

**July 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

Music and Prayer

hosted by:
Presbyterian Church
Saturday, July 14
1:45 pm

**Moments Memory Care
"Grand Opening"**

Sunday, July 15
1:00 - 3:00 pm

**55 and Older
Complimentary Meal**

Wednesday, July 18
Serving 5:00 - 5:45 pm

Afternoon Music

with Marv Rickels
Monday, July 23
1:00 pm

Summer is officially here and so is our new addition!

River Bend Retirement's new "Moments" Memory Care program offers a higher level of care for those who request or require additional support and services including those with Alzheimer's and other forms of Dementia. Our extensive Moments Memory Care program provides a secure environment and is designed to promote dignity, independence, and choice. Each resident has their own apartment with a private bathroom.

Our Moments residents have access to all the amenities and services that are included in our Assisted Living Program, as well as a private secured patio, pet photo gallery, post office, spontaneous activities, and secured entrances and exits.

River Bend also has a program within Moments called "Closer Care" for those persons who need more time and attention with everyday Activities of Daily Living (ADL's), but may not necessarily have a form of dementia. ADL's include assistance with mobility, bathing, grooming, hygiene, toileting, and/or dressing. Dedicated 24 hour staffing is in closer proximity to provide care assistance as needed.

Please join us for our Grand Opening on Sunday, July 15 from 1:00 - 3:00 pm. We will have tours available, refreshments, ribbon cutting and a butterfly release!



July Birthdays

Residents

Shirley Hosch - 3
Donna Grawe - 4
Murilla Gehl - 25
Norma Bildstein - 27



Staff

Laura Kurt - 11
Kathy Gehl - 17
Jayne Neiers - 19
Maddy Stuart - 23
Jill Koopmann - 25

Gardening is good for the soul!

Anne, Pat and Helen enjoy their time outdoors



From the cooks corner..... Kathy Gehl

Ice Cream Cookie Dessert

Ingredients:

1 package (15-1/2 ounces) Oreo cookies, crushed, divided
1/4 cup butter, melted
1/2 gallon vanilla ice cream, softened
1 jar (16 ounces) hot fudge ice cream topping, warmed
1 carton (8 ounces) frozen whipped topping, thawed



Directions:

1. In a large bowl, combine 3-3/4 cups cookie crumbs and butter. Press into a greased 13x9-in. dish. Spread with ice cream; cover and freeze until set.
2. Drizzle fudge topping over ice cream; cover and freeze until set. Spread with whipped topping; sprinkle with remaining cookie crumbs. Cover and freeze 2 hours or until firm. Remove from the freezer 10 minutes before serving.

Residents enjoy a day at the park Lunch, Bean Bag and Relaxation!



Angie and Norma



Neil and Al



Jerry



Fr. Tegeler

Forgetfulness at Any Age

There's so much going on in today's busy world that we can't possibly keep track of it all and we forget! There's a lot of things that contribute to forgetfulness. There is reason to believe that your brain perceives the world as a sort of series of "scenes" or "frames" and passing from one room to the next, dumping all information from the previous room, your mind is completely blank, breaking off the thought. Though we jokingly refer to these as "senior moments," they happen to everyone.



What causes the break? Interference, which impairs your ability to focus. Interference can be anything from your cell phone ringing, to background chatter, to your mind wandering. When a person is exposed to interference, their ability to recall info, even over very short periods of time, declines significantly.

Some people can maintain their networks better than others, limiting interference until the task is either completed or written down helps to remember. So if you go into the kitchen to write something down on your grocery list, don't answer your cell phone or let your mind wander to another subject. Mentally rehearse what you're doing, and hold it in mind, until you're finished with the task.



 Moments
Memory Care

Join Us

Sunday, July 15

1:00 PM - 3:00 PM

Tours Available
Refreshments
Ribbon Cutting
Butterfly Release

River Bend
RETIREMENT COMMUNITY

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riverbendal.com

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