

River Bend Retirement Community  
813 Tyler Street NE, Cascade, IA 52033

January 2012

[www.riverbendal.com](http://www.riverbendal.com)

Phone: (563)852-5001

### From the Manager's Desk:

Hi everyone,

I hope you all had a pleasant holiday season. December sure was a busy month here at River Bend. I'd like to thank everyone who gave us goodies in the break room. You all are very thoughtful. Again, I'd like to say how fortunate I feel to work with such generous and caring families. We are especially thankful to the Peiffer family for loaning us the nativity scene that has been in their family for many years and before that was in the Temple Hill church. I remember seeing it in the past on Joe and Rosie's front porch on Main Street. This year, the Peiffer children surprised their parents by bringing it to Joe and Rosie's new home at River Bend. The manger and statues would be "big" any place else, but are the perfect fit in our common area. Adults and children alike stopped to ooh and ahh at the recently painted statues.

River Bend also hosted "Cookies with Santa" with the Chamber. The room was bustling with children, large and small, when Santa arrived by Cascade Fire truck. Anyone that wanted to sit on Santa's lap had the opportunity. Rumor has it that the residents at River Bend get preferential treatment from the man in red. Thanks to our vendors and the Cascade Dance Team for providing our residents a chance to shop without leaving home. And, it wouldn't be Christmas without carolers. Thanks to the Cascade Jr/Sr high choir students for sharing their talents.

The fun and music just kept coming this month with our family holiday party. Nutsy and Lori sang and played Christmas songs, and other favorites. I could just listen to them all day. The kitchen staff did it again...and there was no point in resisting the goodies now. And, the music continued all month with carolers of all sizes and music students too. Thanks for sharing your Christmas cheer.

So, after all the holiday guests we may get a little lonely in January. Be sure to write or call.

With warm regards,

Karla Manternach RN, Manager

A HAPPY  
NEW YEAR

### January 2012 Events At River Bend Retirement Community

#### Bible Study

Every Wednesday

At 9:30 a.m.

#### Community Bingo

Sponsored by

River Bend

Sunday, January 8th

1:30—3:30 p.m.

#### Alzheimer's Suport Group

Tuesday, January 10th

6:00 p.m.

#### Music & Prayer

Saturday

January 14th

2:30 p.m.

As the coldest part of the winter approaches we should be aware of a potentially very serious condition – frostbite. Frostbite is freezing of body tissue that produces loss of feeling and color in the tissue. Frostbite is caused by prolonged exposure to cold temperatures especially when accompanied by a low wind chill factor. Windy weather may make matters worse by blowing body heat away from the body. It takes only minutes for exposed skin to become frostbitten if the temperature is -20\* F and the wind is blowing at 20mph or more.

The elderly and the young are very susceptible to frostbite. People with poor circulation, diabetes, and neuropathy are at increased risk. Frostbite most commonly affects the feet, hands, nose, and ears. The affected area becomes numb, reddened and painful; the individual may complain of a loss of feeling. The skin appears waxy, white or grayish. If you have signs of frostbite, seek medical attention immediately! You should get out of the cold as soon as possible, and remove any wet or restrictive clothing. Stay warm with extra clothing and blankets. You can warm the area by immersing in warm water for at least 30-45 minutes or until the affected part feels warm and sensation returns. During the warming, you may feel pain; the injured area may swell and change color. You should rest the injured area, do not rub the area with your hands and leave any blisters intact.

You can help prevent frostbite by:

- Dressing appropriately – light, loose, layered clothing – outer layer should be water-repellent
- Remember to protect your head, hands and feet. Substantial heat loss occurs through the head so a hat is essential. Mittens are warmer than gloves and 2 pair of socks will help keep the feet warm.
- Remove wet clothing as soon as possible
- Avoid high, windy areas
- Stay warm by keeping active

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### River Bend Reminders:

Coming in January—Informational coffee at Marilyn's Café

Cook books still available at River Bend \$10.00 Each

If you are not feeling well, please postpone your visit to when you are feeling well.



## Nutsy and Lori Entertain us for the Holidays!!!

We celebrated Christmas with our residents and family on Sunday, December 11 with hour devours and music featuring Nutsy and Lori. What a fun afternoon.



## Cookies with Santa: Our Residents had a great time telling Santa their Christmas Wishes!



Cooks Corner: Bubble Pizza



1lb Ground Beef

2 Tubes Refrigerated Biscuits

½ lb Italian sausage

1 Package Shredded Pizza Cheese

Pepperoni

1(15oz) Jar Pizza Sauce

Brown ground beef and Italian sausage in skillet; drain. Cut each biscuit into 4 pieces. Mix meat, biscuits and pizza sauce and pour into a greased 9x13” baking dish. Top with cheese. Bake at 350\* for 30-45 minutes until biscuits come to top of pan, cheese is melted and brown, and enjoy! Easy simple recipe to enjoy on a cold winter night!

“RETURN SERVICE REQUESTED”

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