

**September Events
Open to the Public**

Bible Study

Every Wednesday
9:30 am

Sit & Get Fit

With Above & Beyond
Every Wednesday
10:15 am

Community Bingo

Sunday, September 9th
1:00 - 3:00 pm

**Capture the Moment with
Therapeutic Art**

Hosted by: Above & Beyond
Tuesday, September 11th
10:00 am

**Afternoon Music and
Ice Cream Social**

with Chris Ross
Tuesday, September 11th
2:00 pm

55 & Older

Complimentary Meal

Wednesday, September 12th
5:00 - 5:45 pm
following meal

Dementia Friendly program

6:00 pm

Euchre Tournament

Friday, September 14th
1:00 - 3:00 pm

Call River Bend to RSVP

National Assisted Living Week
is September 9th – 15th.

River Bend will celebrate
National Assisted Living Week
with activities for the residents
and staff. We want to
celebrate our residents and to
thank our awesome staff for everything they do.

This year's theme is "Capture the Moment." It is a chance
to push back the perception that older adults in assisted
living no longer have a purpose. We encourage residents
to enjoy the present and celebrate the past.

We welcome members of the community to visit River
Bend. Come spend time with our residents and learn
more about the benefits of assisted living.



Have you heard of the Hula Hoop tree? Last month we
took a trip over to Amber to see it. We even got lucky at
getting some hoops on the branches!





Residents

Cecil Knuth - Sept. 4th

Pat Ward - Sept. 18th

Cis Meloy - Sept. 30th

Staff

Karen Holmes - Sept. 10th



Monday,
September 3rd



Sunday,
September
9th

Healthy Aging Month

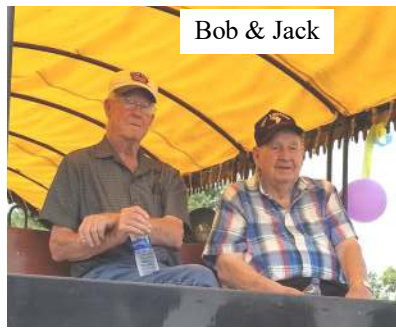
September is healthy aging month, an annual health observance designed to focus national attention on the positive aspect of growing older. Healthy aging means adults improving their physical, mental, social and financial wellbeing. Sometimes it might seem like the only thing sweet about having a birthday is the cake we get to eat once we blow out the candles; but it's never too late to get started on something new. Ideas for healthy aging: Be positive in your conversations and your actions everyday. How's your smile? People who smile more often are happier. Lonely? Volunteer your time, engage in activities, invite someone to lunch or for coffee. Start walking not only for your health but to see your friends and neighbors for socialization. Find your inner artist; get involved with activities and crafts. Make this month the time to set up your annual physical and other health screenings. Focus only on the things you can change and let go of the rest.

Did you know art has health benefits? Creating art stimulates communication between various parts of the brain. Thank you Above & Beyond for hosting this fun activity. Below Rosella, Al and Kay enjoy their afternoon painting.



Cascade Hometown Days

Residents participated in the parade and enjoyed the beautiful weather. Thank you to Josh Trumm for pulling our float and Jay Decker for the use of your wagon.



Bob & Jack



Jim



Helen & Ida



MaryJane & Jerry



Elaine & Pat

Considering your choices

One of the most important and difficult factors in making a decision about your parent's care is how it may affect the lifestyles of everyone involved. It can help if you think about your parent's health and housing needs ahead of time and start making plans before a crisis hits. It is important to have several frank discussions with your parents so that together you can come up with acceptable ways of meeting their needs as they change. Preparing for the future and being informed about your options will make you feel less stressed out and will ensure that your parents maintain their sense of independence and dignity.

What is an assisted living?

Many of our parents will eventually have trouble completing routine, everyday tasks. Chores that were once easy...such as bathing, cooking, getting dressed or cleaning house can suddenly seem frustrating, overwhelming or impossible. That's where assisted living communities come in. Assisted living communities are for people who require help in their day to day lives but do not require around the clock supervision and medical attention. Assisted living communities are not intended to replace nursing homes. The two types of establishments serve completely different purposes. Nursing homes are meant to provide constant care and supervision for those who are unable to care for themselves. Assisted living communities are for people who can generally care for themselves but sometimes need some extra help.

River Bend Retirement Community is built similar to an apartment building but on one level. Our apartments contain a living room, bedroom, kitchenette and bathroom with walk in shower. We have a large dining room where our residents can enjoy three meals a day along with housekeeping and laundry. In addition to having the freedom of independent living, our residents can socialize in group activities or take part in planned shopping and field trips.

It's all about choices, Your...home...Your way!

From the cooks corner....Kathy Gehl

Pizza on a Stick

8 ounces Italian turkey sausage links
2 cups whole fresh mushrooms
2 cups cherry tomatoes
1 medium onion, cut into 1-inch pieces
1 large green pepper, cut into 1-inch pieces
30 slices turkey pepperoni (2 ounces)
1 tube (13.8 ounces) refrigerated pizza crust
1-1/2 cups shredded part-skim mozzarella cheese
1-1/4 cups pizza sauce, warmed



Directions:

Preheat oven to 400°. In a large nonstick skillet, cook sausage over medium heat until no longer pink; drain. When cool enough to handle, cut sausage into 20 pieces. On 10 metal or wooden skewers, alternately thread sausage, vegetables and pepperoni.

Unroll pizza dough onto a lightly floured surface; cut widthwise into 1-in.-wide strips.

Starting at the pointed end of a prepared skewer, pierce skewer through one end of dough strip. Spiral-wrap dough strip around skewer, allowing vegetables and meats to peek through.

Wrap the remaining end of dough strip around skewer above the first ingredient. Repeat with remaining dough strips and prepared skewers. Arrange kabobs on a baking sheet coated with cooking spray. Bake 10-12 minutes or until vegetables are tender and pizza crust is golden.

Immediately sprinkle with cheese. Serve with pizza sauce. Enjoy!

“RETURN SERVICE REQUESTED”

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RETIREMENT COMMUNITY

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