



## September Events

### Bible Study

Every Saturday at 9:00 AM

### Worship & Music

Hosted by: Cornerstone Church

Monday, Sept. 9th at 2:30 PM

### Live Music

Todd Hagen

Tuesday, Sept. 10th at 1:30 PM

### Pumpkin Craft

Wednesday, Sept. 11th at 1:30 PM

### Community BINGO

Thursday, Sept. 12th at 1:30 PM

### Euchre Tournament

Friday, Sept. 13th at 1:30 PM

### Starlight Theater Comedy Show

Thursday, Sept. 19th at 2:00 PM

### Men's Coffee Group

Friday, Sept. 27th at 9:00 AM

### Rosie the Riveter Program

Monday, Sept. 30th at 1:30 PM

### Catholic Mass Schedule

Saturday, Sept. 7th @ 2:45 PM

Thursday, Sept. 12th @ 10:15 AM

Saturday, Sept. 21st @ 2:45 PM

Thursday, Sept. 26th @ 10:15 AM



## ATTENTION EVENT CANCELED:

We have made the very hard decision to cancel the September 8th event. We will not have a meal or music open to the public that day. We apologize for any inconvenience this may cause.

## National Assisted Living Week September 8-14, 2024!

We are very excited to again be celebrating National Assisted Living Week at River Bend. Unless you personally know someone who lives in an assisted living community, you may not be familiar with why we celebrate and what the week is all about.

National Assisted Living Week has become a time for communities to host events to highlight their services, residents, and staff. Thanks to National Assisted Living Week many people find assisted living communities are a great housing options. Each year Assisted Living week has a theme. This year it's "Inspiring Generations." We look forward to celebrating our residents and staff!



*Inspiring*  
**GENERATIONS**



## Resident Birthdays

Connie Wagner	Sept. 1
Trudy Kurt	Sept. 2
Dick Aitchison	Sept. 13
JoAnn McClimon	Sept. 21
Lois Leonard	Sept. 23
Ruth Orr	Sept. 27



## Staff Birthdays

Mary O'Connell	Sept. 1
Bekka Marban	Sept. 17
Addison Steffen	Sept. 28



## Staff Spotlight

### Wendy Hernandez Caregiver Med Manager



Wendy started working at River Bend in February of 2024 right after getting married in January! Wendy grew up in Postville, IA then moved to Dyersville when she was in middle school. She graduated from Western Dubuque High School in 2020. A fun fact about Wendy is that she knows how to ride a motorcycle. She learned how when she was visiting Mexico. In her free time she likes to hang out with her friends and family. Wendy enjoys watching soccer and her favorite food is tacos. When asked what she likes about working at River Bend Wendy said, "residents are super nice and I have lots of fun with my co-workers." We are happy to have Wendy's smile and positive attitude here at River Bend.

## SENIOR



Thursday, September 19th  
9:00 AM - Noon

Dubuque County Fairgrounds Ballroom

- Three \$100 Door Prizes!
- Over 30 Vendors
- Drawings throughout the expo
- Free Lunch to-go provided by Oak Park Place at 11 AM

Sponsored By:



### Men's Coffee Group - Brewing Friendships



We invite Men of all ages to join us at River Bend for a coffee group. Our very first group will meet Friday, Sept. 27th at 9 AM



We are Hiring ~Universal Workers  
apply online [www.riverbendal.com/careers](http://www.riverbendal.com/careers)



## Resident Corner:

### Your chance to get to know Maureen “Reenie” Menster

**Where did you grow up?** “I lived in Cascade my whole life until 2005 when I moved to Mesa, AZ. My parents were Meg and Francis “Berkey” Menster. In Mesa, I lived right up the street from my sister Sue and her husband Alan. I liked it there but missed Cascade and the change of the seasons. I am happy to be back (since August of 2022). I have many relatives in this area.”

**What are your favorite pastimes or hobbies?** “I enjoy reading the newspaper, watching TV, and playing BINGO. I also like painting when there are crafts at River Bend.”

**What is a favorite outing for you or somewhere you like to go?** “I like to go to the casino when I can”

**What is your favorite dessert?** “I really like pumpkin pie”

**What do you like about River Bend?** “I like my apartment and being able to get a ride to the store when I want to shopping.”



**Maureen Menster**



2024 Cascade Hometown Days Parade  
River Bend residents, staff, and family



*From the River Bend Baking Club.....*

## **Apple Hand Pies**

### **Ingredients**

21 ounces apple pie filling store bought or homemade  
1 tablespoon cinnamon  
1 package pie crust (2 crusts) store bought or homemade  
1 egg  
1 teaspoon milk

### **Instructions**

Preheat oven to 425°F.

Chop apple pie filling into small pieces and mix with cinnamon.

Beat the egg with milk until combined.

Roll out the pie dough to 1/8" thick and using a 4-inch circle cutter, cut out 10 inch circles. Add 1 1/2 tablespoons of the apple pie filling to each circle.

Brush egg wash around the edges and fold over the dough making a half circle.

Use a fork to crimp the edges firmly together. Make two slits on the top of the pie.

Brush with the remaining egg wash and bake for 12 minutes.



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