

December Events Open to the Public

Bible Study

Every Wednesday
9:30 am

Complimentary 55 and Older

Chili/Soup Supper

Wednesday, December 5th
Serving 5:00 - 5:45 pm

Music and Prayer

hosted by:
Presbyterian Church
Saturday, December 8th
9:00 am

Cookies with Santa

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



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Greetings!

The annual Resident and Family Thanksgiving Dinner was a great success again this year. It is always good to see the residents and their families come together to share a meal. Thank you to all the staff and volunteers for your hard work. Without you, this would not be possible.

December is always a very busy month with a variety of events scheduled for the residents. Residents will have the opportunity to tour the local Christmas light displays. Several area groups are scheduled to entertain us with musical talents singing Christmas carols. Lisa, the activity coordinator, is busy planning the resident Christmas party as well as the New Year's Eve party.

During this time of faith and family, may the true meaning of Christmas fill you with joy spending time together. Wishing you a blessed Christmas and a Happy New Year!



Thanksgiving Dinner Celebration





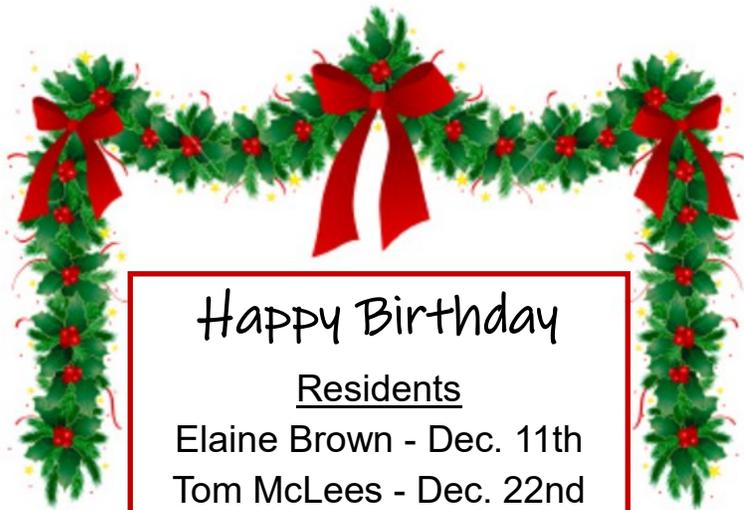
Sunday, December 9th
1:00 - 3:00 pm
Music by: Darlene Meyer
Bring your camera, visit with Santa and
enjoy some delicious cookies!



Safety Tips for the Holidays

Last year we presented these tips to help keep you safe and healthy. These tips are so important that we want to give them to you again this year.

1. **Wash hands often** to keep yourself from spreading germs and getting sick. Wash your hands with soap and clean running water for at least 20 seconds. Wash before and after you eat, after using the restroom, and any time they get soiled.
2. **Bundle up to stay dry and warm.** Wear appropriate outdoor clothing: layers of light, warm clothing; mittens; hats; scarves; and waterproof boots.
3. **Manage stress.** Don't over commit yourself to prevent holiday anxiety and pressure. Get enough sleep, at least 8 hours each night.
4. **Fasten seat belts** while driving or riding in a motor vehicle. Use a seat belt on every trip, no matter how short the trip.
5. **Don't drink and drive or let others drink and drive.** Whenever anyone drives drunk, they put everyone on the road in danger.
6. **Be smoke-free.** Avoid smoking and secondhand smoke. There is **NO** safe amount of tobacco or secondhand smoke. Breathing even a little secondhand smoke can be dangerous.
7. **Get exams and screenings.** Ask your physician what exams you need and when to get them. Update your personal and family history.
8. **Get your vaccinations,** especially flu and pneumonia shots, which help prevent diseases and save lives.
9. **Monitor the clutter in your apartment.** Keep an open and easy to get around floor plan with furnishing to be able to access all areas. Remove any and all rugs.
10. **Practice fire safety.** Most residential fires occur during the winter months, don't leave space heaters, or stoves unattended. Don't use candles or overload receptacles. Know your emergency evacuation plan and practice it regularly.
11. **Prepare food safely.** Remember these simple steps: wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures, and refrigerate promptly.
12. **Eat healthy, and get moving.** Eat fruits and vegetables. Limit your portion sizes and foods high in fat, salt and sugar. Be active for at least 2½ hours a week.



Happy Birthday

Residents

Elaine Brown - Dec. 11th

Tom McLees - Dec. 22nd

Bess Kane - Dec. 26th

Staff

Brandie Kirkwood - Dec. 1st

Bailey Holmes - Dec. 3rd

Sam Husman - Dec. 11th

Ana Landa - Dec. 30th

Scrabble is one of many games our residents enjoy playing! Below, Dolores and Activity Coordinator Lisa challenge their skills!



Cascade Elementary students spread some holiday cheer!



American Legion Post 528 visits River Bend in honor of Veteran's Day!



From the cooks corner....Kathy Gehl

Strawberry Pretzel Salad

Ingredients:

- 2 cups crushed pretzels
- 3/4 cup butter, melted
- 3 tablespoons white sugar
- 1 (8 ounce) package cream cheese, softened
- 1 cup white sugar
- 1 (8 ounce) container frozen whipped topping, thawed
- 2 (3 ounce) packages strawberry flavored Jell-O
- 2 cups boiling water
- 2 (10 ounce) packages frozen strawberries



Directions:

Preheat oven to 400 degrees. Stir together crushed pretzels, melted butter and 3 tablespoons sugar; mix well and press mixture into the bottom of a 9x13 baking dish. Bake 8 to 10 minutes, until set. Set aside to cool. In a large mixing bowl, cream together cream cheese and 1 cup sugar. Fold in whipped topping. Spread mixture onto cooled crust. Dissolve gelatin in boiling water. Stir in still frozen strawberries and allow to set up in refrigerator briefly. When mixture is about the consistency of egg whites, pour and spread over cream cheese layer. Refrigerate until set. Enjoy!

“RETURN SERVICE REQUESTED”

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RETIREMENT COMMUNITY
River Bend 