

**March 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, March 10th
1:45 pm

**Complimentary
55 and Older**

Chili/Soup Supper
Wednesday, March 14th
5:00 - 5:45 pm
RSVP is appreciated

**Visit with the
Easter Bunny**

Sunday, March 25th
1:00 - 3:00 pm

Afternoon Music

with Jim Lucy
Monday, March 26th
2:00 pm

Happy March Everyone!

In March we celebrate St. Patrick's day by wearing green. But did you know that there is another 'green' day celebrated in March?

March 26th is National Spinach Day. Spinach is a healthy leafy "green" vegetable loaded with nutrients and antioxidants. Spinach is low in carbs, but high in insoluble fiber that may have benefits for digestion.

The antioxidants found in spinach may help fight aging and reduce the risk of cancer and diabetes, as well as suppress the growth of human cancer cells.

Spinach contains lutein and zeaxanthin, which are beneficial for eye health.

Spinach contains high amounts of nitrates, which may help regulate blood pressure levels. This could lead to improved heart health and a reduced risk of heart disease.

Maybe Popeye was on to something by eating spinach.



**The Easter Bunny is coming
to River Bend**

**Sunday, March 25th
1:00 - 3:00 pm**

This event is FREE and open to the public. Bring your camera and join the FUN!

**Cookies and Refreshments
Coloring Contest
Treats from the Easter Bunny**

March Birthdays



Residents

Laura Feldmann - 2

Staff

Hannah Ludwig - 1

Hillary Klein - 4

Lillian Schiltz - 9

Pat Potter - 17

Helen Koopmann - 18

*Welcome
New Residents*

*Neal Donovan
and
Elaine Brown*

Congratulations to Jim Lyons and Bess Kane. Residents selected Jim and Bess as the 2018 Valentine's King and Queen. They were crowned at our Annual Sweetheart Dinner on February 15th. Residents enjoyed a steak and shrimp dinner!

Rita enjoying her dinner



Left, Rosella and Right, Coletta share a conversation



Steak and Shrimp



Above, King Jim and Queen Bess
Below, Donna prepares for the
Valentine dinner.



Cheesecake!



Our sincere sympathy
to the family of
Marion Hosch



Wishing you all a
happy and safe
St. Patrick's day!
March 17th



Daylight Savings Time begins
Sunday, March 11th.
Remember to set your clocks
ahead one hour before going to
bed Saturday night.



Left, Jim and Kay
enjoy a relaxing
morning with a cup
of coffee and
reading the paper

Right, Dolores and
Jack play a friendly
game of cards



Kidney Disease Prevention Month

1 in 3 American adults is at risk for kidney disease. What puts you at risk for kidney disease? Major risk factors include diabetes, high blood pressure, a family history of kidney failure and being age 60 or older.

Kidney disease often has no symptoms. It can go undetected until very advanced. A simple urine test can tell you if you have kidney disease. Remember, it's important to get tested because early detection and treatment can slow or prevent the progression of kidney disease. To help prevent kidney disease: quit smoking, minimize alcohol consumption, lose weight if you're overweight, lower your salt in your diet and follow a healthy diet. Understanding food labels and exercise can help as well.



From the cooks corner..... Kathy Gehl

Festive Mint Cream Dessert

- 3/4 cup butter or margarine, divided
 - 1 package (16 ounces) chocolate cream-filled sandwich cookies, crushed
 - 2 quarts mint ice cream
 - 1-1/2 cups milk chocolate chips
 - 1 cup confectioners' sugar
 - 3/4 cup evaporated milk
 - 1 carton (16 ounces) frozen whipped topping, thawed
- Chocolate syrup and green sprinkles, optional



Directions:

In a saucepan or microwave, melt 1/2 cup butter. Stir in cookie crumbs; mix well. Press into a 13-in. x 9-in. dish. Freeze for 30 minutes or until firm. Meanwhile, remove ice cream from freezer to soften. Spread ice cream over crust; return to the freezer until firm.

In a saucepan, combine chocolate chips, confectioners' sugar, milk and remaining butter. Bring to a boil, stirring frequently. Cook and stir for 3-5 minutes or until thickened. Cool to room temperature.

When cool, spread over ice cream; return to freezer.

When chocolate layer has hardened, spread with whipped topping (dish will be full). Cover and freeze. Remove from the freezer 20-30 minutes before serving. If desired, drizzle with chocolate syrup and top with sprinkles. Yield: 24 servings.

“RETURN SERVICE REQUESTED”

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