

**River Bend
November
Events
Open to the Public**



Bible Study

Every Saturday @ 9:00 AM

Worship & Prayer

Hosted by

Cornerstone Church

Monday, Nov. 4 @ 1:30 PM

Live Music

Janet Lieb

Friday, Nov. 22 @ 1:30 PM

Men's Coffee Group

Brewing Friendships

Friday, Nov. 29 @ 9:00 AM

Catholic Mass Schedule

Saturday, Nov. 2 @ 2:45 PM

Thursday, Nov. 14 @ 10:15 AM

Saturday, Nov. 16 @ 2:45 PM

Wednesday, Nov. 27 @ 10:15AM

November greetings!

I want to take this opportunity to extend my appreciation this month to everyone in the River Bend family. Thanksgiving reminds us to reflect on what we are thankful for. Just looking around our River Bend community it is easy to feel grateful and blessed. Our staff, tenants, and families are amazing! On Wednesday, November 27th we will celebrate with a special meal for our residents. They will enjoy turkey, all the trimmings and of course pumpkin pie. Before you know it we will be decking the halls of River Bend for Christmas, and we will again have a doorway decorating contest. Residents are encouraged to have fun and dig out some festive decorations! Voting won't start until December 18th, but decorations will start going up sooner. More details to come regarding voting and prizes. We think it's fun to fill the building with Christmas cheer for all our tenant, staff, and visitors to enjoy. Have fun with it!

~ Jill Koopmann, Manager



Reminders for Residents:

- Behind River Bend there is a No Parking Zone marked by signs please keep this area clear of vehicles and only park where there are lined parking spots.
- River Bend will provide you rides to anywhere in the city of Cascade weekdays 8:30 AM - 4:30 PM. We ask that you please you give us 24 hour notice for any rides you may need.





NOVEMBER BIRTHDAYS

Resident Birthdays

Elaine Reiter	Nov. 4
Marilyn Welcome	Nov. 8
Katie Hughes	Nov. 19
Roland Stecklein	Nov. 26

Staff Birthdays

Maddie Koppes	Nov. 4
Kylie Handel	Nov. 17



Staff Spotlight

Samantha Wright

Universal Worker / Medication Manager



On July 28th, 2024 Samantha joined our team at River Bend. Samantha was born and raised in Chicago but has lived in Dubuque for the last 16 years. She has been married to Jason for 22 years and has four children; Anthony, Melissa, Jason, and Brielle. She also has a dog named Lili. She enjoys watching and cheering for the Chicago Cubs, loves to cook and enjoys DIY projects. Her favorite food is Chicago style pizza! We are blessed to have Samantha on our River Bend Team.

WE SALUTE OUR VETERANS!



November 11th, 2024 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: Loren Eilers, Bob Rummens, Frank Martin, Paul Massey, John Tracey, Robert Leonard
 Back Row: Steve Knepper, Dick Aitchison, and Willy Connolly
 Not pictured: Carl Kurt, Eugene Gudenkauf (photo taken 10/9/24)

RESIDENT CORNER

Your chance to get to know Katie Hughes

When did you move to River Bend? “In July of 2024.”

Where are you originally from and where else have you lived? “I grew up in Oxford, Iowa and lived there through High School. Then moved to Iowa City and worked at Alden’s department store. I met Pat Hughes at Armar Ballroom in Cedar Rapids and after we were married I moved to Cascade where we farmed and raised our children.”

What are your Hobbies? “I like coloring. I enjoy watching football games, food network, HGTV, and gameshows.”

Tell me a bit about your family. “I have seven children; Julia, Sarah, Patti, Ann, Mike, Joe, and Dan. I have seventeen grandchildren, and 4 great grandchildren and one more on the way.”

What activities do you like about River Bend? “I enjoy playing euchre, crafts, attending rosery, and Catholic mass.”




KAITE HUGHES



November is Alzheimer's Awareness Month: It's important to look out for yourself and your loved ones. Signs of mild cognitive impairment (MCI), which can proceed Alzheimer's and other forms of dementia can happen slowly.

- Losing things often
- Forgetting to go to events or appointments
- Having more trouble coming up with words than other people of the same age.
- Getting lost in familiar places.



SAVE THE DATE

December
7

SONGS WITH SANTA
AND MRS. CLAUS TOO!

Details:
Santa and Mrs. Claus will be at River Bend Saturday, December 7th

Join us for a morning of music, and of course photos!

The fun starts at 10AM sharp!
Hope to see you there!

River Bend
RETIREMENT COMMUNITY
CASCADE, IOWA

From the River Bend Kitchen...

EASY PUMPKIN BREAD

Ingredients:

- 1 box yellow cake mix
 - 1 can pumpkin puree – 15 ounces
 - 1 teaspoon pumpkin pie spice
 - 1/2 teaspoon cinnamon
 - eggs (see back of your cake mix for how many)
 - vegetable oil (see back of your cake mix for how much)
 - 2/3 cups chocolate chips (semi-sweet, milk chocolate, or dark chocolate)
- Sprinkle of powdered sugar for topping



Directions:

Preheat oven to 375 degrees. Prepare a loaf pan for baking quick bread either spray it with a non-stick cooking spray, or line with baking parchment paper. Following the amounts of eggs and oil required for the particular cake mix you bought, mix together the cake mix, eggs, and oil on medium speed with an electric mixer. Keep mixing until the batter is smooth. Add the canned pumpkin and spices to the cake mix mixture and mix until well combined, scraping down the sides and bottom of the pan. Stir in the chocolate chips. Pour into the prepared pan and bake at 375 degrees for 50 minutes. Let cool in pan on a wire baking rack for 10 minutes before removing bread from the pan.

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