

Crock Pot Oatmeal

Ingredients:

1 cup steel cut oats (Important: use only steel cut or it will be mushy)	¼ - ½ cup raisins
2 cups water	2 Tbsp. butter
2 cups milk	1 Tbsp. cinnamon
1 cup peeled and chopped apples	2 Tbsp. brown sugar
	1 tsp. vanilla



Spray the inside of your crockpot well or use a liner for easy clean up. Place the steel cut oats, water, milk, apples, raisins, butter, cinnamon, brown sugar, and vanilla into slow cooker. Stir to combine and dissolve sugar. Cover the cooker, set to low, and allow to cook 6 – 8 hours. Serve with nuts and maple syrup on top if desired. Reheat left overs in microwave with a little milk. There are many variations to this recipe. You can add any fruits and nuts you desire such as: dried cranberries, cherries, pecans, walnuts, almonds, etc. Below are some examples you could try.

Omit the apples and raisins in recipe above and add one of the following below.

Pumpkin pie: use a can of pumpkin puree and pumpkin spices

Blueberry Cobbler: 1 cup blueberries, walnuts, maple syrup on top

Banana and Zucchini: 1 cup grated zucchini, 1 mashed banana, top with choc. chips, walnuts or coconut

Strawberry cheesecake: 1 cup chopped strawberries, top with vanilla yogurt

Peaches and Cream: 1 cup chopped peaches, serve with pecans and cream on top

Orange delight: 1 cup chopped mandarin oranges 1/2 cup orange juice, decrease 1/2 cup water from recipe



February 2018

813 Tyler Street NE Cascade, IA 52033 www.riverbendal.com 563-852-5001

February 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

**Complimentary
55 and Older
Chili/Soup Supper**
Wednesday, February 7th
5:00 - 5:45 pm
RSVP is appreciated

Afternoon Music
with Ron Lubbers
Thursday, February 8th
2:00 pm

Music and Prayer
hosted by:
Presbyterian Church
Saturday, February 10th
1:45 pm

Community Bingo
Sunday, February 11th
1:00 - 3:00 pm

Happy February!

Valentine's Day is associated with love and romance. No one knows for sure, but it is thought that Valentine's Day is named after one of the three Saint Valentines from the early Catholic Church. In the 1300s the English began to celebrate love on Valentine's Day after poet Geoffrey Chaucer wrote a love poem connecting the two.

We are looking forward to our annual Resident Valentine's steak and shrimp dinner. It will be served on Thursday, February 15th because Ash Wednesday is on the 14th. Residents will continue the tradition of voting for king and queen and the winners will be crowned at the dinner.

We would like to take a moment to wish our residents and families a Happy Valentine's day. We hope your day is filled with love and sweet treats!

I invite you to join us for our 55 & Older Chili/Soup Supper on Wednesday, February 7th, serving 5:00 - 5:45 pm. This is open to the community and you may call the office at 563.852.5001 to RSVP. ~ *Karen Holmes, Nurse Manager*



Please help us welcome **Kathy Gehl** our new Food Coordinator. **Kathy** lives in Cascade with her husband **Craig**. They have two grown children and a granddaughter. **Kathy** has been in food service for over twenty years. She is excited to be a part of the River Bend family and brings many new ideas with her.

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February Birthdays



Residents

Mike McCarron - 4th
Earl McDermott - 11th
Joanne Otting - 27th

Staff

Marian Miller - 26th

Friendly suggestion to residents and families

- Remove expired items from refrigerator
- Minimize closet clutter by eliminating items that are no longer needed or worn

Residents enjoy a variety of games daily. Winners receive River Bend Bucks to be used at our prize store. **Below**, Helen tries her luck at target practice. **Right**, Mary Jane scores! **Below right**, Norma gets high score!



Below, Helen, Rosella and Charlie play hot potato. When the music stops they answer a trivia question. **Right**, Kay spends her River Bend Bucks at the prize store!



We are so blessed and grateful to have Ed Recker and his dog "Gordy" visit us monthly. **Below left**, Joanne is all smiles to see Gordy and Ed arrive. **Middle**, Marge enjoys her time petting Gordy. **Right**, Ed tells Charlie how much Gordy enjoys to go hunting!



No Full Moon February

This month there will not be a full moon. The only month where this can happen is in February, the shortest month. The other eleven months must have at least one full moon. The last time February didn't have a full Moon was in 1999.

The reason February is a "No-Moon" month is quite simple: the Gregorian calendar isn't synching up with the lunar calendar, which is 29.53 days long. It usually synchs up nicely, giving us at least one full moon each month, but with February being a short month, sometimes things don't line up. Of course there will be a moon in the sky in February, and it might even appear full, it just won't reach the moment where it's 100% astronomically "full" until March 1st.

To make up for it, January and March will be "double full moon months," meaning that during both of these months, there will be two times that the moon reaches its full phase. When we have two full moons in a single month the second of these is called a "Blue Moon."



Hot Breakfast Month

Hot Breakfast Month was established to encourage people to get up and start their day with a meal that's a bit more substantial than a simple bowl of cereal. Breakfast is an important meal of the day, that much is true, but taking the time to get up in the morning, prepare breakfast, and take the time to sit down and eat a freshly cooked meal is a great start to the day as well. It's not just about the meal, though there's something about bacon and eggs for breakfast with a hot toasted English Muffin smeared with butter that just makes the day better, it's also about taking the time to take care of yourself and spend a little time on something special. How many of us grew up with the smell of a hot breakfast floating through the house? Mom wouldn't dream of sending her kids or her husband off to their day without a hearty breakfast to carry them through. Breakfast helps us feel better, to see our way through to lunch without losing focus and without having our stomach grumbling at us that it's empty. It also helps our brains function, and education research has shown that it helps to ensure that the students absorb the information. Hot Breakfast Month encourages you to take extra care of yourself for a month, and we'll bet you'll keep doing it the rest of the year!

