



RIVER BEND RETIREMENT COMMUNITY

813 Tyler Street NE—Cascade, Iowa 52033-(563)852-5001

www.riverbendal.com

December 2011

From the Managers Desk:

Hi Everyone,

I've always loved antiques and crafts. As a child, every year when we unpacked Christmas decorations, we would ooh and ahh over the old ornaments and reminisce. I remember hearing, "when I was a kid this is what we had for ornaments", as we looked at the clip on base of a candle holder. The idea that my grandparents actually put lit candles on a real tree was romantic, and frightening. Although, my grandmother reassured me that tree was only lit one night of the year. Candy and fruit hung on the tree as decorations. Stringing popcorn and cranberries conjured up visions of my aunts and uncles all being children and doing an activity together. After all, they didn't have TV to just sit around and watch. A favorite homemade ornament was a silver angel. She was cut and folded from an aluminum baking tin. She was treasured because it was hard to find aluminum during the depression. When I was a kid, we made felt ornaments and decorated with sequins, and glitter, and brick-abrack. We cut and baked salt dough ornaments. It was not because it was the depression anymore, it was tradition. Keep with the spirit of Christmas in giving an old fashioned gift. Maybe you'll discover a family tradition or start a new one. In this economy, "going all out" might not be practical or even affordable. It is a good way to bring back memories, as well as make new ones.

Best Wishes for a safe holiday season,
Karla Manternach RN, Manager

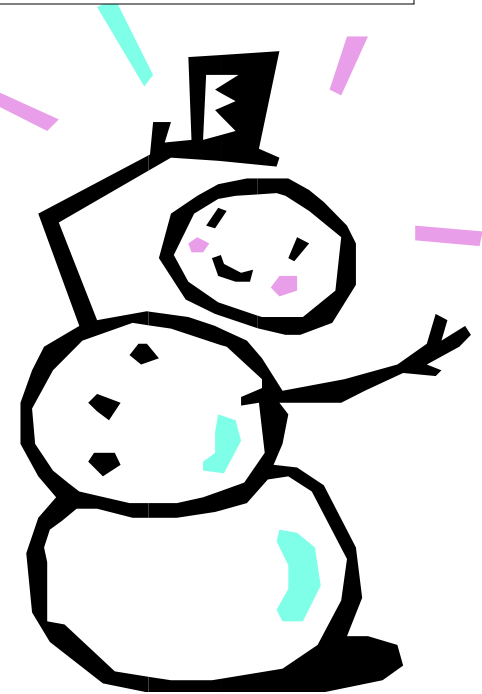
Happy Birthday!!!!

Gladys Faber—December 4th

Bess Kane—December 26th

Orland Boyle—December 26th

Dorothy Culver—December 30th



December Public Events at River Bend

Bible Study

Every Wednesday
At 9:30 A.M.

Cascade Chamber

Cookies with Santa

Saturday, December 3rd
Santa Arrives At 1:00 P.M.
CHS Choir Will Perform
Vendors will be on hand for
Christmas Shopping

Music & Prayer

Saturday, December 10th
At 2:30 P.M.

Music at River Bend

Tuesday, December 20th
2:00—3:00 P.M.
Featuring : Marv Rickels



River Bend Family Thanksgiving Dinner

River Bend had its annual Family Thanksgiving Dinner on Sunday, November 13th. We had a great meal prepared by our kitchen staff McKenzie Davis & Karla Gassmann along with Liz Decker's famous stuffing. We had additional kitchen and universal staff cooking, serving and working very hard to make it a special day for our residents and families.

A Big Thank You to all our staff for the hard work !!!



Pretty Nails by Patty Leick and Liz Decker . The ladies had great fun getting their nails done for Thanksgiving. Thank you Patty & Liz.



Thank You Paul Heim for entertaining us with your Karaoke at our Family Thanksgiving.

Barefoot Becky



What a wonderful crowd of Residents and Friends we had on November 18th for Barefoot Becky. Everyone that attended had a great time listening to Becky on accordion and Terry on guitar playing Polka Music.



From the Nurses Desk:

'Tis the season. Late Fall to Late Spring is flu season. We do encourage visitors to be considerate of our residents and try to not share this seasonal affliction. Remember anyone over 65 is at high risk of complications from influenza. People at risk for complications are those with health conditions such as: diabetes, heart disease, asthma, or emphysema. Get medical care right away if the person exhibits difficult breathing or has chest pain; has purple or bluish discoloration of the lips; is vomiting and unable to keep liquids down; shows signs of dehydration, such as feeling dizzy when standing; or, is less responsive than normal or becomes confused. Visit the CDC web site at www.flu.gov for more information.

Test your flu IQ

1. A flu vaccine can't give you the flu? True
2. The "stomach flu" and influenza are the same thing? False
3. Getting a flu vaccine in December or later is not too late. True
4. People should be vaccinated against the flu each and every year. True
5. Washing your hands is the best thing you can do to protect against the flu. False (the flu vaccine is the best thing you can do).
6. The flu vaccine protects against three strains of flu. True
7. The flu is typically spread through coughs and/or sneezes. True
8. The flu is not a serious illness False



Helpful Christmas Gift Ideas for Residents

Towels

Paper Towels

Band Aids

Kleenex

Hand Soap

Hand Cream

Shampoo

Toothpaste

Bar Soap

Local Newspaper

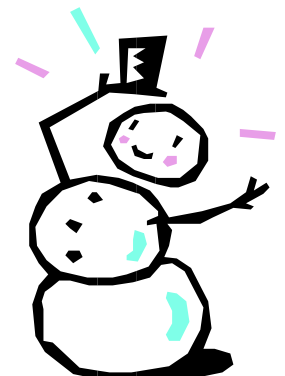
Snacks

Stamps

Picture Album

Assistive Devices

Beauty Shop Certificates



Cook's Corner:

Remember River Bend Cookbooks are still available!!!!

(They Make Great Christmas Gifts)

Recipe submitted to the River Bend cookbook by our friend Erma Soppe



Candy Bar Fudge

3 regular sized candy bars (can be 2 milky way and 1 snickers)

1 can Eagle Brand sweetened condensed milk

1 (12-oz) bag chocolate chips (may use ½ milk chocolate and ½ semi sweet chocolate)

Nuts, if desired

Cut candy bars in chunks; add milk. Microwave for 3-4 minutes, stir in between until all is melted. Add chocolate chips and stir well until melted. Add nuts; stir, then pour into a 9x9-inch buttered pan; cool. Do not melt the chips in the microwave, just stir it in the candy bar mixture after you take it out of the microwave.

“Return Service Requested”

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