

**January Events
Open to the
Public**



Bible Study

Every Wednesday @ 9:30 AM

Camp Courageous Presentation

Thursday, January 9 @ 2:00 PM

Worship & Prayer

Hosted by:

Presbyterian Church

Saturday, January 11 @ 9 AM

Worship & Music

Hosted by:

Cornerstone Church

Tuesday, Jan. 14 @ 2 PM

Tuesday, Jan. 26 @ 2 PM

55+ Complimentary Lunch

Wednesday, January 15

Lunch @ 11:30 AM

Craft to follow @ 12:30 PM

RSVP for Lunch by 1/8/20

Call (563)852-5001

Live Music

Darlene Meyer

Tuesday, Jan. 29 @ 1:30 PM

Dementia Support Group

Thursday January 16th @ 5 PM

Piano by Cara Bertling

Friday, Jan. 24 @ 10AM

Catholic Mass Schedule

Saturday, Jan. 4 @ 3:30 PM

Thursday, Jan. 9 @ 1:00 PM

Saturday, Jan. 18 @ 3:30 PM



— HAPPY NEW YEAR —

New beginnings, fresh starts, reaffirmations of love and promises for a brighter future all come to mind as we ring in a New Year. There are the superficial, yet purposeful, promises we make to ourselves. Many people resolve to get in shape, lose weight and such. Then, there are the heartfelt promises we make to others, whether aloud or in our minds. We want to care more, express love more, reverse bad feelings in old relationships or seek out new loving relationships. Though New Years can be a time of celebration and cheer, there are many people who are facing difficult circumstances. They may be entering this time of year with apprehension or anxiety. If that's the case for anyone in your circle of friends or family, you can reach out and be an encouragement by wishing them the best for the upcoming year. If your loved ones are experiencing favorable circumstances, you can wish them continued success. Whether you live nearby or far away, you can send heartfelt wishes for happiness, health, and prosperity to those who mean the most to you at this special time of year. A new year is like a blank book, and the pen is in your hands. It is your chance to write a beautiful story for yourself. Happy New Year and blessings to all.



Resident Birthdays

Anna Askam	January 14
Mary Ehlinger	January 16
Rosella Feldmann	January 21
Mary McDermott	January 22
Helen Seymour	January 24
Verna Greenwood	January 26

Staff Birthdays

Donna Wood	January 18
Karla Garrett	January 27

Dementia Support Group

@ River Bend

Thursday, January 16, 2019

5:00 PM - 6:00 PM

Topic: The Nuts & Bolts of Dementia

Staff Spotlight



Petra Power Dietary Coordinator

On Oct. 16th, 2019 Petra started at River Bend and has cooked her way right into our hearts. Petra was born and raised in Belgium and moved to the States at the age of 33. Petra speaks fluent English but, her native language is Dutch plus she also speaks French and German. She moved to Onslow in 2012 with her husband and four children. When she is not working at River Bend she enjoys fishing, hunting and spoiling her 3 grandchildren. Petra has been cooking all her life but most recently she worked at Perkins in Dubuque as the Assistant Manager. She has enjoyed getting to know the residents here at River Bend and we love having her.

Cookies With Santa at River Bend



On Dec. 8, 2019 Santa made a stop at River Bend. We enjoyed cookies and refreshments while Santa made his way around to visit with young and old to hear their wish lists.

Fight Off Winter Sickness!

We are more vulnerable to catching a cold or flu in the winter due to spending more time indoors and around others who may be sick. The most common way to pass on sickness is through hand contact, contaminated surfaces, and contact with an infected person's mucus or saliva. The most common sickness are: Common Cold, Stomach Flu (norovirus), Flu (Influenza).



Cold symptoms come on gradually, and can cause stuffy or runny nose, sneezing, cough, scratchy throat, and/or watery eyes.

Stomach Flu comes on suddenly and can last for several days. The most common symptoms are nausea, vomiting, and diarrhea.

Influenza symptoms come on suddenly and last longer. Flu can cause fever, headache, chills, dry cough, body aches, and fatigue. You can also experience cold symptoms with the flu.

Practice healthy habits to prevent illness:

- Wash your hands often, especially after using the bathroom and before eating.
- Avoid touching your eyes, nose, or mouth with unclean hands.
- Drink water throughout the day, every day.
- Eat a balanced diet.
- Stay active. (Take walks in the halls or join an exercise class!)



If you do become ill, increase fluids and take time to rest. Cover your mouth with your sleeve or a tissue when you cough or sneeze to prevent spreading illness. It is recommended you stay in your apartment for 24 hours after having a fever, vomiting, or diarrhea. Notify the nursing staff as soon as you have symptoms.



On Wednesday, January 15th, we will host our first 2020 **55 & Older Complimentary Lunch** starting at 11:30 AM. We will serve meatloaf, mash potatoes, veggies and dessert. **RSVP** is required for our guests by 1/8/20. Please call 563-852-5001.

Following the complimentary lunch we will offer a fun Valentine themed craft. All supplies will be provided.

3 Ingredient

Peanut Butter Cookies

Ingredients

- 1 cup sugar
- 1 cup peanut butter
- 1 egg

Instructions


Preheat the oven to 350 degrees. Stir the ingredients together until smooth. Scoop onto a parchment or Silpat lined baking sheet. (Roll into 1" balls with your hands, if you do not have a scoop.) Press down with the back of a fork and then press again from the opposite direction, to form the crisscross pattern on top.



These cookies will not spread at all. You can bake the full recipe on a single tray if you would like. Bake for 12 minutes and then let cool on the tray for 1-2 minutes before removing to a wire rack to finish cooling. Store in an airtight container. Enjoy!

„RETURN SERVICE REQUESTED“

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