

813 Tyler Street NE  
Cascade, IA 52033

March 2012

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# River Bend Retirement Community

March 2012

Open to the Public Events at  
River Bend Retirement  
Community

### Bible Study

Every Wednesday  
At 9:30 a.m.

### Music & Prayer

Saturday, March 10th  
2:30 p.m.

### Community Bingo

Sponsored by River Bend  
Sunday, March 11th  
1:30—3:30 P.M.

### Alzheimer's Support Group

Tuesday, March 13th  
6:00 P.M.

Daylight Savings Time  
Begins

Sunday, March 11th  
Don't forget to move your  
clock ahead



## From the Manager's Desk:

Hi Everybody,

This time of year there always seems to be something contagious going around. I've been working on catching a few of these things. What? That's right there are some good things that are contagious too. Positive attitudes are contagious. (Be careful, so are negative ones.) When you have a positive attitude around negative people, the chances are very good that it will rub off, and their attitude will become positive. Your positive attitude is contagious even to you. Have you ever noticed if you solve a problem, and take pride in it, it becomes easier to deal with the next problem. So, spread that positivity around.

We have all heard that old saying that, "Laughter is the best medicine". Studies have shown that people who laugh more have a higher tolerance to pain. Laughter releases endorphins, which are chemicals that protect our bodies from stress and makes us feel good. Even in the animal kingdom, laughter is contagious. So, share that laughter. "Laugh and the world laughs with you."

Warm regards,

Karla Manternach RN, Manager

### **Senior Survey: What do you remember about the first astronauts in space? What were you doing at the time or where were you?**

Visiting a parishioner from State Center and we watched the first walk on the moon on TV.

I remember it was evening and I heard the first report of man's walk on the moon. Not sure if it was TV or radio.

I remember walking through the living room in my apartment—TV was on and a special announcement flashed on the screen showing a picture of the 1st man from the U.S. walking on the moon. It was 1969.

I remember my husband, granddaughter and myself were at the horse races in Maquoketa. It was announced over the loud speaker that the first American man was walking on the moon. I also remember Sputnik and the first Russian who was the very first person to walk on the moon.

I remember how big and bulky the space suit was. It looked like he was floating more so than walking on solid footing. Lived in Bernard and saw it on TV. My daughter was in grade school and it was shown at school on TV. John Glenn said "It is so lifeless up here"



## From The Nurses Desk: Anne Nielsen

Good vision is an important part of feeling your best. We rely on sight more than any other sense to enjoy life to the fullest. Your vision changes naturally as you age. Age-Related Macular Degeneration (AMD) is a leading cause of vision loss for Americans age 65 and older. You can take steps to help prevent loss of sight from AMD.

- **You should visit your eye doctor regularly.** You should have a complete eye exam every 1-2 years, even if you are not having vision problems. You should report any changes in your vision to your eye doctor.
- **You should learn and watch for the signs and symptoms of AMD.** Age-Related Macular Degeneration causes a loss of central vision. Activities like reading, driving, watching TV, and recognizing faces all require central vision. As AMD gets worse, the signs become more obvious. If you have AMD, you may notice that:
  - Straight lines (such as telephone poles or sides of buildings appear wavy)
  - Type in books, magazines or newspapers appears blurry
  - Rooms may look darker and dark or empty spaces may block the center of your vision.
- **Tips for living with AMD.** Age-Related Macular Degeneration not only affects your vision, but it can cause major changes in your lifestyle. Prescription glasses alone may not be enough. Many people with AMD see better in bright light. When reading, sewing or doing other tasks that require close vision, you can use a light that can be directed onto the work area. To reduce glare, make sure the light source does not shine directly in your eyes. If you are sensitive to light and glare, you can use diffusers in your lamps or lamp shades that totally hide the light bulb.
- **Good health is an important part of good vision.** You can lower your risk of eye disease and vision loss if you avoid smoking, eat healthy foods, stay active, control your blood pressure, cholesterol levels, diabetes and other health problems. Make the most out of the vision you do have.

## Wishing You A Happy Retirement Patty!!!

March 31st will be a very sad day for River Bend Retirement Community staff and residents. We would like to express our sincere appreciation to our friend and beautiful, Patty Leick. Everyone here hopes you enjoy your retirement! Patty has been operating the beauty shop at River Bend for 3 1/2 years. She has always helped out whenever needed and volunteered for many extras. We will miss you in the beauty shop but hope to see you once in awhile in the kitchen or doing nails with the residents.



## Happy Birthday!!!!

Paul Kotz—March 31st



### Other Famous Birthdays In March

Albert Einstein

Alexander Graham Bell

Lawrence Welk

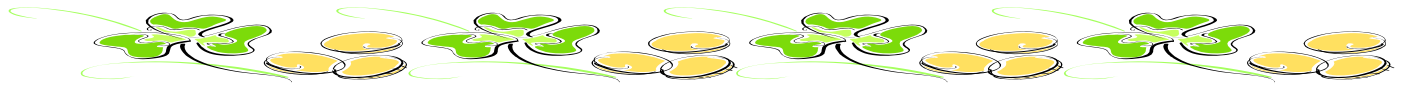
Glenn Miller

Harry Belafonte

Roger Dattray

Jean Harlow

Desi Arnaz



## A Special Valentines Dinner:

Our Residents enjoyed a delicious Valentines dinner of Chicken Cordon Blue or Ribeye Steak with all the wonderful sides and appetizers. We also had music from two of the areas finest barber shop quartets the Music Men & YouseGuys

Thank You!.



Thank you McKenzie and all of the kitchen and universal staff for a wonderful night!

On February 19th we had Music at River Bend Featuring Randy McCutcheon playing Acoustic Guitar, Old time country and popular music. Thank you Randy!!!!

On February 21st we had a very special guest speaker. Chris Parker, PharmD, RPh from Mercy Family Pharmacy presented an update on Immunizations. "Are You Covered" Thank You Chris!



