

813 Tyler Street NE-Cascade, Iowa 52033
(563)852-5001

October 2011

October Public Events at River Bend Retirement Community

Bible Study

Every Wednesday
At 9:30 A.M.

Music & Prayer

Saturday, Oct. 8TH
At 2:30 P.M.

Alzheimer's Support Group

Tuesday, October 11th
At 6:00 P.M.

Community Bingo

Sponsored By River
Bend Retirement
Community
Sunday, October 16th
1:30—3:30 P.M.

Music at River Bend

October Fest
Sunday, October 23rd
1:30—3:30 P.M.
Featuring: Frank Nabor

River Bend Retirement Community

From the Managers Desk:

Hi Everyone,

For National Assisted Living Week, we planned a picnic and train ride at Camp Courageous of Iowa. After all, we are running short of picnic weather. It warmed up nicely, and we even toured on the way home.

It may sound like a lot of things revolve around food here. And, I think that is true of the whole Midwest. Our church and social gatherings are about coming together and sharing food. Often, when families start looking at assisted living, it is because they have noticed their parent losing weight, or the same food being in the refrigerator week after week. Food is not just a basic need, but the social interaction that comes with sharing a meal is a psychological need. There is no doubt food tastes better when shared with friends. Inadequate nutrition can lead to a weakened immune system, increasing the risk of infection, or contributing to mental confusion.

River Bend serves three hot meals daily. Breakfast is made to order. Residents choose from two delicious entrées at each meal. In addition, they have a choice from the salad bar and a dessert. Beverages are also provided. All of our meals are prepared daily in our own kitchen. Our menus are reviewed by a dietician. In addition, these meals are served to our residents so they don't have to carry a tray through line.

With warm regards,

Karla Manternach RN, Manager

Reminders

Pickup your River Bend Cookbooks now!!!

They are going fast.

First come first serve. We do not plan on any re-order. They will make great Christmas gifts. Cost is \$10.00 per book.

Bare Foot Becky

At River Bend
Friday, November 18th
At 6:00

Becky and Ivan will be playing polka music for all to enjoy so bring your dance shoes!!
public is welcome



River Bend Family Thanksgiving Dinner will be Sunday, November 13th at Noon

Reservations will be required

Paul Heim will be doing
Karaoke 1:30-3:30

River Bend Retirement Community



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September was an exciting month. We had a wonderful trip to Camp Courageous for a ride on the train and a picnic. We also had some of our residents help pack fruit cakes. Thank You !
Jerry for being our engineer and Lowell our conductor.



October Birthday Wishes

Bernice Gassmann
Connie Stewart





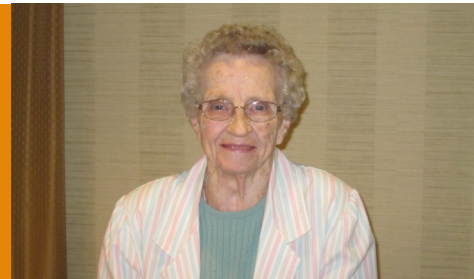
From the Nurses Desk:

We've Come a Long Way, Baby

October is National Breast Cancer Awareness month. 2011 marks 25 years of educating the public. In 1984, first lady Betty Ford spoke out about being a breast cancer survivor. At that time discussing breast cancer was seldom a topic of conversation. Today, nearly 90 percent of women who are diagnosed with breast cancer will survive their disease at least five years. According to Diane Blum, executive director of Cancer Care and a founder of NBCAM, "More women are surviving, remaining disease free, and living longer healthier lives, thanks to early detection and improvements in treatment."

One of the earliest signs of breast cancer can be an abnormality that shows up on a mammogram before it can be felt. The most common signs of breast cancer are a lump in the breast; abnormal thickening of the breast; or a change in the shape or color of the breast. Additional changes that may also be signs include: dimpling or puckering of the skin; swelling, redness or warmth that does not go away; pulling in of the nipple. Finding a lump or a change does not necessarily mean you have breast cancer, but please see an MD for further evaluation.

Although we are more aware than we were 25 years ago, we do not know the cause or the cure for breast cancer. We increase the chances of finding a cure by supporting research and clinical trials. We encourage every woman you know to get screened regularly. Hopefully in another 25 years, we will have made great progress in finding a cure.



Resident Spotlight

Catherine Schmidt is our featured Senior for October. Catherine was born February 3, 1921 in Bellevue, Iowa to Henry and Catherine Poll. Catherine had 5 siblings: Theresa Kass, Clara Breitbach, Raymond Poll, Vincent Kass, and Andrew Poll. She was raised on a farm near Andrew, Ia. She attended schools in Jackson county. As a youngster, Catherine enjoyed sleigh riding on the farm. She also did a lot of chores, such as milking cows. She lived and worked on the farm before and after marriage. She met Elmer Schmidt at a wedding dance in La Motte. They married and had eleven children: Mary, Ray, Lorin, Madonna, Rosie, Irene(Mindy), Paul, Rita, Melvin, Darlene, and Dennis. Catherine is very proud that she has 105 total direct descendants. She has 11 children, 40 grandchildren, 53 great grandchildren, and 1 great great grandchild, with 1 more on the way. Catherines hobbies have included embroidery, quilting, square dancing and camping. Some of her most memorable trips were to Alaska with their camper and to Hawaii with their square dance club.

We asked Catherine what she liked most about River Bend and she had quite a list. "I have a nice, warm apartment, and comfortable bed. I don't have to cook meals, and I don't have to worry about keeping up a house. "

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Cooks Corner

Reuben Soup

- ½ cup chopped onion
- ½ cup sliced celery
- 2 Tablespoons butter
- 1 cup chicken broth
- ½ tsp baking soda
- 2 Tablespoons corn starch
- 2 Tablespoons water
- ¾ cup sauerkraut, rinsed and drained
- 2 cups half and half cream
- 2 cups chopped cooked corned beef
- 1 cup (4ounces) shredded Swiss cheese
- Salt and pepper to taste
- Rye croutons, optional



*Cook Books are Here!!!!
\$10.00 Each
Thanks For Sharing your recipes!*

In a large saucepan, sauté onion and celery in butter until tender. Add broth and baking soda. Combine cornstarch and water until smooth; gradually add to pan. Bring to a boil; cook and stir for 2 minutes or until thickened. Reduce heat. Add sauerkraut, cream and corned beef; simmer and stir for 15 minutes. Add cheese; heat until melted. Add salt and pepper. Garnish with croutons if desired. Yield: about 6 servings.

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