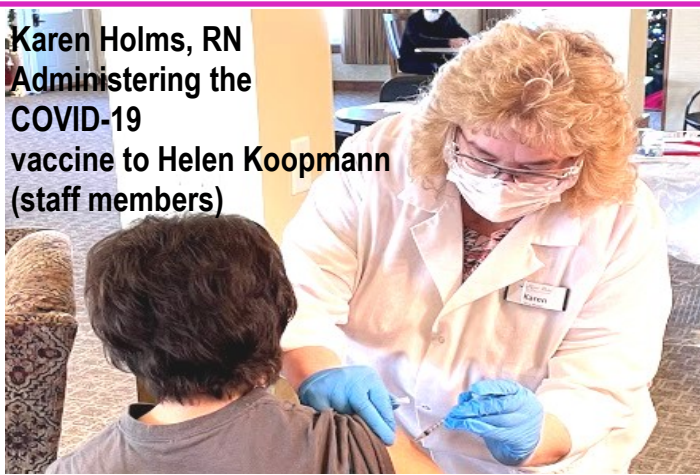




**Pat visits
with her
daughter**

Our visiting booths have been very popular! We currently have two areas designated for indoor visiting. Both the resident and visitor can visit and be inside! Masks are required. Food or drink is not allowed in the booth. One is located in Memory Care, and one in Independent/Assisted Living. We have 30 minute time slots for these visits available seven days a week. Please call 24 hours in advance to choose your time. For updates on our current visiting schedules or to make an appointment please call River Bend (563)852-5001.

**Karen Holms, RN
Administering the
COVID-19
vaccine to Helen Koopmann
(staff members)**



River Bend has received the Novel Coronavirus (COVID-19) Vaccine

On Jan 26th, 2021, our residents and staff received their second vaccination shot for the virus, and a few will have received their first. We do not have the answer to any resident who was unable to receive the vaccine at our clinics, but I'm sure there will be a way to receive it eventually. Iowa is moving into the 65 and older group getting their first shot starting in February. I am happy to say there have been very few side effects to the vaccine and all reported were minor .

A reminder, If you have had COVID-19, there is no guarantee that you won't get it again, or when. We are unsure if you are covered by enough antibodies from contracting COVID-19, or how long you would be covered, therefore everyone is considered to be a carrier of the disease and should protect themselves and others by receiving the vaccine.

We have not been given any updated information on changes to the visitation policy. Until such time that we are able to do in person visits, we encourage the use of the visitation areas at each facility.

A quick call to the facility to reserve your day and time is all we ask. If there is a special request for accommodations, please call the facility to discuss with the manager.

We ask that you continue to protect yourself by washing your hands or using hand sanitizer often, social distance at least 6ft. from others including at work and avoid crowds until such time we have enough people immunized with the vaccine to control its spread. Protect others by staying home if you are not feeling well, wear a mask when out in the public, cover your cough or sneeze, and stay away from crowds. Use telehealth if possible.

Vicki Nemmers
Regional Manager



Resident Birthdays

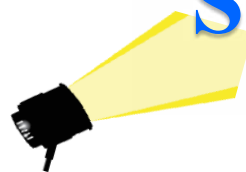
Mike McCarron	February 4
Earl McDermott	February 11
Carol Recker	February 12
Shirley Rettenmeier	February 13
Berdena Miller	February 28



Staff Birthdays

Catherine Curtis	February 3
Kelli Topping	February 13
Madeline Rhomberg	February 20
Colby Holmes	February 26
Marian Miller	February 26

Staff Spotlight



Sherry Menke Caregiver



Sherry Menke joined our River Bend team in August of 2020.

She says, “I love helping the residents with their daily needs, and my coworkers are the greatest. River Bend is my happy place.” Sherry grew up in Farley with her parents, five brothers, and one sister. Sherry and her husband Dave currently live in Cascade. Sherry enjoys spending time with family. She has two sons Shane, and Tyler, one daughter Tonya, and one daughter-in-law Abby. Sherry is also a proud grandma to twin girls Evy and Polly who are four years old and she is anticipating a new grandbaby in July of 2021.

Stay Fit & Active



Even in winter months it is important to stay fit and active. River Bend residents are offered chair exercise and chair yoga many times throughout each week. These classes are lead by our Activity Coordinator and are well attended. Exercise has countless benefits for those of all ages, including a healthier heart, stronger bones, and improved flexibility. For seniors, there are additional benefits, like the fact that regular exercise reduces the risk of chronic diseases, lowers the chance of injury and can even improve one's mood.

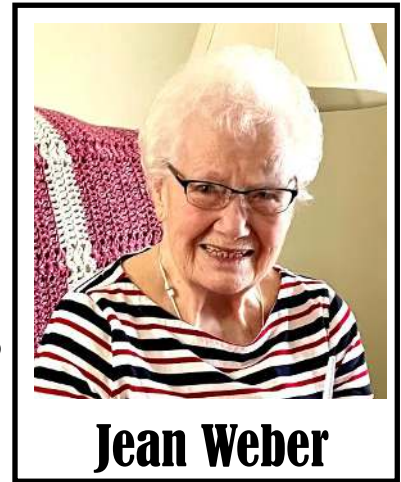
We are also lucky here at River Bend to have long, wide hallways with handrails. Our residents can walk the halls to get their mail or just to make “laps” to exercise. Some researchers found that when individuals walk three or more times a week, the occurrence of dementia was 35% lower than those seniors who were not involved in any type of physical activity.

Resident Corner



Jean (Klostermann) Weber was born in Filmore on July 9th which she was told by her aunt and mother was the “hottest day of the year!” Jean attended a country school in Filmore and then St. Martins in Cascade for her high school years.

Jean married “Flute” Weber of Cascade in 1961 and together they had 6 children: Steve, Mike, Pat, Sara, Sandra, and Mark. Besides raising her 6 children Jean also worked outside the home at Ensign Coil, Ertl, and Cascade Die Mold. She says she liked “keeping busy.”



Jean Weber

Jean moved to River Bend in July of 2020. Her favorite activity here to attend is BINGO. Jean is very glad we have a chapel and hair salon on site. She commented that, “It is great to be able to stay inside and not have to go out on rainy and snowy days. It’s nice here...lots of peace and quiet.” She is glad to have much of her family close by, including her 14 grandchildren.

When asked why she choose the Cascade area she says she likes the friendly people here and the small town feel. Jean says that she has lived right here in this area her whole life, but over the years she and her husband Flute traveled together to many states. Some of her favorites trips included Arizona , Florida, and Hawaii .

February 15, 2021



... HAPPY ...
**PRESIDENT'S
DAY**



**NOW HIRING
PART-TIME
MAINTENICE**



Responsibilities: Help to maintain a safe, clean, and comfortable environment for River Bend residents. Experience with painting, carpet cleaning, plumbing, and electrical work is a plus. River Bend prides itself in the small home-like environment.

Approximately 20 hrs a week/\$14 per hr
Apply online at www.riverbendal.com or send resumes to: manager@riverbendal.com or for more information please contact Karen Holmes at 563-852-5001

Moments Memory Care

Our Moments Memory Care program strives to provide enriching activities for our residents to spark memories and create simple moments of joy. We have recently added some new (very

Esther
enjoying a
snuggle
with the
doll.



realistic looking) baby dolls to create some “life stations.” They have been a hit! One doll was donated by Stotler Hayes Group, LLC. We are grateful for this generous gift. Holding these dolls that are specially designed to be “lifelike” can be comforting and relaxing.



Hot Tuna Hero

Ingredients:

- 2 pouches (7.06 ounces each) light water-packed tuna
- 1 cup chopped celery
- 1 cup frozen peas, thawed
- 3/4 cup mayonnaise
- 4 slices cheese, cut into 1/2-inch strips
- 1/4 cup minced fresh parsley
- 1/4 cup butter, melted
- 6 hoagie buns, split




Instructions:

In a large bowl, combine the first six ingredients. Brush butter over cut sides of buns. Spoon tuna mixture onto bun bottoms; replace tops. Place each sandwich on a piece of heavy-duty foil (about 12 in. square). Fold foil around sandwich and seal tightly. Bake at 400° for 15-20 minutes or until heated through.

“RETURN SERVICE REQUESTED”

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