

**August 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

**12th Anniversary
Celebration**

Sunday, August 12th

Noon - 3:00 PM

Serving complimentary
lunch Noon - 1:00

Music by:

Subject to Change Band
1:00 - 3:00 PM

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Hello River Bend friends,

It was great to see so many people come to help us celebrate the grand opening of our new Moments Memory Care on July 15th. We appreciate the support of the community and welcome everyone to our 12th anniversary party on Sunday, August 12th. We will be serving a complimentary lunch from Noon - 1:00pm, then enjoy live music from 1:00 - 3:00pm by "Subject to Change" band.

It is hard to believe summer is going by so quickly. It won't be long and the kids will be starting school again. In September we will be celebrating Assisted Living Week. This year's theme is "Capture the Moment". We look forward to the fun events we have planned for our residents and staff during this week. At River Bend we plan on ending our summer with fun!

In 1988, President Ronald Reagan issued Proclamation 5847 designating August 21st as National Senior Citizens Day. On this day we are encouraged to acknowledge and appreciate the value and contribution of the elderly to family and society. A good way to celebrate National Senior Citizen Day is to spend time with our seniors. We welcome family and friends to come and share your talents with us.

Celebrating our grand opening of our Moments ~ Memory Care

Ribbon cutting with the Cascade Chamber of Commerce
Center: Owners, Joel and Cindy Callahan with staff





August Birthdays

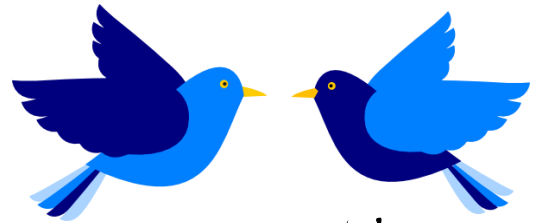
Residents

Marge McDonald - 2nd
Colleta McDermott - 5th
Jack Hird - 21st

Staff

Starr Goerdts - 3rd
Janne Schlemme - 24th

*Happy 55th
Wedding Anniversary
Earl and Mary McDermott*



August 24th

A Fun Fact about "Iowa"



You've no doubt heard the phrase "the greatest thing since sliced bread"—well, we have Iowa to thank for those pre-cut loaves. Otto Frederick Rohwedder was apparently fed up with trying to cram hand-sliced pieces of bread into a toaster, so in 1912, he invented a device that would cut bread into consistently-sized slices. Unfortunately, Rohwedder's fantastic invention was destroyed in a fire before it could be unleashed on the world. It took him some time to refine and rebuild, so sliced bread wasn't commercially available until 1928.

Below, these ladies are releasing a butterfly at our grand opening of our Moments ~ Memory Care



Pat and Anne show off their peppers!



**National
Senior Citizens' Day
Tuesday, August 21st**





You're Invited!



12th Anniversary Celebration

Sunday, August 12

Noon - 3:00pm

Complimentary Lunch

Noon - 1:00pm

Music by "Subject to Change" band

1:00 - 3:00pm

Below, Donna, Helen and Norma are busy making butterflies



Inventor's Month

The printing press. The automobile. The internet. Electricity. Penicillin. Glasses. Sliced bread! All of these things and thousands more are inventions made by people that may have lived thousands or hundreds of years ago, or may even still be alive today, that we benefit from every single day. But do we ever take the time to think about just how much out-of-the-box thinking went into inventing these things, or how brave those people must have been to dare to dream up and create something nobody had ever heard of before? Probably not! And that's why Inventor's month was...invented!



There are a couple of great ways to celebrate Inventor's Month. One is to think about what your own favorite inventions are, and how much you appreciate them. Whatever your personal favorite invention is, take some time to find out a little about who was behind it. This is a great way to stimulate your brain and do a little learning at the same time.

If I had asked people what they wanted, they would have said faster horses.
— Henry Ford

From the cooks corner....Kathy Gehl

Stuffed Pepper Casserole

Ingredients:

1 lb. ground beef	2 cups beef flavored broth
1/2 diced onion	1 (8oz) can tomato sauce
1/2 tsp. garlic powder	1 Tbsp. soy sauce
2 cups diced bell peppers	1 tsp. Italian seasoning
1/2 tsp. salt	1 cup (uncooked) rice
1/4 tsp. black pepper	1 1/2 cups shredded cheddar cheese
1 can (14.5 oz) diced tomatoes, undrained	



Directions:

In 4-quart saucepan, cook beef, onion and garlic powder over medium-high heat 5 to 7 minutes, breaking into small pieces as beef browns. Add bell peppers, salt and black pepper. Cook 5 to 7 minutes longer or until peppers have started to soften. Drain beef mixture.

Reduce heat to medium; add tomatoes, broth, tomato sauce, soy sauce and Italian seasoning. Stir until well combined. Heat to boiling. Add uncooked rice. Return to boiling; reduce heat to low. Cover and simmer about 25 minutes or until rice is tender. Remove from heat; sprinkle with shredded cheese. Enjoy!

“RETURN SERVICE REQUESTED”

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