

# AUGUST NEWSLETTER

712 WESTVIEW DR.  
ROCK VALLEY, IOWA, 51247

DIRECTOR: LAURI FULKERTH  
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RiverView Ridge  
SENIOR LIVING





# August Birthdays!

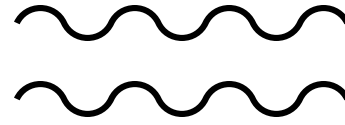
- Bev, August 6<sup>th</sup>
- Jaiden, August 7<sup>th</sup>
- Dennis, August 15<sup>th</sup>

# Highlights!

- Decorating Cakes!
- Sioux County Fair
- Bingo
- Reading to the children
- Recognizing Staff
- Resident of the Month
- Healthy Habits



# Decorating Cakes



Muriel did an excellent job decorating her cake with a pink frosting & candy flowers!



Marilyn's cake looked wonderful! The pink flowers she chose with the green leaves really turned out great!



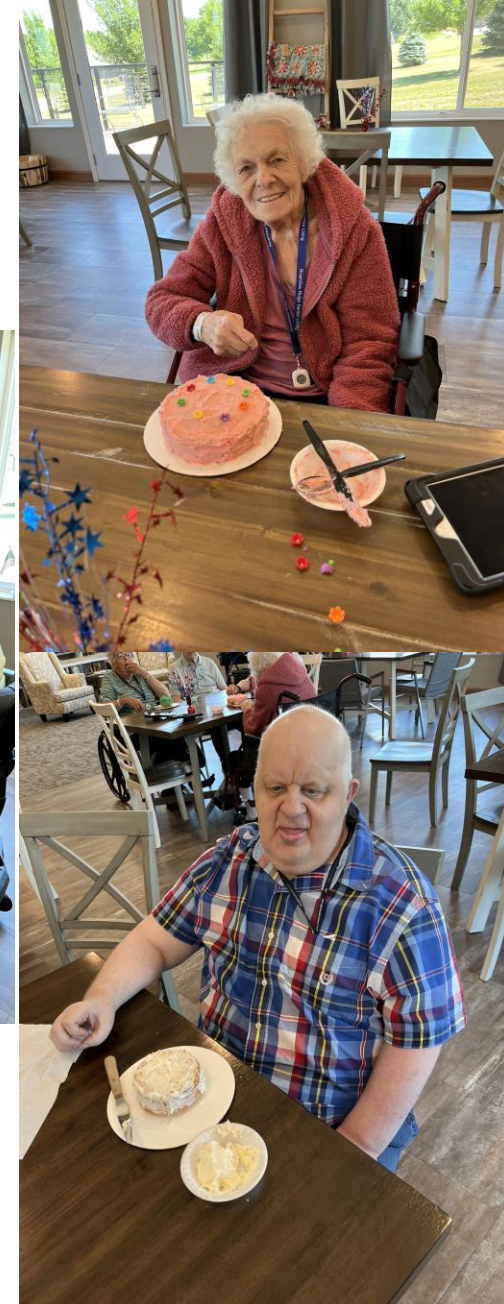
Bev used a variety of colors on her cake. She has the most creative mind! The orange sprinkle was the perfect touch!



Karen had a blast with decorating her pink floral cake! (Not shown, the green leaves she added for the perfect addition!)



Tillie is a natural at decorating cake. The lilac purple color she chose looked amazing!

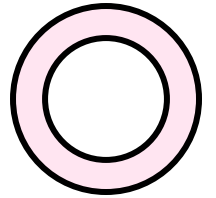
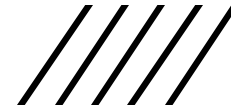


Marlin did so good at decorating his cake! Yum!



# SIoux COUNTY FAIR

Eleanor & Lucy had a  
fun time at the fair,  
getting to see all of the  
farm animals!





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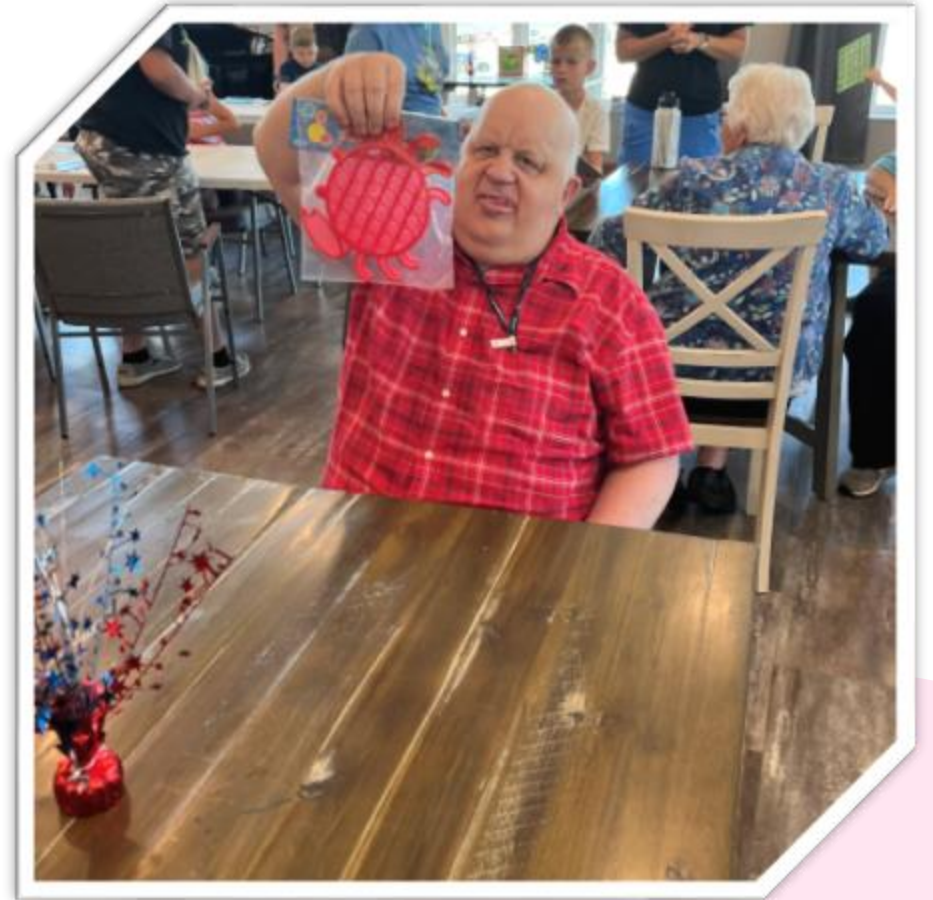
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Bev enjoyed a game of Bingo and won a delicious prize!



Marlin was one of our first winners! He won a very big prize!







LaVonne



Ruth



Lucy

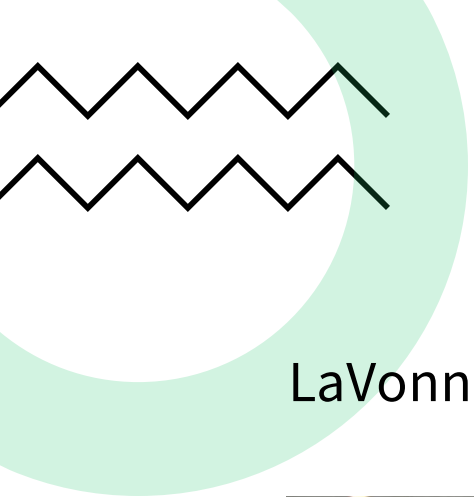


Marilyn

# Reading to the Children







# Craft Day with Pat!

LaVonne, Marilyn, & Bev showing off their new doorknob décor!



- Marilyn & Bev are hard at work!



# Scrabble with friends!



Howard, Marilyn & Janet playing scrabble!

- Prairie Woods outing!



Some of the residents enjoying learning about woodpeckers!





# Recognizing Staff



## Doris

Favorite Color: Any shade of green  
Favorite Snack: peanuts, popcorn & M&M's  
Favorite Candy: Butterfinger!  
Favorite Drink: Mountain Dew  
Hobbies: Racing  
Favorite Team: Minnesota Twins



## Jimena

Favorite Color: Red  
Favorite Snack: Hot Cheetos  
Favorite Candy: Peanut M&M's  
Favorite Drink: Gatorade  
Hobbies: Babysitting & Work  
Favorite Football Team: Cowboys



## Rebecca

Favorite Color: Yellow, Pink & Purple  
Favorite Snack: pretzels  
Favorite Candy: fruit snacks  
Favorite Drink: Snapple Apple  
Hobbies: Motorcycling & Reading  
Allergies: Pork, Beef, Seafood, Chocolate, Strawberries, etc.



RiverView Ridge  
SENIOR LIVING

# Resident Of The Month: Hermína



Born: In a farmhouse

Raised: Armour, South Dakota

Favorite Drink: Coke

Favorite Music: Accordion Music

Favorite Ice Cream: Vanilla

First real job: Housekeeping

Worst chore: picking up corn cobs

Siblings: 8

Children: 6

Favorite part of living at Riverview Ridge:

Feels like Home







## Rhubarb and Strawberry Pie

- 1 cup white sugar
  - 1/2 cup all-purpose flour
  - 1 pound fresh rhubarb, chopped
  - 2 pints fresh strawberries
  - 1 recipe pastry for a 9 inch double crust pie
    - 2 tablespoons butter
    - 1 egg yolk
  - 2 tablespoons white sugar
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- 1. Preheat oven to 400 degrees F (200 degrees C)
  - 2. In a large bowl, mix flour and sugar. Add strawberries and chopped rhubarb. Toss with sugar and flour and let stand for 30 minutes.
  - 3. Pour filling into pie crust. Dot top with butter, and cover with top crust. Seal edges of top and bottom crust with water.
  - 4. Apply yolk to top of pie, using a pastry brush. Sprinkle with sugar. Cut small holes in top to let steam escape.
  - 5. Bake at 400 degrees F (200 degrees C), for 35 to 40 minutes, or until bubbly and brown. Cool on rack.

# Healthy Living

## The Importance of Fiber

- Normalizes bowel movements
  - Lowers Cholesterol
  - Helps you live longer!
- Helps control blood sugar
  - Aids in a healthy weight
- Improves cardiovascular health



# Rally in the VALLEY

August 9-13, 2022

## Tuesday, August 9

6:30 PM | Bingo Night | Parkview Event Center

## Wednesday, August 10

10:00 AM-6:00 PM Shop the Valley Crazy Days!

3:00 PM | Miss Rock Valley | Parkview Event Center

4:00-6:30 PM | Farmers Market | Food Trucks

## Thursday, August 11

5:00-7:00 PM | Community Meal | Bicentennial Park | Project Youth Daycare

7:00 PM | Donut & Wing Eating Contest | Bicentennial Park

7:30 PM | Fireman Challenge | Bicentennial Park

9:00 PM | Drive In Movie | Dennis the Menace | Sports Complex

## Friday, August 12

5:00-8:00 PM | Cruise the Loop

5:00-9:00 PM | 19th Ave Tailgate

5:00 PM | Golf Tournament | Rock Valley Golf Course

9:45 PM | Fireworks

## Saturday, August 13

9:00-11:00 AM | Pancake Feed | Fire Station

9:00-4:00 PM | Car Show | City Park

10:00 AM-2:00 PM | Inflatables, Food, and Kid's Games | Catholic Church

11:00 AM | Parade

11:00 AM | Registration for Bags Tournament | Koldy's

12:00 PM | Burger Feed by First CRC | City Park

1:00 PM | Bags Tournament | Koldy's

5:00 PM | Ranch Rodeo | Saddle Club

9:00 PM | Street Dance | Koldy's | Noah Town & The Other Brothers

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August Event!  
Rally in the  
Valley!



Fun  
Knowledge!

Dutch Names  
tell interesting  
tales!



## Dutch names tell interesting tales

In the early 1800s, Napoleon ordered that all peasants had to pick a common family name to be identified by for governmental purposes.

The Dutch people complied with his wishes and chose names having to do with their occupations, hometowns and interests.

As you can see from the list below, some people took this mandate quite seriously while others thought it was a joke.

These names are mostly literal translations from the Dutch word to English.

Alt — Old  
Andeweg — On the way  
Bandstra — Bandage  
Belkhuizen — Houses by the brook  
Blom — Flower  
Boertje — Little farmer  
Boot — Boat  
Bos — Wood  
Bruinekool — Brown cabbage  
Deur — Door  
DeBoer — The farmer  
DeBruin — The brown one  
DeGeest — The ghost  
DeGraaf — The Earl  
DeGroot — The large one  
DeHaan — The rooster  
DeHeer — The gentleman  
DeJager — The hunter  
DeKeuning — The king  
DeReus — The giant  
DeVries — The Frisian  
DeWild — The wild one  
DeZwarte — The black one  
Dingeman — Tradesman  
Dyke — Dike  
Dykhuys — Dike house  
Engelejes — Little angel  
Gezel — Companion  
Goemaat — Good companion  
Groenendyk — Green dike  
Grootveld — Big field  
Hesselink — On the left of the Hessians  
Hoekstra — Son of corner  
Hal — Cavern  
Hoogenakker — High meadow  
Huisman — House man  
In't Veld — In the field  
Jaarsma — One year  
Kingma — Son of a king  
Klein — Little, small  
Kolenbrander — Coal burner  
Koopman — Merchant  
Korver — Reed animal trap maker

Kuyper — Barrel maker  
Langstraat — Long street  
Lautenbach — Laughing brook  
Maasdam — Mass river dam  
Menninga — Driver  
Messamaker — Knifemaker  
Muyskens — Little mice  
Naaktegeboren — Born naked  
Newendorp — New village  
Niemantesverdriet — No man's sorrow  
Nieuwsma — New person  
Olsthoorn — Old horn  
Overbergen — People on the hill  
Pardekooper — Horse merchant  
Pol — Tuft of the grass  
Pothoven — To throw a pot  
Rietveld — Reed land, field  
Roorda — Barrel  
Roosé — Rose  
Roozeboom — Rose tree  
Rus — Russian  
Schipper — Skipper  
Schaffer — One who sharpens  
Steenhoek — Stone carver  
Sybenga — Pollinating  
Terlouw — Warm  
Terpstra — Of the hill, or terp  
Toorn — Anger  
Uitermarkt — Out of the market  
Van Beek — Of the brook  
Van Berkum — Of the birch tree  
Van Klompenburg — Of the wooden shoe town  
Van Engelenhoven — Of the court of angels  
Van Den Berg — From the mountain  
Vander Molen — From the mill  
Vander Ploeg — Of the plow  
Van Zee — Of the sea  
Vande Haar — Of the hair  
Vande Kamp — Of the camp  
Vander Ploeg — Of the plow  
Vander Pol — Of the tuft of grass  
Vander Waal — Of the wall river  
Vander Wilt — From the wild  
Ver Dught — From fear  
Ver Meulen — From the mill  
Ver Steeg — From region of Gilderland  
Vink — Finch  
Visser — Fisherman  
Vogel — Bird  
Vos — For  
Vroegh — Early  
Veager — Hunter