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January 2018

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

### Italian Sausage Potato Chowder

- 1 pound seasoned Italian sausage
- 4 cups peeled, diced potatoes
- ½ cup diced onion
- ½ cup diced celery
- ½ cup sliced carrots
- 3 cups chicken stock or broth
- 1 cup heavy cream (or milk)
- 1 cup shredded cheddar cheese



#### Instructions:

In a soup pot, brown sausage. Drain and set aside. To the pot add potatoes, onion, celery, carrots and broth. Bring mixture to a boil. Reduce heat and simmer for 20 minutes, or until potatoes are tender. Add cooked sausage, cream and cheese. Stir and cook on over low heat for an additional 10 minutes. Serve with additional cheddar cheese sprinkled on top. Enjoy!

### January 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
- Community Bingo**  
hosted by:  
the Trumm family  
Sunday, January 7th  
1:00 - 3:00 pm
- Complimentary 55 and Older Chili/Soup Supper**  
Wednesday, January 10th  
5:00 - 5:45 pm  
*RSVP is appreciated*
- Music and Prayer**  
hosted by:  
Presbyterian Church  
Saturday, January 13th  
1:45 pm
- Afternoon Music**  
with Emil Weber  
Thursday, January 18th  
2:00 pm

Last month the River Bend Family lost a very special employee, Bonnie Waller. Bonnie was our food service coordinator. She took great pride in providing delicious meals for the residents as well as each month to the 55 and older adults in the community of Cascade. There was so many times I would be asked, who is your cook or if that meal was catered in. Comments that this was the best dish I have ever had were often heard and said.



Bonnie greeted residents each day with a smile and would often know what were their plans for the day. She would offer if there was anything she could do to help their day be a little bit more special. Bonnie had a huge heart. She will be greatly missed by the residents and staff at River Bend. I am honored to have had the opportunity to work with Bonnie. It is so true, "you don't know what you had until it's gone." No one will ever be able to fill your shoes. We love you Bonnie. Rest in peace our friend!

### Help us save paper!



If you receive our monthly newsletters by mail and would rather have them emailed to you, please call our office at 563-852-5001



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## January Birthdays

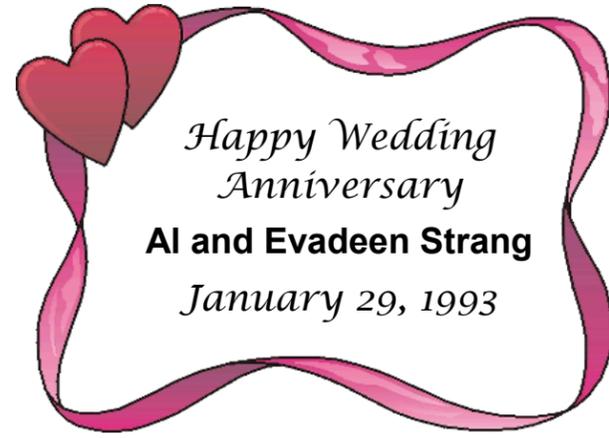


### Residents

Art Feldmann - 2nd  
 Anna Askam - 14th  
 Rosella Feldmann - 21st  
 Mary McDermott - 22nd  
 Helen Seymour - 24th

### Staff

Abby Wood - 4th  
 Donna Wood - 18th



*Happy Wedding Anniversary*  
**Al and Evadeen Strang**  
*January 29, 1993*

Resident Christmas party! Below (left) Al enjoys a grasshopper drink. (Middle) Kay and Marge check out their presents. (Right) Angie, sneaks a peek at Jim's gift.



## Santa visits River Bend



People of all ages enjoyed Santa's visit.  
 Thank you Denny Green for delivering Santa by fire truck.



## Historical Events

- January 3 1959** - Alaska was admitted as the 49th U.S. state.
- January 5, 1925** - Nellie Tayloe Ross of Wyoming became the first female governor.
- January 8, 1935** - the King was born in Tupelo, Mississippi. Elvis Presley was a twinless twin, meaning he had a twin who died at birth.
- January 15, 1929** - Martin Luther King Jr. birthday. It is an American federal holiday and is observed on the third Monday of January each year.
- January 16, 1991** - Allied aircraft conducted a major raid against Iraqi air defenses, marking start of the first war against Iraq, Operation Desert Storm.
- January 20, 1981** - Ronald Reagan became president of the United States at the age of 69, the oldest president to take office.
- January 23, 1849** - Elizabeth Blackwell was awarded her MD by the Medical Institute of Geneva, New York, thus becoming America's first woman doctor.
- January 24, 1848** - The California gold rush began with the accidental discovery of the precious metal near Coloma during construction of a Sutter's sawmill.
- January 27, 1967** - Three American astronauts were killed as a fire erupted inside Apollo 1 during a launch simulation test at Cape Kennedy, Florida.

## Be Healthy in the New Year

Flu, or influenza, is a contagious respiratory infection caused by a variety of flu viruses. Symptoms of flu are muscle aches and soreness, headache, and fever. Follow these tips to help prevent the flu:



- Wash your hands.** To really send germs down the drain, a quick rinse won't cut it. Take your time lathering up, and pay extra attention to the backs of your hands, between your fingers, and under your nails. To make sure you have scrubbed enough, sing the "Happy Birthday" song at least once before you rinse.
- Get plenty of sleep.** Research has shown that not getting enough sleep can make you more likely to get sick when you pick up cold viruses. And the less rest you get, the greater your chances. Adults should aim for at least 7 hours a night.
- Get a flu shot.** Everyone older than 6 months should get one each year. Previously, you could choose between the traditional shot and the FluMist nasal spray. But recent studies show that the spray doesn't work as well, so the CDC doesn't recommend it for the 2017-2018 flu season.
- Eat a rainbow.** Balanced, healthy meals with plenty of fruits and vegetables can help keep everyone's immune system in top form. Look for foods rich in vitamin A (sweet potatoes, carrots, spinach), vitamin C (citrus fruits), and vitamin E (almonds, sunflower seeds). Lean protein (seafood, eggs, beans) can also help boost your body's defenses.

What about those supplements that claim to boost your immunity with big doses of vitamins? Science shows they won't stop you from getting a cold. A healthy diet is more reliable fuel for your immune system.