

July 2011



# River Bend Retirement Community

813 Tyler Street NE

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

Cascade, IA 52033

Ph: (563) 852-5001

## July Events

Bible Study

Every Wednesday at  
9:30 A.M.

Music at River Bend  
Wednesday, July 6th  
4:00 P.M.

Featuring Ray Adams  
Trio

Music & Prayer  
Saturday, July 9th  
2:30 P.M.

Community Bingo  
Sunday, July 10th  
1:30-3:30 P.M.  
Sponsored by Terry Lyn's  
Fairie Magik Realm  
Soaps & Candles

Music at River Bend  
Tuesday, July 12th  
2:00-3:00 P.M.  
Featuring Marv Rickels

Dementia Support Group  
Tuesday, July 12th  
6:00 P.M.

Music at River Bend  
Wednesday, July 20th  
4:00 P.M.  
Featuring Emil Webber

Hi Everyone,

We've been in a jam at River Bend this June, strawberry jam actually. The berries from the store have been so nice and tasty. We thought we should save some of that sweetness to enjoy off season. A large group of residents joined in making strawberry freezer jam. I was surprised at the turnout. And everyone had fun telling stories of picking berries as a youngster, or cooking jellies and canning. As with all of our activities, everyone had a different way of doing things. Some of us have used, "Certo" or "SureJell" or cooked it on the stove. But, we all loved how simple the freezer jam was to make.

I have fond childhood memories of picking berries at the church in Greeley, Iowa where Fr. White had a huge community berry patch. My mom and grandma always had jars of jelly on the shelf, enough to last through winter. That was, if I didn't pick all the paraffin wax off the top and break the seal. It probably is what sparked my love of gardening and canning. We haven't started a strawberry patch at River Bend. But judging by how we love jam, it would have to be a big one.

With Warm Regards,

Karla Manternach RN, Manager



## Diabetic Foot Care

Proper foot care in Diabetics is very important. Diabetic wounds are caused by pressure and/or trauma, secondary to decreased sensation in the feet due to neuropathy, poor circulation, and inadequate blood sugar control. These wounds can often lead to complications that can result in amputation. The following measures can reduce the risk of developing such wounds.

- ❖ Daily foot care including washing feet and drying well between toes. Apply a good advanced moisturizing and nutritional cream after drying the feet. Avoid applying cream between the toes. Avoid soaking the feet.
- ❖ Wear clean socks that wick moisture away from the skin with no seams or mended areas to irritate or cause pressure.
- ❖ Avoid wearing shoes without socks and avoid sandals or flip flops with thong between toes.
- ❖ Visit health care professional for foot care of toenails, corns or calluses. Avoid over the counter products for corns and calluses, and adhesive tape.
- ❖ Reduce pressure on bony prominences of foot. Avoid crossing legs.
- ❖ Avoid hot and cold temperature extremes.



### A few friendly reminders

The driveway at River Bend is for pick up and drop off only. There have been a lot of vehicles recently parking under the car port. This needs to be kept free of cars for emergency purposes. Thank You for understanding.

Please RSVP for the 5 year Anniversary Party on August 14, at noon. There will be a Deadline date of August 9<sup>th</sup> for reservations. Please contact the kitchen with the number of guests.

River Bend enjoyed music by Merle and Harriett McGrew from Springville, They have been married for 71 years and have played in this area and the south for many years.



Pictured top left  
River Bend residents preparing to make  
strawberry jam



Pictured top right and below resident kept very busy  
with painting projects for the garden and 4th of July!



# Happy Birthday

## July Birthdays

- Virginia Ruden on the 15th
- Imelda Beringer on the 20th
- Bob Devaney on the 21st
- Norma Bildstein on the 27th



# Strawberry Cake

Submitted by Nola Siver

## Cake

1 Pkg. white cake mix    3T. Flour  
1 Box Strawberry Jello    4 Eggs  
½ C. Frozen Strawberries    ½ C. Water  
1 C. Salad Oil

## Frosting

1 Box Powdered Sugar    ½ C. Margarine or butter  
½ C. Strawberries

Mix all ingredients well pour into 9x13 greased pan. Bake at 350\* for 45 minutes. Let cool. Mix Frosting ingredients ( add more sugar if needed to make right consistency )  
Add icing to cooled cake and Enjoy!

**Recipe winner for the Month of July is Nola Siver of Anamosa. Nola is welcome to join us in July for lunch at River Bend with 3 guests. She will also receive a cook book when published.**



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