

### January Events at River Bend Open to the Public

#### Bible Study

Every Wednesday  
9:30 am

#### Complimentary 55 and Older

**Chili/Soup Supper**  
Wednesday, January 9th  
serving 5:00 - 5:45 pm

#### Music and Prayer

hosted by:  
Presbyterian Church  
Saturday, January 12th  
9:00 am

#### Community Bingo

hosted by:  
Brother's Market  
Sunday, January 20th  
1:00 - 3:00 pm

#### Afternoon Music

with David Poggenklass  
Monday, January 21st  
2:30 pm



Like us on Facebook!

### Happy New Year!

Each January we optimistically set goals or resolutions for the new year. The most common resolutions include saving more money, exercise more or losing weight. However, according to a US News survey 80% of new year resolutions fail by the second week of February.

So, what could you do instead of making New Year's resolutions?

Try making a change in your daily routine to develop an attitude of kindness.

- Just one small change like greeting everyone you meet by saying good morning with a pleasant smile can lift the spirits of everyone around you.
- Greet the new year with a positive attitude.
- Be more grateful and take time to count your blessings.

Remember that change takes time and patience. Research shows it takes about 66 days to develop a new habit. So to stay motivated, remember to celebrate even the smallest positive changes.

THE WORLD IS  
FULL OF NICE  
PEOPLE,  
IF YOU CAN'T  
FIND ONE,  
**BE ONE**



Making crafts are a great way to stay busy and have fun!

**Left,** Rosella shows off her poinsettia.

**Right,** Elaine points to her Christmas tree she made from old books.





## January Birthdays

### Residents

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

### Staff

Donna Wood - 18th  
 Tami Kerkove-Kray - 24th  
 Mary McNally - 31st



Please help us welcome Mary McNally, our new Food Service Coordinator. Mary lives in Cascade with her husband Rob. They have three grown children and one granddaughter, Lucy. Mary has been involved in food service for 35 years and brings many new ideas with her. Mary is also very well known for her many years of service working with those struggling with dementia. She is very excited about her new position at River Bend and looks forward to getting to know all the residents and their families. Please stop by to say “Hi” and introduce yourself.

*I think I made too many New Year's resolutions this year. It took me almost a full day to break them all.*



Santa stopped by to see who made the nice list!



Maddy, (Staff)



Mary and Earl

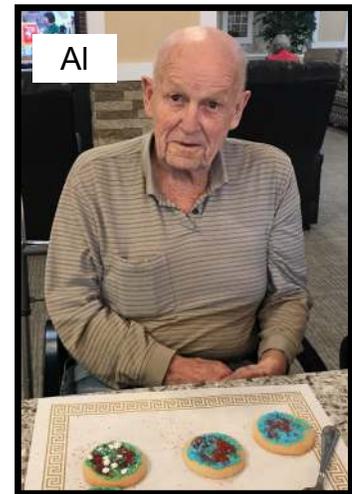
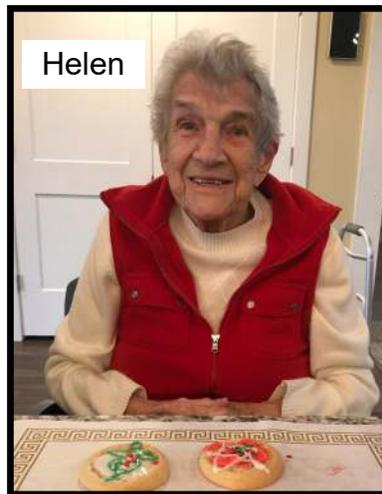


Cubby



*The most wonderful  
time of year.....*

Decorating holiday  
cookies is a family  
favorite Christmas  
tradition!



## *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.

*From the cooks corner....Mary McNally*

## **Lasagna Soup**

1 pound lean ground beef  
1 large green pepper, chopped  
1 medium onion, chopped  
2 garlic cloves, minced  
2 cans (14.5 oz.) diced tomatoes, undrained  
2 cans (14.5 oz.) reduced-sodium beef broth  
1 can (8 oz.) tomato sauce  
1 cup frozen corn  
1/4 cup tomato paste  
2 teaspoons Italian seasoning  
1/4 teaspoon pepper  
2-1/2 cups uncooked spiral pasta  
1/2 cup shredded Parmesan cheese



**Directions:** In a large saucepan, cook beef, green pepper, onion and garlic over medium heat 6-8 minutes or until meat is no longer pink. Drain. Stir in tomatoes, broth, tomato sauce, corn, tomato paste, Italian seasoning and pepper. Bring to a boil. Stir in pasta. Return to a boil. Reduce heat; simmer, covered, 10-12 minutes or until pasta is tender. Sprinkle with cheese. Enjoy!

“RETURN SERVICE REQUESTED”

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RETIREMENT COMMUNITY  
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