



River Bend Retirement Community

813 Tyler Street NE
Cascade, IA 52033

February 2012

Events at River Bend
Retirement Community

Bible Study

Every Wednesday
At 9:30 am

Music at River Bend

Tuesday, February 7th
2:00 - 3:00 pm
Featuring: Marv Rickels

Music & Prayer

Sunday, February 19th
1:30 - 3:00 pm
Featuring: Randy McCutcheon
Acoustic Guitar, Old Time
Country and Popular Music

Keynote Speaker

Tuesday, February 21st at 6:00
pm
Chris Parker, PharmD, Rph-
Mercy Family Pharmacy
Presents: "What vaccinations
do I really need" A talk on
Adult & Senior Immunizations

From The Managers Desk:

Hi Everyone,

Over the last few months it has caught my attention that crimes against the elderly are on the rise. I did some investigating into why seniors are taken advantage of in this way. According to the website www.fbi.gov/scams, senior citizens are more "likely to have a nest egg", to own their own home, or to have excellent credit. People who grew up in the 1930's and 1940's were taught to be polite, and have a hard time saying, "no", being rude, or hanging up on telemarketers. According to www.fraud.org, fraudulent telemarketers aren't just pushy salespeople trying to make a living-they are hardened criminals trying to take the elders life savings. They persuade people to give out information, send money, or even mortgage their homes to participate in their investments offers. In a world of new cures, many older, active individuals are also interested in purchasing products that promise increased cognitive function, virility, and physical conditioning, or anti-cancer properties. If it sounds too good to be true, it probably is. Don't pay in advance. Many of these are purchased and never delivered. Here are just a few tips from the websites to keep in mind.

Do not do business with door to door or telephone sales people.

Give your social security or medicare info only to those medical personal who have provided you with medical services. (Don't buy from an unfamiliar company)

Never send money or give out personal information such as credit card numbers and expiration dates, bank account numbers, dates of birth, to unfamiliar companies or persons.

Obtain as much detail from the "sales person" as you can, such as, the sales person's name, business name and address, phone number, business license number.

If you have information about a fraud, report it to state, local, or federal law enforcement agencies. If you live at River Bend, please share any concerns you have with staff.

With warm regards,

Karla Manternach

From The Nurses Desk: Anne Nielsen

February is declared American heart month by the American Heart Association. They recommend 5 simple heart-healthy steps to help you feel more energetic and feel better overall. Following these recommendations will also reduce your risk for heart disease and stroke.

- ❖ **Move More** - Increasing your activity helps to increase your energy. You don't have to be a marathoner to see benefits. Just start where you are and do more, increasing activity slowly as you can tolerate it. Your goal should be 30 minutes of activity 5 days a week. You can do all 30 minutes at once or break it in to two 15 minute segments or three 10 minute segments.
- ❖ **Eat Smart** – Eat fresh fruit and vegetables. They contain calcium and potassium which are good for energy. Avoid big meals; heavy fatty foods can leave you feeling groggy. Eating smaller more frequent meals will help balance out your energy and blood sugar levels throughout the day. Drink a lot of water too. Dehydration reduces energy levels.
- ❖ **Sleep** – Each person has different sleep requirements. Most adults need around 7 hours of quality sleep. If you wake up several times during the night, you may be sleepy during the day. Sleep apnea can put you at risk for a stroke.
- ❖ **Weight** – Being overweight can drain energy. It creates extra work for your heart and can raise blood pressure. Increasing physical activity and eating a healthier diet to burn more calories than you take in is the best approach.
- ❖ **Lighten Up** – Stress is an inevitable part of life, so learning to manage it is important. To successfully manage stress, you need to keep a positive outlook and maintain a healthy lifestyle. Take care of yourself by taking physical activity breaks, taking time off and doing things you enjoy. Avoid unhealthy ways to manage stress such as tobacco and alcohol use or unhealthy eating.

Reminders:

- River Bend Cook Books
\$10.00 Ea.
- Join us for informational coffee at Marilyn's Café - Monday, February 6th starting at 8:00 A.M.

Happy Birthday Wishes

To

Catherine Schmidt

Betty Woerdehoff



Tea with Terry!!

Every once in a while Terry one of our wonderful universal workers gets all the ladies together for tea and conversations. January was one of those times. Great tea and conversation sure makes the cold winter months go by faster. Thank You Terry!



An Afternoon getting your nails done!!

Thank you Liz & Patty for a wonderful afternoon of pampering.



Senior Survey: What Invention Changed Your Life?

It was fun to ask our residents this question because they have seen so many changes in their lives. We had many different answers for different reasons based on each individual's upbringing. We have an amazing amount of history in the minds of our residents. The following is a list of answers and some reasons behind the answers.

Electricity was one of the most talked about. It brought about many stories—just think about living without it and how different everything would be. This was a reality for many of our residents.

Electricity because automated machinery helped process dairy products.

Electricity automated the windmill to pump water and for the milking machines.

“We got electricity when I was in the 7th grade”

“My father was on the rural electrical cooperative board”

Indoor Plumbing...No the automobile

Gas stoves - made it easier to do catering and make cakes

The gas furnace and electricity

The automobile so we could travel to visit our relatives

Medical technology for knee replacements

“Our first car was a Ford”

The microwave

The cell phone—computers

Automobile—Old Chevrolet

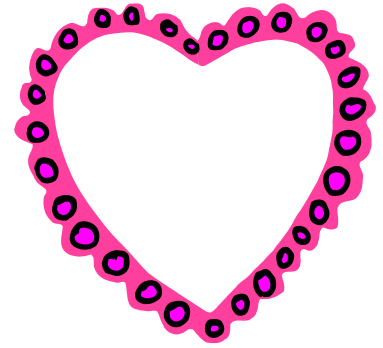
Toilet

Can opener—did a lot of canning

Cooks Corner: **Chicken Breast Supreme**

Audrey Waller

- 4 chicken breast (skinned) ½ can water
- 8 slices Swiss cheese ¾-1 C. stuffing
- 1 can cream of chicken soup ½ C. butter
- 1 (4oz) jar mushrooms (drained)



Place chicken breast in buttered 9/13 in. pan. Drain mushrooms and spread over chicken. Place cheese over mushrooms. Spread soup mixed with water over cheese. Pour dry bread stuffing over soup. Pour melted butter over top. Bake, covered, at 325° for 2 hours. Serves 4-6.

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