

**November Events
Open to the Public**

Bible Study

Every Wednesday
9:30 am

Sit & Get Fit

with Above & Beyond
Every Wednesday
10:15 am

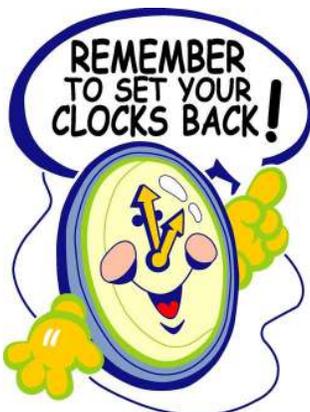
Community Bingo

Sunday, November 4th
1:00 - 3:00 pm

**Afternoon Music
with Dale Heeren**

Thursday, November 8th
2:00 pm

**Daylight saving time
ends Sunday, Nov. 4th
at 2:00am**



The changing of the leaves and the shorter days remind us fall is here and with that comes Thanksgiving.

I am thankful for the staff that come into work all hours of the day and night, in all kinds of weather. Their dedication is inspiring. I am thankful for the family and friends of River Bend that volunteer their time to help with activities and events. We are fortunate to have the support of the Cascade and surrounding communities. What are you thankful for?

A special "Thank you" to Carl, Bryon and Andy Kelchen from Custom Precast for their very generous donation of two precast garden bunks. They are very much appreciated, and we can't wait for spring to start planting.



SAVE THE DATE!



**Sunday, December 9th
1:00 - 3:00PM**

November Birthdays

Residents

Marilyn Welcome - 8th

Lois Sullivan - 9th

Dolores Hosch - 12th

Pat Larkin - 12th

Al Strang - 17th

Rita Willenbring - 24th

Jim Lyons - 25th

Anne Feeney - 27th

Herb Manternach - 27th

Staff

Carrie Meeks - 3rd

Welcome



We welcome our Activity Coordinator, Lisa Heitz to River Bend. She comes to us with many years of experience and we look forward to her new ideas. When you see her, please stop and introduce yourself.



Happy 69th
Wedding Anniversary
Art and Laura Feldmann
November 15, 1949

National Diabetes Awareness Month

Diabetes is one of the leading causes of disability and death in the United States. If it's not controlled, diabetes can cause blindness, nerve damage, kidney disease, and other health problems. One in 12 Americans has diabetes – that's more than 25 million people, and another 79 million adults in the United States are at high risk of developing type 2 diabetes. Here are just a few of the recent statistics on diabetes:

Nearly 30 million children and adults in the United States have diabetes.

Another 86 million Americans have prediabetes and are at risk for developing type 2 diabetes.

The American Diabetes Association estimates that the total national cost of diagnosed diabetes in the United States is \$245 billion.



Diabetes is a growing epidemic with a devastating physical, emotional and financial toll on our country. It kills more Americans each year than AIDS and breast cancer.

Type 1 diabetes is caused by genetics and unknown factors that trigger its onset; type 2 is caused by genetics and lifestyle factors. Being overweight increases your risk for developing type 2, and a diet high in calories from any source contributes to weight gain. Research has shown that sugary drinks are linked to type 2 diabetes.

People with diabetes benefit from the same healthy diet that is good for everyone else: plenty of whole grains and fruits and vegetables, with a limited amount of fat and refined sugar. See more at: <http://www.diabetes.org>

Hope and Al enjoy a game of catch!



November 11th



The Cascade Cougars Cross Country Team enjoyed a spaghetti supper at River Bend. New friends were made and many stories were shared!

What a great bunch of kids!



From the cooks corner...Kathy Gehl

Pumpkin Cake with Whipped Cinnamon Frosting

4 Eggs
2 cups sugar
1 cup canola oil
2 cups flour
2 teaspoons cinnamon
1 teaspoon baking soda
1 teaspoon baking powder
1/2 teaspoon salt
1/2 teaspoon ginger
1/2 teaspoon allspice
1 can (15 ozs) pumpkin
1/2 cup chopped pecans

FROSTING:

1 cup butter, softened
3 teaspoons cinnamon
2 teaspoons vanilla extract
7-1/2 cups confectioners' sugar
2/3 to 3/4 cup heavy whipping



Directions:

Preheat oven to 350°. Line bottoms of two greased 9-in. round pans with parchment paper; grease paper. Beat eggs, sugar and oil until well blended. In another bowl, whisk together flour, cinnamon, baking soda, baking powder, salt, ginger and allspice; gradually beat into egg mixture. Stir in pumpkin and pecans. Transfer to prepared pans. Bake until a toothpick inserted in center comes out clean, 25-30 minutes. Cool in pans 10 minutes before removing to wire racks; remove paper. Cool completely.

For frosting, beat butter, cinnamon and vanilla until creamy. Gradually beat in confectioners' sugar and enough cream to reach desired consistency. Using a long-serrated knife, cut each cake horizontally in half. Spread 3/4 cup frosting between layers; spread remaining frosting over top and sides of cake. Enjoy!

“RETURN SERVICE REQUESTED”

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RETIREMENT COMMUNITY
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