

River Bend Retirement Community

813 TYLER STREET NE, CASCADE, IA 52033

PHONE: 563-852-5001

www.riverbendal.com

From the Manger's Desk: Karla Manternach, RN, Manager

Hi Everyone,

I'd like to put a reminder out there for the family and friends picnic in August. This is River Bend's Five Year Anniversary. We'll be celebrating on Sunday, August 14th at noon. We'll have the grills fired up for an old fashioned family reunion picnic. Last year we had a great turn out, and it so helps to have an idea how many people to expect. So if you could RSVP to me or call the kitchen. The residents lunch will be free and they may each have one free guest. We will be charging \$3.00 a plate for any additional guests. Our entertainment for the day will be the Dean of Juggling. This show is fun for all ages. With any luck there may even be a wandering minstrel or two playing some folk music.

We're also hoping to have the River Bend Cook Books available for purchase at that time. We appreciate all the good cooks who contributed. Remember we will continue to draw winning recipes for different categories as the year goes on. We had too many good ones to choose who's best. We sure have enjoyed trying all the recipes that came in. I've even copied recipes to try at home. I can't wait for the cookbook. Thanks to all.

Karla Manternach, RN, Manager

June Events

Bible Study

Every Wednesday
9:30 a.m.

Music and Prayer

Saturday, June 11th
2:30 p.m.

Community Bingo

Sponsored by River Bend
Retirement Community
Sunday, June 12th
1:30 p.m.—3:00 p.m.

Afternoon Music

Featuring Marv Rickels
Tuesday, June 14th
2:00 p.m.-3:00 p.m.

Dementia Caregivers

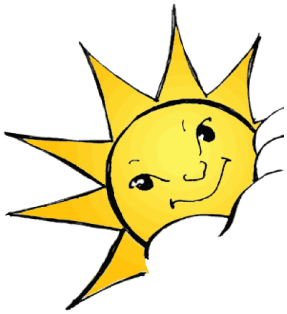
Support Group
Tuesday, June 14th
6:00 p.m.

Music at River Bend

Featuring Nancy Hooten
Sunday, June 26th
1:30 p.m.- 2:30 p.m.



From the Nurses Desk: Anne Nielsen, RN



SUNBURN SAFETY

Summer is a time for fun in the sun; however, precautions should be taken to minimize dangerous effects from the sun. Sunburn usually appears within a few hours after sun exposure and may take several days to fade. Intense sun exposure that results in sunburn increases your risk of certain complications and related skin diseases. These include dry, wrinkled skin, liver spots, and skin cancer.

You can prevent sunburn by protecting your skin whenever you are outdoors, even on cloudy days.

- **Avoid sun exposure between 10 a.m. and 4 p.m.,** because the sun's rays are strongest during these hours. Seek shade whenever possible. If you are unable to avoid the sun, limit the amount of time you are outdoors during these peak hours.
- **Cover up.** Wear tightly woven clothing that covers your arms and legs and a wide-brimmed hat, which provides more protection than a baseball cap or visor.
- **Use sunscreen frequently and liberally.** The American Academy of Dermatology currently recommends using a sunscreen with an SPF of 30 or more. Apply the sunscreen generously, and reapply every 2 hours or more often if sweating or swimming. Use it even on cloudy days as UV rays can penetrate cloud cover. Apply sunscreen to all areas exposed to the sun including ears, nose, and lips.
- **Wear sunglasses when outdoors.** Choose sunglasses that fit close to your face or have wraparound frames that block the sunlight from all angles. Look for a manufacturer's label that says the sunglasses block 99 to 100% of all UV light.

Garden Club helping the residents plant real flowers.

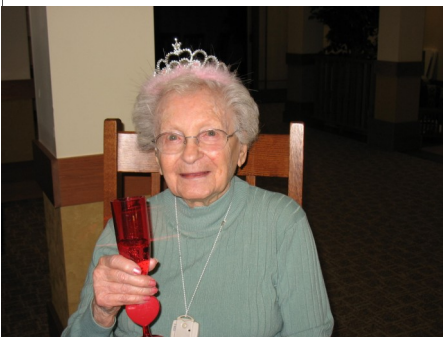




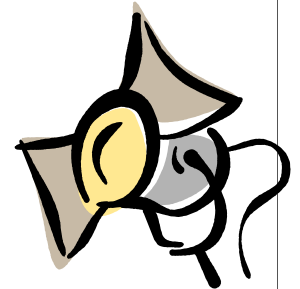
Culver's Greenhouse



Pictured above Left: Father Tegeler; Pictured above Right: Jerry Westemeier; Pictured Center: Deb Manternach, Gladys Faber, Liz Decker, and Bob DeVaney



SENIOR SPOTLIGHT: BERNICE SWIFT



Bernice (Rellihan) Swift was born in Dubuque on June 3rd, 1909. She is soon to celebrate her 102nd birthday. She grew up in Dubuque and attended Sacred

Heart School and was in the first class to attend the present day Senior High School. Bernice had one sister and two brothers. Her mother wanted her to play the piano and play with dolls like other girls. But, she is self admitted tomboy. "I would rather play ball with the boys." Her athletic skills lead her to be the first girl to run the track at Senior High School. Bernice also excelled at her studies and was the Valedictorian of her class. It was uncommon in those days for women to go on to college. Bernice quickly found employment with Chamberlain Insurance as a bookkeeper and worked there for 10 years. Her husband moved to the area from Minnesota to start a plumbing business. They married and Bernice left Chamberlain to become a stay at home mom. She will be the first to tell you about her 8 children. First, she had 4 boys. Then, she had 4 girls. She has "many" grandchildren. Bernice is spry for 102 and walks with the walking group daily. She is discouraged from running these days. Although it is a long standing joke between the staff and her. She has a quick wit and teases the staff and other residents daily. We enjoy her happy outlook on life!

Cooks Corner: McKenzie Davis

Recipe winner for the Month of June is Dolores Kremer of Monticello. Dolores is welcome to join us in June for lunch at River Bend with 3 guests.

Rhubarb Pie

Perfect Pie Crust:

2 cups Flour; 2/3 c. shortening; 1 tsp. salt; 1/4 c. water.



Remove 1/3 cup flour. Mix with water to form a paste. Cut shortening to resemble peas. Add paste. Mix and shape into a ball. Makes 2-9" crusts.

Wash rhubarb, cut in 1/2" pieces. Put 3-4 cups of rhubarb in a bowl. Mix 1 1/2 to 2 cups sugar, dash of salt, and 2 Tablespoons of flour until crumbly. Put on top of rhubarb. Beat one egg with a fork until mixed and put on top of the rhubarb. (This cuts the tartness). Put on top crust. Bake 400° for 10 minutes. Then, reduce to 350° for 35 to 40 minutes.

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