



**August Events
Open to the Public**

**Bible Study
With Fr. Mark**

Every Saturday @ 9:00 AM

Fitness Fridays

Every Friday @ 10:30 AM

Worship & Music

Hosted by:

Cornerstone Church

Monday, Aug. 5 @ 1:30 PM

Live Music

with Emily Dirks

Monday, Aug. 19 @ 1:30 PM

Catholic Mass Schedule

Saturday, Aug. 3 @ 2:45 PM

Thursday, Aug. 8 @ 10:15 AM

Saturday, Aug. 17 @ 2:45 PM

Thursday, Aug. 22 @ 10:15 AM

Celebrate with us! Save the date for Sunday, September 10th! We are blessed with much to celebrate. It has been 18 years since River Bend opened its doors! In the summer of 2006 River Bend started with 31 assisted living apartments. In the Spring of 2014, the second phase of building began. That addition consisted of eight assisted living apartments. Then in July 2018, our third phase was completed and we opened 17 Moments Memory Care units along with five Assisted Living studio apartments and our beautiful chapel. It's amazing to think about where we started and how we have grown. It's been a very exciting eighteen years! September 8th also happens to be National Grandparents Day and the kick-off day to National Assisted Living Week! LOTS to celebrate! Plan to join us! This event is family friendly and open to the public! Lunch will be served from 12-1 PM followed by live music from 1-2 PM featuring the Music Men, then view all the quilts that will be on display for our quilt show.



Celebrate Grandparents Day & our 18th Anniversary

Sunday, September 8th, 2024

Meal 12-1 PM & Live Music 1-2 PM

by The Music Men Barbershop Chorus

Quilt Show Open House following music

Is it time?

If you or someone you know needs more information about Assisted Living or Memory Care contact Jen Rhomberg with any questions. We can set up a tour of our community.



Call (563)852-5001

Email : marketing1@riverbendal.com



RETIREMENT COMMUNITY
813 Tyler St. NE Cascade, IA 52033

(563)852-5001

www.riverbendal.com



Resident Birthdays

Karen Jewell Aug. 2

Loise Anderson Aug. 18

Staff Birthdays

Samantha Wright Aug. 14

Ashlea Lowe Aug. 17



Quilt Show Participants Wanted!

If you have a favorite quilt you would like to display at our quilt show on Sept. 8th please give it to Jen or Tori at River Bend or call for more info.

Staff Spotlight



Brittany Maas Dietary Aide



Brittany will celebrate her one year Anniversary as part of our River Bend team on August 17th, 2024.

She is married with three children; Hunter, Montana, and Ranger. Brittany grew up in Dubuque and currently lives in Dyersville with her family. She says that as a family they follow Major League Fishing and they have a fantasy fish league. They have taken trips to Missouri, Minnesota, Tennessee, and Alabama for the tournaments. Brittany's other hobbies include diamond art, fishing, and camping with her family. She also finds joy in organizing things and says if she could learn a new skill it would be to communicate with full sign language. Brittany says she loves Mexican food and a nice cold margarita too!

We're HIRING

The River Bend Community has grown and we are hiring!

Join our team!

-Caregivers

Apply online

www.riverbendal.com/careers/apply_now/

Or call River Bend

(563)852-5001

August is National Immunization Awareness Month

Some vaccinations to consider are:

- Flu shot every year
- Tetanus & diphtheria booster shot every 10 years
- Varicella (Shingles)
- Pneumonia
- COVID-19
- Other vaccines according to individual health history



Talk to your doctor to make the you are up to date on your vaccinations. Receiving vaccinations can possibly prevent an unnecessary illness, hospitalization, and even death.

Resident Corner

Getting to know Gerry Rea

Where are you originally from? “I was born on a farm near the Monastery. I have 3 brothers and 3 sisters. My maiden name is Lynch. I started school at the Visitation in Dubuque but then my family moved closer to Cascade and we went to St Martins. I went to Clarke and Mercy School of Nursing where I earned my RN and my BSN. I worked at Mercy Hospital for many years and taught nursing at NICC.”

A bit about your family: “I married David Rea and we lived on a farm outside of Cascade. We have 6 children; Linda, Mike, Julie, Mary Jo, Angie, and Tony. Five of them live in Iowa and only one is out of state in Ohio, it’s nice to have family around.”

What are some of your favorite things about River Bend?

“I enjoy the activities, the food is good, and the people are so nice.”

What is a fun fact about you? “My grandson Colin Rea plays baseball for the Brewers. I am a big fan of all my grandchildren’s sports.”

What is your favorite snack or treat? “ I would say I like anything chocolate.”



Gerry Rea



Josie Peiffer



The Leonards



Rollie

Our visit with Skeeter the Clown!

On Tuesday, July 30th Skeeter the clown stopped by to visit young and old and share information about the upcoming circus that will visit Cascade on August 6th. She also shared some history of the circus and brought smiles to young and old alike!



Inspiring
GENERATIONS

**NATIONAL ASSISTED
LIVING WEEK®**
SEP 8-14, 2024

Next month we will be celebrating National Assisted Living Week with many special activities for our staff and residents. More details to come in our September newsletter and on our Facebook page!

From the River Bend Kitchen...

Like us on
Facebook! 

Cucumber Salad

Ingredients

2 medium cucumbers
1 small red onion
1 1/4 teaspoon of kosher salt
3 table spoons apple cider vinegar
2 teaspoons granulated sugar
Black pepper to taste
1 tablespoon coarsely chopped
fresh dill (optional)




Instructions

Prepare the following, adding each to the same medium bowl as you complete it: Slice 1 pound English or seedless cucumbers crosswise (4 to 5 cups). Halve and thinly slice 1 small red onion (about 1/2 cup). Sprinkle with 1 1/4 teaspoons kosher salt and toss to combine. Let sit for 20 minutes. Pour off any liquid from the cucumber mixture. Add 3 tablespoons vinegar of choice and 2 teaspoons granulated sugar, and toss until the sugar is dissolved. Taste and season with black pepper as needed. Add 1 tablespoon coarsely chopped fresh dill if desired and toss to combine.

“RETURN SERVICE REQUESTED”

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