



# RIVER BEND RETIREMENT COMMUNITY

## MAY 2011

### *From the Manager's Desk:*

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Hi everyone,

April has been a busy month and we included a lot of pictures to share the fun. We have weathered all conditions to get out and about in April. We had lunch At Marilyn's Café as a fundraiser for the Alzheimer's society. It was delicious and proceeds went for a good cause. We attended the Cascade High School Play, "Grease". And, we took the bus to the Motorcycle museum. After such a long dreary winter we try to get out and about. In May, we're planning a trip to a nursery to pick out bedding plants for our new garden bunk. The Cascade garden club will be volunteering to help plant flowers again this year.

Last year, I encouraged volunteers to come forward for community service. River Bend already has some tried and true regular volunteers. Dorothy Aschtgen helps with bingo twice a week, in all kinds of weather. There are musicians who come and volunteer their time and share their talents. Father Tegeler ministers to our community every day. The community is invited to come and share in bible study, lead by Jean Conrad weekly. Hubie and Liz Decker give so much time and help to the residents all the time. We always appreciate the CCD kids and 4H and scouts that come out for community service in helping with setting up and calling Bingo. And of course, Thanks to the businesses who sponsor community bingo once a month. I hate to miss anyone, there are so many good people who have just come to spend time with our residents. And Last but not least, Thank you to the residents of River Bend for all they do for the community of Cascade. They try to be part of the bigger community by contributing help in making things for benefits. This month they spent countless hours filling 2000 Easter eggs that the children could have an Easter Egg hunt in the city park. And the children had a great time. Thanks for all the help, it makes everyone feel good to be a part of things.

### May Events:

#### May 1st

Music by Breckenridge

2:00 p.m.-3:00 p.m.

#### May 10th

Music by Marv Rickels

2:00 p.m.

#### May 10th

Alzheimer's Group

6:00 p.m.

#### May 15th

Bingo by River Bend

1:30 p.m.- 3:30 p.m.



# SENIOR SPOTLIGHT: GLADYS FABER



On December 4, 1923, Catherine Besler Gudenkauf and Michael Gudenkauf had their 9th of 10 children. Gladys was born at home near Hopkinton, Iowa. She was raised and went to school at a country school near home. For fun, she played with her 4 brothers and 5 sisters. They especially liked playing on the rope swing. On the farm they did any kind of chores, “inside and out.” They milked cows, raised pigs, and chickens.

Gladys met Harold Farber at a dance. They both enjoyed music and going to dances. They married when Harold was in the Air Force. They moved about with the military for some years then settled into farming near Sand Springs. Together they had 7 children. Their children are: Shirley, Jim, Ann, Al, Mike, Steve, and Dan. There are now 17 grandchildren and 18 great grandchildren. Gladys enjoys coming out and participating in all the activities at River Bend.

## *From the Nurses Desk: Anne Nielsen, RN*

### Hearing Loss

Gradual hearing loss that occurs as you age is common. It is estimated that one third of Americans between the ages of 65 and 75 and close to one half of those older than 75 have some degree of hearing loss. Doctors believe that heredity and chronic exposure to loud noises are the main factors that contribute to hearing loss over time. Other factors such as earwax blockage or medications may be responsible also.

Signs and symptoms of hearing loss may include:

- Muffled quality of speech and other sounds
- Difficulty understanding words, especially against background noise or in a crowd of people
- Frequently asking others to repeat themselves, speak more slowly, clearly or loudly
- Needing to turn up the volume on the TV or radio
- Withdrawal from conversations
- Avoidance of some social settings
- If you hear a ringing/hissing noise
- If soft sounds or high-pitched sounds are not heard
- If hearing problems are interfering with your life

You can't reverse hearing loss. However, you don't have to live in a world of quieter, less distinct sounds. You and your doctor can take steps to improve what you hear.



Thank You

To everyone who  
submitted recipes

for the River Bend Retirement  
Community Cook Book



Filling Easter Eggs

We will be drawing a recipe from each category and that individual will receive a cook book along with an invitation for four people to have lunch at River Bend Retirement Community. The Recipe will also be featured in our Monthly Newsletter in the coming months.



Coloring Easter Eggs

The National Motorcycle Museum in Anamosa, Iowa has 275 motorcycles spanning over 100 years of history.

Pictured below is:

Kay Sershon, Pauline Takes,  
Jerry Westemeier, Marilyn  
Welcome, Gladys Faber, Louie  
Ernzen, and Bob DeVaney



Louie Ernzen to the Left and  
Jerry Westemeier below





**Ray and Jane Kumor**

## Cooks Corner: McKenzie Davis

### Mandarin Orange Cake

Submitted by Linda Ries at Bellevue Senior Dining



2 c. Flour

2 Eggs

1 tsp. Salt

1 c. Sugar

2 tsp. Soda

2- (11 oz) Cans Mandarin Oranges

Place flour, sugar, eggs, soda, salt, & oranges in a bowl. Beat with mixer, place in greased 9x13" pan. Bake 35 min. at 350°.

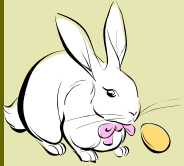
#### Topping

1 1/2 c. Brown Sugar

6 T. Milk

6 T. Oleo

Boil brown sugar, oleo, and milk for 3 minutes. Punch holes in the cake. Pour the topping on cake. Finish with a dab of cool whip.



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Community**

**Hopes everyone had a  
great Easter!!!**