



River Bend will host a virtual
Dementia Support Group
“Coping with the Holidays”
Wednesday October 14, 2020
From 6 PM - 7 PM

For information on how to get
connected please email us at
marketing1@riverbendal.com or call
River Bend directly
and ask for Jill or Jen
563-852-5001

Fall is officially here!

It's such a beautiful time of year! We have started to make fall crafts and the fall decorations are going up everywhere here at River Bend. The colors of fall are so vibrant. Outside the leaves are turning colors, farmers are harvesting, pumpkins and gourds are popping up too. We plan to get out to enjoy the season anyway we can! We were blessed with beautiful weather in September and hope that trend continues through October as well!



Prevention of Respiratory Influenza

Respiratory Influenza (flu) is a contagious disease that spreads around the United States every winter, usually between October and May. Flu is caused by influenza viruses, and is spread mainly by coughing, sneezing, and close contact. People with health problems have a higher chance of getting sick with the flu virus. Symptoms can include: fever/chills, sore throat, muscle aches, fatigue, cough, headache, and runny or stuffy nose.

It is possible to have flu, as well as other respiratory illnesses, and COVID-19 at the same time. Health experts are still studying how common this can be. Some of the symptoms of flu and COVID-19 are similar, making it hard to tell the difference between them based on symptoms alone.

Prevention should include:

- CDC recommends a yearly flu vaccine as the first and most important step protecting against flu viruses.
- Good hand washing every time before and after you eat and after blowing your nose, handling garbage, going to the bathroom, or are in public areas.
- Try to avoid close contact with any people, but especially those who show symptoms. If you are unable to socially distance yourself, then wear a mask.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)
- While sick, limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Clean and disinfect surfaces and objects (purses, cell phones, credit cards) that may be contaminated with germs like the flu.

Visit CDC's website at www.cdc.gov/flu for more information.



Resident Birthdays

Ida Trumm	Oct. 7
Phil Owen	Oct. 16
Jerry Williams	Oct. 19
Mary Jane Clarke	Oct. 25

Staff Spotlight

Karen Holmes Nurse Manager

Karen came to River Bend in May of 2016 with over 25 years of nursing experience. Most all of her nursing career has been in long term care. She has previously worked in the hospital setting, skilled care, restorative nursing and as a MDS



Coordinator. Karen said “My heart of nursing belongs to the elderly. I feel we can learn so much from the older generation. They have the knowledge and tools needed to get through this journey we call life. Everyday is a learning experience and we all have a story to tell.” Karen has lived in Cascade her whole life. She attended Bernard Elementary, Aquin Elementary, Cascade High School, and North East Iowa Community College where she received her RN. Karen says her hobbies are spending time with her husband and three children. Together they enjoy fishing, sporting events, concerts, and movies. When asked about what she likes best about her job at River Bend Karen said, “I feel lucky to work with a great team who help make my job a lot easier every day. I enjoy the residents who have so much to share with each of us.”



Happy Gram is a fabulous way to stay connected. They are “just a click away.” The residents at River Bend are loving these notes and we enjoy passing them out!

Simply go visit the website www.HappyGram.org to send your note (select River Bend in the dropdown box) letting your loved one know you are thinking of them.

You can even include a picture! Your notes will be printed and delivered every Monday - Friday.

It really is that easy and completely free!!! Send one today!





October is Breast Cancer Awareness Month. While most of us know that breast cancer exists, there is still a lot that can be done for awareness of the disease. Educating yourself and your loved ones is an important part of breast cancer awareness.

Get your information from a reliable source. Doctors and nurses are your best resources for reliable health information. If you have questions about your personal health, or even just questions about health in general, medical professionals provide accurate, reliable information. Reach out to your doctor's office if you have questions about breast health.

Educating or remind others of Breast Cancer Awareness Month. It is a great opportunity to start conversations about breast cancer. Send a text or email to women you know, or share information on social media; encourage other women to speak with medical professionals about breast cancer and breast health.



Thank you to the generous donor who had one pink rose sent for each River Bend resident earlier in September! What a beautiful surprise!

PUMPKIN MUFFINS

Ingredients

- 1 1/2 cups all-purpose flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 3/4 tsp salt
- 1 1/2 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1/4 tsp ground ginger
- 1 1/4 cups granulated sugar
- 1/2 cup vegetable oil
- 1 cup canned pumpkin
- 2 large eggs
- 1/4 cup apple juice or water



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Instructions

- Preheat oven to 350 degrees. Line a 12-cup muffin pan with paper liners.
- In a large mixing bowl whisk together flour, baking powder, baking soda, salt cinnamon, nutmeg and ginger for 20 seconds. Make a well in center of mixture and set aside.
- In a separate mixing bowl whisk together sugar, oil, pumpkin, eggs, and apple juice until well blended.
- Pour pumpkin mixture into flour mixture and fold with a rubber spatula just until combined.
- Divide batter among prepared muffin cups filling each nearly full.
- Bake in preheated oven until toothpick inserted into the center comes out clean, about 20 - 25 minutes.
- Let cool in muffin pan several minutes then transfer to a wire rack to cool completely.

..RETURN SERVICE REQUESTED..

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