cereal

Directions: Cream Butter and Sugar. Add eggs & vanilla. Combine flour, baking powder, salt & cocoa. Add the creamed mixture. Stir in nuts. Spread in jelly roll pan. Bake 350° 15-18 minutes. Sprinkle marshmallows evenly over crust. Return to oven 2-3 mins. Using a knife dipped in warm water, spread marshmallows evenly. Cool.

For Topping:

Combine chocolate chips, butter, and peanut butter in a small saucepan. Cook over low heat until melted & blended. Remove from heat. Stir in cereal. Spread over bars. Chill. Makes about 3 dozen squares

Sometimes it's a Zoo Around Here!!!



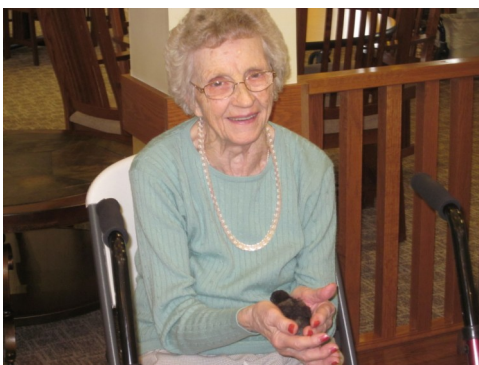
Jerry Westemeier with a rabbit!



Bess Kane holding a rabbit



Kay Sershon, Jerry Westemeier, and Norma Bildstein watching the Goat!!



Catherine Schmitt holding a baby chick.



Cricket Hollow Zoo Came to Visit River Bend

LAST CHANCE TO GET YOUR
RECIPE IN!!! DEADLINE IS
APRIL 15TH, E-MAIL OR MAIL
THEM.

rbmanager@netins.net or
813 Tyler Street NE Cascade,
IA 52033

Please include your name and
return address with recipes

Who's New at River Bend!!
We would like to Welcome!!

Bob Devaney
Kate Supple
Joe & Rosie Peiffer



Fleece tie blanket donated
to the Cascade Elementary
for their Bingo benefit



Matt Gogel for Music
Grandson of Norma
Bildstein



April Birthdays

Kay Sershon.....4/10/1920

Mailing address

"RETURN SERVICE REQUESTED"

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