

**June 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 Meal**

Wednesday, June 6
Serving 5:00 - 5:45 pm

Music and Prayer

hosted by:
Presbyterian Church
Saturday, June 9
1:45 pm

Afternoon Music

with Jim Lucy
Tuesday, June 12
1:00 pm



Like us on Facebook!

Hello River Bend Friends!

In the month of June we celebrate Father's Day as well as Flag Day. However, there is a lesser known day to recognize in June.

On June 15th The Power of a Smile Day is the day for everyone to share their smile.

Starting each day with a smile is more empowering than a pout or a grumble. When you smile at someone, you are telling them they are valued and worth the smile you just gave them. Smiles are morale boosters and confidence builders. Research has proved that smiling increases attractiveness and likeability between humans. Smiling, even if you do not feel like it, will lift your mood and make you a happier person. The health benefits of smiling include improved mood and increased positive thoughts, lower blood pressure, stress relief, better relationships and pain relief.

~Karen Holmes, Nurse Manager

Smile!



Moments - Memory Care



**Grand Opening
Celebration!**

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



June Birthdays

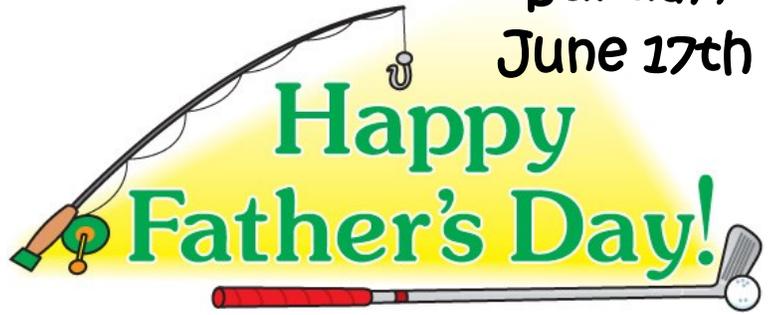
Resident

Paul Massey - 6th

Staff

Hope Jesenovec - 6th

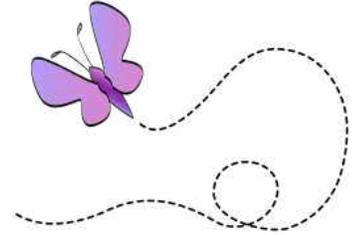
Aubrie Soper - 19th



Sunday,
June 17th

10 Fun Facts about butterflies!

- Butterflies taste with their feet
- Butterflies can't hear, but they can feel vibrations
- A butterfly has four wings, two forewings and two hindwings
- A butterfly's wings move in a figure eight motion
- The largest threat to butterflies is loss of habitat
- A butterfly's eyes are made of 6,000 lenses and can see ultra violet light
- Butterflies are cold-blooded and will not fly if the temperature is below 50 degrees
- There are approximately 20,000 species of butterflies in the world
- Their wings are clear, the colors and patterns we see are made by the reflection of the tiny scales covering them
- Butterflies can be found all over the world! They live on every continent except Antarctica



Laura & daughters



Gertie



Joanne



Pat & Friend



Donna & Cis

The stained glass in our new chapel is complete. Stop by to see it!



Before heading off to districts the boys CHS track team enjoyed a spaghetti supper at River Bend. New friends were made and many stories were shared!



June is National Dairy Month

National Dairy Month started out as National Milk Month in 1937 as a way to promote drinking milk. It was initially created to stabilize the dairy demand when production was at a surplus, but has now developed into an annual tradition that celebrates the contributions the dairy industry has made to the world. After the National Dairy Council stepped in to promote the cause, the name soon changed to "Dairy Month." National Dairy Month is a great way to start the summer with nutrient-rich dairy foods. From calcium to potassium, dairy products like milk contain nine essential nutrients which may help to better manage your weight, reduce your risk for high blood pressure, osteoporosis and certain cancers. Whether it's protein to help build and repair the muscle tissue of active bodies or vitamin A to help maintain healthy skin, dairy products are a natural nutrient powerhouse. Those are just a few of the reasons that you should celebrate dairy not just in June, but all year long!



From the cooks corner..... Kathy Gehl

Taco Salad Casserole

Ingredients:

1 pound ground beef
1/4 cup chopped onion
1/4 cup chopped green pepper
1 envelope taco seasoning
1/2 cup water
1 cup crushed tortilla chips
1 can (16 ounces) refried beans
1 cup shredded cheddar cheese

Toppings:

Chopped lettuce
and tomatoes,
sliced ripe olives,
sour cream and
picante sauce



Directions:

In a large skillet, cook beef, onion and green pepper over medium heat until meat is no longer pink; drain. Stir in taco seasoning and water. Cook and stir until thickened, about 3 minutes; set aside. Place chips in a greased 8-in. square baking dish. In a small bowl, stir refried beans; spread over chips. Top with beef mixture and cheese.

Bake uncovered, at 375° for 15-20 minutes or until heated through. Top with lettuce, tomatoes and olives. Serve with sour cream and picante sauce. **Yield:** 4 servings.

PRSR STD
US POSTAGE PAID
CASCADE, IA
PERMIT NO 14

“RETURN SERVICE REQUESTED”

River Bend
RETIREMENT COMMUNITY

813 Tyler Street NE
Cascade, IA 52033