

**October Events
Open to the Public**

Bible Study

Every Wednesday
9:30 am

Sit & Get Fit

With Above & Beyond
Every Wednesday
10:15 am

55 & Older

Complimentary Meal
Wednesday, October 10th
5:00 - 5:45 pm

Community Bingo

Sunday, October 14th
1:00 - 3:00 pm

Afternoon Music

with Shirley Dolphin
Tuesday, October 16th
1:00 pm

**Trick or Treat
at River Bend**

Wednesday, October 31st
4:30 - 5:30 pm



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Fall is officially here! The leaves are turning colors, farmers are harvesting their crops, pumpkins are popping up everywhere and there is Friday night football games. Fall is such a beautiful time of year. Embrace the season for all its worth. Enjoy some pumpkin spice latte, carve a pumpkin, grab your camera and head outside, go on a hay ride with the grandkids or consider starting your own fall tradition, that could be a great way to stay excited about the season every year!

What is October without Halloween? We will be hosting Trick or Treat at River Bend for the area ghosts and goblins on Wednesday, October 31st from 4:30 - 5:30 pm. Please stop by and see us!

We are proud to announce that River Bend was recognized by the Iowa Department of Inspections and Appeals for having a "Deficiency Free" monitoring inspection again this year.

All assisted living programs are required to be recertified every two years.



The annual River Bend Resident and Family Traditional Thanksgiving Dinner will be served on Sunday, November 11th at 12:00 PM.

Guest tickets are \$12.00 for adults and \$6.00 for children, 12 and under. RSVP is required by Friday, November 2nd. Please call Jayne at 563-852-5001 or email rbadmin@netins.net. All tickets must be paid in advance.

Happy October Birthdays

Residents

Alfred Reiter - Oct. 2nd

Ida Trumm - Oct. 7th

Kay Hughes - Oct. 11th

Jerry Williams - Oct. 19th

Mary Jane Clarke - Oct. 25th

Staff

Tammy Henneberry - Oct. 9th



Monday, October 8th

1492



Happy Columbus Day

Advice from a

PUMPKIN

Be well-rounded

Get plenty of sunshine

Give thanks for life's bounty

HAVE THICK SKIN

Keep growing

Be outstanding in your field

THINK BIG!



Mental Health Month

The story of mental health care is a long one, reaching far back into history where men and women battled with what were believed to be literal invisible demons that lived in their heads. Prayer and exorcisms, witch doctors and shamans alike were called on to aid those who struggled with these conditions. Later it was determined that rather than some supernatural element, it was clear that those suffering from these disorders were, in fact, dealing with medical conditions that could be treated, though no one quite knew how in those days.

Mental health problems, ranging from issues like depression and anxiety disorders to conditions like schizophrenia, affect millions of people around the world. In fact, according to current statistics, 1 in 4 people will experience some kind of mental health problem during their lifetime and many more will see friends or family members affected.

The purpose of World Mental Health Day is to raise awareness of mental health issues, increase education on the topic and attempt to eliminate the stigma attached. It is hoped that this, in turn, will encourage sufferers to seek help and support.

Capturing the moment with a fun photo booth. A special thank you to Colleen Burke and Lou Reif for spending the day with us and supplying all the wonderful props!

Elaine



Paul



Jim and Angie (staff)



Jack



Rosella



Murilla



Helen - therapeutic art



National Assisted Living week was celebrated last month all across the country. The tradition was established in 1995 by the National Center for Assisted Living.

The goal is simple: to show our residents how much we care!

This year's activities and events revolved around the theme "Capture the moment." No matter your age, we should all be living life to its fullest.

Caregivers help seniors realize this by supporting them with everyday tasks while maximizing their independence and honoring their individuality.

Caregivers are family members, staff, volunteers and friends who have gone above and beyond in making a difference in others' lives. From all of us at River Bend we thank you for all you do!!!

Anne - therapeutic art



Music & Ice Cream Social

Left: Jim and family

Right: Georgene and daughter



From the cooks corner....Kathy Gehl

Caramel Apple Crisp

3 cups old fashioned oats
2 cups all purpose flour
1-1/2 cups packed brown sugar
1 teaspoon ground cinnamon
1 cup cold butter, cubed
8 cups thinly sliced peeled tart apples
1 package (14 ounces) caramels, halved
1 cup apple cider, divided



Directions:

Preheat oven to 350°. In a large bowl, mix oats, flour, brown sugar and cinnamon; cut in butter until crumbly. Press half of the mixture into a greased 13x9-in. baking dish. Layer half of each of the following: apples, caramels and remaining oat mixture. Repeat layers. Drizzle 1/2 cup cider over top. Bake, uncovered, 30 minutes. Drizzle with remaining cider; bake 15-20 minutes longer or until apples are tender. Enjoy!

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