

813 Tyler Street NE Cascade, IA 52033

www.riverbendal.com

563-852-5001

**January
Events
Open to the Public**



**Bible Study
With Fr. Mark**

Every Saturday @ 9:00 AM

Worship & Music

Hosted by:

Cornerstone Church
Monday, Jan. 6 @ 1:30 PM

Live Music

By: Todd Hagen
Monday, Jan. 13 @ 1:30 PM

Men's Coffee Group

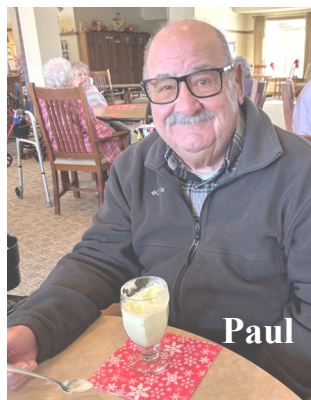
Friday, Jan. 31 @ 1:30 PM

Catholic Mass Schedule

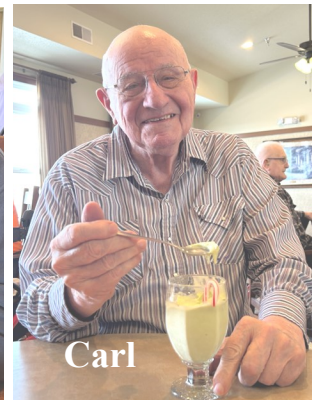
Saturday, Jan. 4 @ 2:45 PM
Thursday, Jan. 9 @ 10:15 AM
Saturday, Jan. 18 @ 2:45 PM
Thursday, Jan. 23 @ 10:15 AM



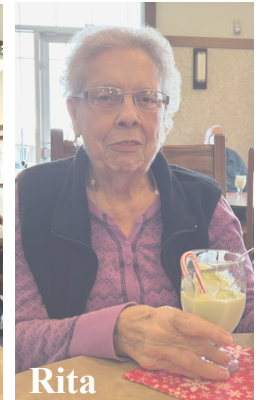
River Bend Retirement Community wants to wish you a Happy New Year! What a blessing it is for each of us to celebrate the start of 2025 with one another. A new year is an opportunity for new beginnings. What new opportunities are you looking forward to? Perhaps you will engage in more activities with neighbors, or stay active by exploring our beautiful community. Let's make the most of this fresh start ahead of us. We hope that 2025 is a year of health and happiness for all of you! Thank you for being a part of our community.



Paul



Carl



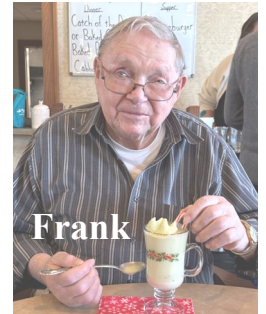
Rita



JoAnn



Naomi



Frank



**Happy
Anniversary**



Rollie & Theresa Stecklein
Married January 3, 1955



Lois & Robert Leonard
Married January 4, 1956



Resident Birthdays

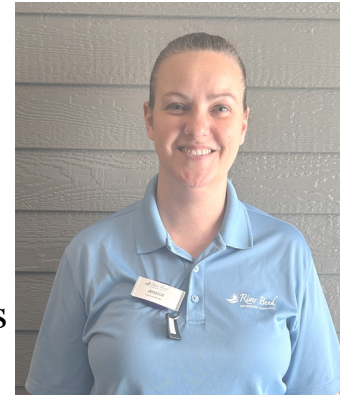
Tom (Doc) White	January 6
Elaine Tracey	January 8
Kenny Trenkamp	January 8
Shirley Curoe	January 11
Lillian Huff	January 13
Kelli McDermott	January 19
Mary Dunleavy	January 19
Irma Leonard	January 24
Kay McNally	January 24

Staff Birthdays

Cindy Lynch	January 5
Jessica Wolf	January 14
Donna Wood	January 18
Masengo Aime	January 31

Staff Spotlight

**Jessica Wolf
Universal Worker**



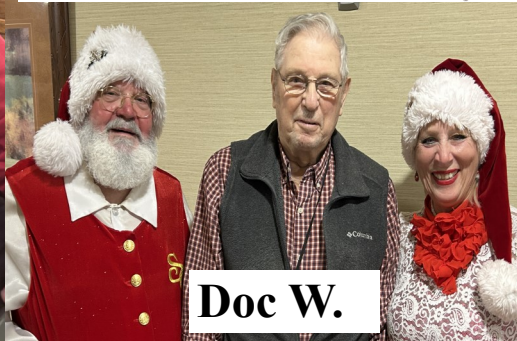
Jessica joined our team in May of 2024 after her daughter Kylee who works in our River Bend kitchen told her about the opening.

We are glad to have them both! Jessica has two daughters; Kylee is 16, and Khloe is 15. They have a German Short Hair Pointer and her name is Reba. Jessica and her girls currently live in Cascade, but Jessica grew up on a dairy farm in Rickardsville, where they also raised beef cattle and ostriches. She graduated from WD High School, NICC, Marketing Impact Academy, and is now is busy taking a precision nutrition class. Jessica spends her time outside of work homeschooling her two girls, going on walks, biking, taking road trips, and she even gets out and adventurous enough to go white water rafting on occasion.



Theresa

On Saturday Dec. 7, 2024 Santa and Mrs. Claus made a stop at River Bend. We enjoyed some Christmas Carols together and Santa made his way around to hear one's wish lists.



Doc W.



Connie

Resident Corner - Our 2 Special Centenarians at River Bend



Ed Kleitsch
turned 103 on
December 22, 2024
&
Elaine Brown
turned 101 on
December 11, 2024

“Each wrinkle holds a
memory's trace,
A lifetime's dance, a
vibrant chase.
You've weathered storms,
embraced the sun,
A journey cherished,
bravely run.”



Fight Off Winter Sickness!

We are more vulnerable to catching a cold or flu in the winter due to spending more time indoors and around others who may be sick. The most common way to pass on sickness is through hand contact, contaminated surfaces, and contact with an infected person's mucus or saliva. The most common sickness are: Common Cold, Stomach Flu (norovirus), and Flu (Influenza).

Practice healthy habits to prevent illness:

- Wash your hands often, especially after using the bathroom & before eating.
- Avoid touching your eyes, nose, or mouth with unclean hands.
- Drink water throughout the day, every day.
- Eat a balanced diet and stay active.
- Take walks in the halls or join an exercise class!

If you do become ill, increase fluids and take time to rest. Cover your mouth with your sleeve or a tissue when you cough or sneeze to prevent spreading illness. It is always recommended you stay in your apartment for 24 hours after having a fever, vomiting, or diarrhea. Notify the nursing staff as soon as you have these symptoms. Always remember to use good hand hygiene.



1. Wet hands



2. Soap



3. Wash for 20 seconds



4. Rinse



5. Dry



6. turn off water
with paper towel

Warm up this winter with some yummy soup....

Simple & Easy Tomato Soup



Like us on
Facebook!



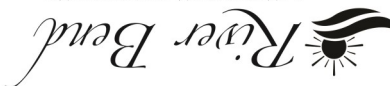
- 4 tablespoons unsalted butter
- 1/2 large onion, cut into large wedges
- 1 (28-ounce) can crushed tomatoes,
- 1 1/2 cups water, low sodium vegetable stock, or chicken stock
- 1/2 teaspoon salt, or more to taste

Instructions

Melt the butter over medium heat in a Dutch oven or large saucepan. Add onion wedges, water, tomatoes with their juices, and 1/2 teaspoon of salt. Bring to a simmer. Cook, uncovered, for about 40 minutes. Stir occasionally and add additional salt as needed. Blend the soup, and then season to taste. The soup doesn't need to be ultra-smooth; some texture is nice. Enjoy!

„RETURN SERVICE REQUESTED“

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The logo for River Bend Retirement Community, featuring the name 'River Bend' in a stylized script font, with a sunburst icon above the 'Bend' part. Below the name, the text 'RETIREMENT COMMUNITY' is written in a smaller, sans-serif font.
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