



**River Bend
November
Events**

Open to the Public

Bible Study

Every Saturday @ 9:00 AM

**Camp Courageous
Animal Show**

Wednesday, November 2nd
@ 10:00 AM

Worship & Music

Hosted by:
Cornerstone Church
Monday, Nov. 7th
@ 1:30 PM

**Live Music
With Janet Lieb**

Thursday, Nov. 8th
@ 10:00 AM

Community Bingo

Sunday, Nov. 13th @ 1:30
Hosted by:
Richland R&R 4H

Peace of Mind Seminar

Monday, November 14th
@ 10 AM

Catholic Mass Schedule

Saturday, Nov. 5 @ 2:45 PM
Thursday, Nov. 10 @ 10:15 AM
Saturday, Nov. 19 @ 2:45 PM
Thursday, Nov. 23 @ 10:15 AM

Greetings!

Thanksgiving season always has us thinking about the many things in our lives we are grateful for and finding new ways to express gratitude. This year, we are incredibly grateful for our wonderful residents and families who make this community feel so close-nit and friendly.

We are grateful for our awesome staff who go above and beyond daily . We are grateful for the beautiful building and the ability to spend each day here together. Most importantly, we are grateful for the smiles and joy we share. We are so lucky to love what we do and see the difference we are making in the lives of others. Wishing you and yours a very happy Thanksgiving and holiday season!

Jill Koopmann, River Bend Manager





NOVEMBER BIRTHDAYS

Resident Birthdays

Elaine Reiter	Nov. 4
Marilyn Welcome	Nov. 8
Pat Larkin	Nov. 12
Roland Secklein	Nov. 26
Dennis Miller	Nov. 29

(we have no staff birthdays in November)



DECK THE HALLS - This Holiday Season we will be encouraging residents to participate in our doorway decorating contest. This was a big hit last year and we look forward to enjoying all the Christmas cheer again. Voting will take place the week of Dec. 20-25 and winners will be announced on Monday December 26th. Please do not cover the entire door with paper or plastic per the Fire Marshal.



Staff Spotlight

Madison Morgan Caregiver



In March of 2022 Madison joined our River Bend team as a Caregiver. She likes to spend her days off outside. “I love to be outdoors and I am very passionate about plants and animals. I lived in Colorado for three years and enjoyed hiking, and white water rafting. I climbed the Manitou Incline three times.” Madison currently lives in Dyersville. She considers her family small with only one brother and one sister. She also has two god-sons. Her family has two cats, a purebred Siamese and Flame Point. She says her hobbies include tie-dyeing, reading, writing, and sewing. Her favorite food is Sushi! Madison says “working at River Bend has made me feel like my family is now huge! It’s a very welcoming place.”

Cookies with Santa

Sunday December 11th 1:00 - 3:00 PM



RETIREMENT COMMUNITY
CASCADE, IOWA

813 Tyler Street NE
Cascade, IA 52033

Resident Corner

Your chance to get to know Rita Kleitsch

When did you move to River Bend? “Sept. 9th, 2022”

Where are you originally from? “I grew up in Anamosa. But most recently moved here from Monticello.”

What is your favorite kind of music? “Country music”

What is your favorite snack? “Cookies”

What is your favorite drink? “Diet Pepsi”

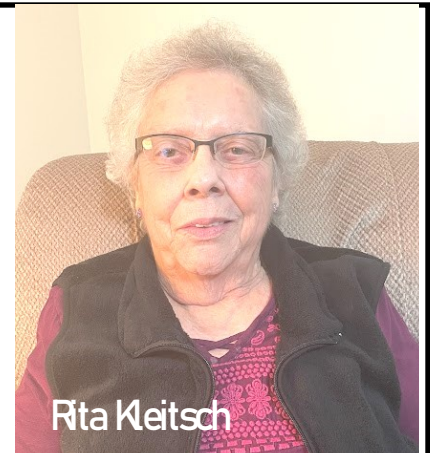
What is your favorite holiday? “Christmas”

What is your favorite activity or pastime? “I enjoy my iPad and game shows on TV. I watch wheel of fortune most every night.”

Tell me a bit about your family. “I am very proud of my family. I have four children; Pam, Shirley, Randy, and Rodney. I have 13 grandchildren, one great grandchild now and two more on the way!”

What do you like about River Bend? “I like BINGO, chair exercise, and my friends and new neighbors here. My apartment is just the right size for me and my kids helped me decorate it. I like how it turned out.”

What is your favorite outing? “I like casinos and I like them best when I win.”



Jack-o-lantern fun for our Halloween craft activity.



WE SALUTE OUR VETERANS!



November 11th, 2022 is Veterans Day and we want to give special recognition to our very own Veterans here at River Bend.

Pictured above from left to right:

Front Row: Joseph Ironside, Paul Staner, Dennis Miller, Paul Massey, William (Frank) Martin, G. (Allen) McDermott, Thomas McLess

Back Row: Richard Heitz, Eugene Gudenkauf, Loren Eilers, Michael McCarron, Bobby Rummens

From the River Bend Kitchen...

5-INGREDIENT PUMPKIN PIE BARS

Ingredients:

- 1 (16.5-ounce) package refrigerated sugar cookie dough
- 1 (15-ounce) can pumpkin pie filling
- 2 tablespoons unsalted butter
- 1 cup old-fashioned rolled oats
- 2 tablespoons packed light brown sugar



Directions:

Arrange a rack in the middle of the oven and preheat to 350°F. Line a 9x13-inch baking dish with parchment paper so that it hangs off the two long sides to form a sling. Press 1 package refrigerated sugar cookie dough into an even layer in the baking dish. Spread 1 (15-ounce) can pumpkin pie filling evenly over the cookie dough. Place 2 tablespoons unsalted butter in a medium microwave-safe bowl and microwave until melted. Add 1 cup old-fashioned rolled oats and 2 tablespoons packed light brown sugar, and stir to combine. Scatter the oat mixture evenly over the pumpkin. Bake until a thin knife inserted into the center comes out clean, 30 to 35 minutes. Place on a wire rack and let cool. Grasping the parchment, lift the slab out of the baking dish and place on a cutting board. Cut into 12 pieces

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