

**February Events  
at River Bend  
Open to the Public**

**Bible Study**

Every Wednesday  
9:30 am

**Music and Prayer**

hosted by:  
Presbyterian Church  
Saturday, February 9th  
9:00 am

**Community Bingo**

Sunday, February 10th  
1:00 - 3:00 pm

**Complimentary  
55 and Older**

**Chili/Soup Supper**

Wednesday, February 13th  
Serving 5:00 - 5:45 pm

**Card Bingo following  
"Win Prizes"**

**Afternoon Music**

with Emil Weber  
Tuesday, February 19th  
2:00 pm



Like us on Facebook!

**Greeting!**

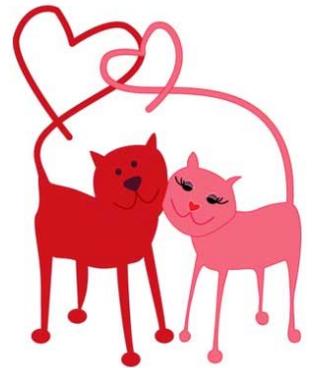
The month of February is known as the month of love. We see hearts everywhere, on boxes of candy, valentine cards, store displays and TV commercials to remind us to show our love for others.

However, February is not the only time to make some grand gesture to express your love. It's about the little things every day.

We recently had a couple at River Bend celebrate their 69<sup>th</sup> wedding anniversary. Like other married couples, they have endured the true tests of time because of an unending love.

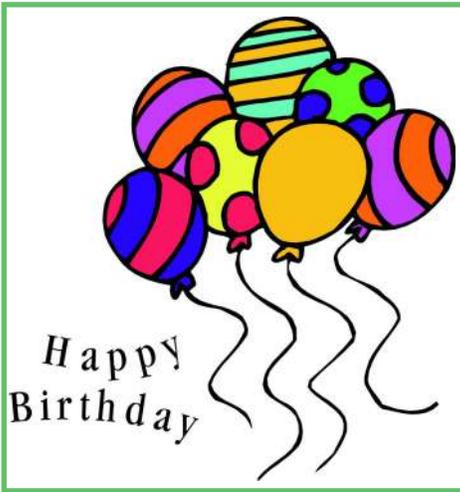
The most heartwarming expression of love we have seen is when some couples sit next to each other with their hands barely touching. It's a subtle gesture between them but it always makes us smile.

Here at River Bend we will celebrate Valentine's Day with our annual Sweetheart Dinner for the residents. Residents will vote for the 2019 Valentine King and Queen and the winners will be announced before dinner.



River Bend staff pose for a photo, showing off the vases they painted at their Christmas party!





**February Birthdays**

**Residents**  
 Mike McCarron - 4th  
 Earl McDermott - 11th  
 Neal Donovan - 18th

**Staff**  
 Marian Miller - 26th  
 Colby Holmes - 26th

Coletta enjoys the morning paper.



A good time was had by all at our Community Bingo.  
 A special "thank you" to Brother's Market for hosting this FUN event!



**HAPPY VALENTINE'S DAY**

*My recipe for happiness:  
One man.  
One woman.  
Two TVs.*



Elaine and Marg love to participate in crafts.

They also have something else in common. They were both teachers back in the “good old days”.

We love to listen to their stories of how they taught multiple grades in one class and how the times have changed. We often hear them tell people, “I taught your grandmother.” These teachers still continue to inspire us!



## **Safe Use of the Internet**

Whether you use the internet or not, you are still affected by it. The Internet has been an amazing invention that has undoubtedly changed the world in more ways than we can think of. Not all those ways, unfortunately, have been positive. We can connect to people faster, find things easier, and transfer information at the speed of light.

Internet technology was originally meant to help effect social change, provide knowledge and education at our fingertips, and answer questions we might not otherwise be able to find. This is a particularly powerful use of the tool, given that people from every walk of life and culture from around the world can connect and communicate in ways they never could before. That’s what the Internet was for, what it brought to us, and the world it helped bring together.

These very benefits of communication can become a challenge of safety. So much of our private lives and information get transferred over the internet, Safer Internet reminds us to protect ourselves from the dangers there and make the internet a little safer for everyone. Consumers should be aware that just because the information is on the internet that it isn’t always accurate, make sure your source is trustworthy.



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

## **Easy Chocolate Mousse**

2 eggs

1/4 cups granulated sugar

2 1/2 cups cold heavy whipping cream, divided

6 oz semi-sweet chocolate (about 1 cup semi-sweet chips)



Beat eggs and granulated sugar with your mixer for about 3 minutes.

Meanwhile heat 1 cup heavy whipping cream in a small saucepan until just hot, not boiling. With mixer on low pour the hot cream into the egg mixture slowly until combined.

Next, add the egg/cream mixture back into the saucepan and over low heat, stir for five minutes constantly until thickened. Do not boil.

Remove from heat and stir in chocolate until melted. Cover and refrigerate for 2 hours, until chilled, stirring occasionally.

When the mixture is completely chilled and firm use your whisk attachment on your stand mixer to whip the remaining heavy cream until stiff peaks form. Remove chocolate from fridge and using the paddle attachment or a spoon fold/stir the whipped cream into the chocolate until incorporated and smooth. I found using the paddle attachment on low speed worked best.

Serve immediately as is, or refrigerate until ready to use. \*\*\*This mousse can also be used as a cake filling, cupcake topping, or layered dessert filling.