

From the cooks corner..... Kathy Gehl

Cherry Rhubarb Pie

Ingredients:

1-2/3 cups sliced fresh or frozen rhubarb
2/3 cup sugar
2/3 cup drained pitted tart cherries
2 teaspoons quick-cooking tapioca
2 to 3 drops red food coloring, optional
1 sheet refrigerated pie pastry

Directions:

In a large bowl, combine the rhubarb, sugar, cherries, tapioca and food coloring if desired; stir gently and let stand for 15 minutes. Meanwhile, cut pastry sheet in half. On a lightly floured surface, roll out one half to fit a 7-in. pie plate. Transfer pastry to pie plate; add filling. Roll out remaining pastry to fit top of pie. Place over filling. Trim, seal and flute edges. Cut slits in pastry. Bake at 400° for 40-45 minutes or until crust is golden and filling is bubbly. Cover edges with foil during the last 15 minutes to prevent overbrowning if necessary. Cool on a wire rack. **Yield: 4 servings**



"RETURN SERVICE REQUESTED"

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April
2018

563-852-5001

April Events at River Bend Open to the Public

Bible Study
Every Wednesday
9:30 am

Sit & Get Fit
with Above & Beyond
Every Wednesday
10:15 am

55 and Older
Complimentary Supper
Wednesday, April 11th
5:00 - 5:45 pm
RSVP is appreciated

Music and Prayer
hosted by:
Presbyterian Church
Saturday, April 14th
1:45 pm

Afternoon Music
with Emil Weber
Monday, April 19th
2:00 pm

Community Bingo
Sunday, April 22nd
1:00 - 3:00 pm

Like us on Facebook!

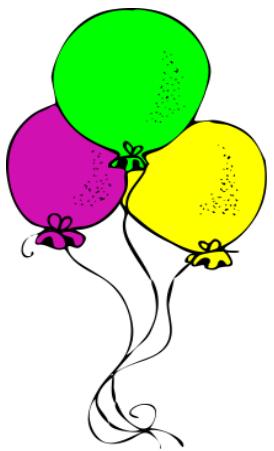
Hello River Bend friends,
Do you suddenly have the
urge to exercise? Do you find
that you need less sleep?

Do you have the uncontrollable need to clean? Do you feel
happier and are smiling more? If you can answer yes to any of
these questions you may have Spring Fever.
It's not an actual fever but it is described as a restless feeling
often associated with the onset on spring. There is research
confirming the physical changes are real. According to WEBMD
the increased hours of sunlight affect the hormones produced
by the brain. A decrease in melatonin and an increase in
serotonin can cause more energy, a need for less sleep and a
feeling of happiness. Happy Spring!

Moments Memory Care opening soon!

River Bend is looking forward to opening the doors to their new
17-Unit Memory Care Community in May. Our focus is on
excellent care and life enrichment of our residents. Our goal is to
provide each resident with a safe, home-like environment that
allows them to maintain as much independence as possible.
Check out the photos below of our fireplace and new chapel.
Follow us on Facebook for the latest updates!





April Birthdays

Residents

Marie Kivlahan - 22nd
Bob Hosch - 26th

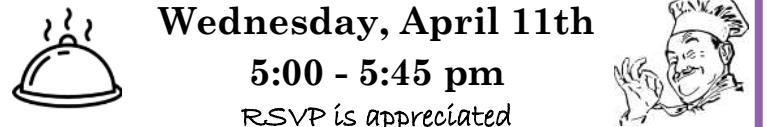
Staff

Dana Wolf - 3rd

Join us for FOOD, FUN and FRIENDSHIP!

**55 and Older
Complimentary Supper
Wednesday, April 11th**

**5:00 - 5:45 pm
RSVP is appreciated**



Arts & Crafts
Residents enjoy making centerpieces for their tables.
Top right, Marge
Bottom right, Anne



Easter Bunny hugs!
Above, Jim Below, Fr. Tegeler



Above, Pat & Dolores pose for a photo
Below, Congratulations to Emma Beck,
our coloring contest winner!



Caught on camera!
Above, Jack
Below, Terry (staff)



April is Stress Awareness Month

Ah! April is finally here, and not only does it bring us spring, new blooms and beautiful weather, it also brings us Stress Awareness Month. Stress affects your body as well as your mind. Under stress, your heart rate, blood pressure, and glucose levels increase and your immune system is weakened.

Long-term stress can cause or worsen a wide range of illnesses including headaches, stomach issues, and depression. Stress also increases the risk of serious conditions like stroke and heart disease. There can be many different causes to your stress. Rushing because you're running late, arguing with a relative, financial difficulties, or work overload are just a few. Understanding why you get stressed and finding out how to reduce stress gives you useful tools to improve your health and quality of life. Breaking the connection requires both learning to deal with stress and managing unhealthy habits.

These five simple tips can help you do just that.

Stay positive! Laughter has been found to lower levels of stress hormones, reduce inflammation in the arteries, and increase "good" HDL cholesterol.

Meditate! This practice of inward-focused thought and deep breathing has been shown to reduce heart disease risk factors such as high blood pressure. Meditation, yoga and prayer, can also relax the mind and body.

Exercise! Every time you are physically active, whether you take a walk or play tennis, your body releases mood-boosting chemicals called endorphins. Exercising not only melts away stress, it also protects against heart disease by lowering your blood pressure, strengthening your heart muscle, and helping you maintain a healthy weight.

Unplug! It's impossible to escape stress when it follows you everywhere. Cut the cord. Avoid emails and TV news. Take time each day, even if it's for just 10 minutes, to escape from the world.

Find ways to take the edge off your stress! Simple things, like a warm bath, listening to music, or spending time on a favorite hobby, can give you a much-needed break from the stressors in your life. Being aware that stress exists, isolating where your stress is coming from and actively working to reduce it, for yourself and for those around you, is what April and Stress Awareness is all about.



Oral Health for Older Adults: Quick Tips

To prevent oral problems like toothaches, cavities, and tooth loss it is important to take care of your teeth and gums. It's especially important to have good oral hygiene if you have a health condition like diabetes or heart disease, or if you are taking medicines that can cause oral health problems. Brush and floss your teeth. It helps to remove dental plaque, a sticky film of bacteria (germs). Plaque buildup is what can cause cavities or gum disease. Follow the bullet points below to keep your teeth and gums healthy as you get older.

- Brush your teeth at least twice a day. Focus on brushing after meals and before bed
- Floss between your teeth every day. If flossing is hard for you, ask a dentist about using a special brush or pick instead
- Watch for changes in your mouth
- Risk of getting oral cancer increases as you get older. Contact your doctor or dentist if you have any of these symptoms for more than 2 weeks: a spot or thick area in your mouth, lip, or throat that feels uncomfortable or sore, difficulty chewing, swallowing, or moving your jaw or tongue or pain in one ear without hearing loss

