



**February
Events
Open to the
Public**

Bible Study

Every Saturday @ 9:00 AM

Fitness Fridays

Chair Exercise with us!

Feb. 7th, 21st, & 28th

Live Music



Janet Lieb

Monday, Feb. 3rd @ 10:00 AM

Darlene Meyer

Tuesday, Feb. 18th @ 1:30 PM

Worship & Music

Hosted by:

Cornerstone Church

Monday, Feb. 3rd @ 1:30 PM

Men's Coffee Group

Friday, Feb. 28th @ 9:00 AM

Catholic Mass Schedule

Saturday, Feb. 1st @ 2:45 PM

Thursday, Feb. 13th @ 10:15 AM

Saturday, Feb. 15th @ 2:45 PM

Thursday, Feb. 27th @ 10:15 PM

Welcome to February! The month of LOVE!

Happy February! The cold weather and snow certainly arrived in our neck of the woods last month, and we have learned to bundle up when we head out! We've been keeping busy indoors at River Bend whether it's chair exercise, BINGO, or crafts. We have even more excitement planned for February with some of our traditions continuing and possibly starting some new traditions. We will be displaying staff and resident wedding photos and having a special "show and share" too. We will have a wine toast and our special Valentine's Day dinner, followed by the crowning of our King & Queen.

If you feel the winter blues or a touch of cabin fever, just pick up an activity calendar. Tori, our Activity Coordinator, always has something new planned. February will be fun filled.

Our nurses would like to encourage good health by reminding everyone to wash their hands frequently. Let's stay healthy together as we look forward to the warmer months ahead.



Karen



Patricia



Mary Ann



Resident Birthdays

Ed Ganfield	February 2
Patricia Trenkamp	February 5
Willie Connolly	February 7
Earl Mc Dermott	February 11
Lillain Huff	February 13
Mary (Boots) Martin	February 16
Bob Rummens	February 18

Staff Birthdays

Devon Scheffart	February 2
Ashley Davis	February 4

Staff Spotlight

Kelly Olson **Assistant Director of** **Nursing, RN**



Kelly joined our team here at River Bend on December 6, 2023. She just celebrated her first anniversary. Kelly is a mom of two beautiful children. Her son Wyatt is eight and her daughter Emma is five years old. Kelly's hobbies include softball, camping, spending time with family and friends, horseback riding, hunting, and anything outdoors. She loves to travel. She's been to Disney World (twice), SeaWorld, and has ridden horses in the Rocky Mountains of Montana. She currently lives in Farley but grew up on a farm in Bankston near the Field of Dreams movie site. Kelly attended Western Dubuque High School and NICC where she received her associates degree in nursing (RN). Kelly is currently working toward earning her BSN online through Grand Canyon University. Her favorite sweet treats are Snickers and Diet Pepsi.



Call River Bend or apply online.
Phone (563)852-5001

WINTER FITNESS:

When outdoor conditions become icy or too cold, indoor exercises are a fantastic alternative. Seniors can keep fit without having to brave the harsh winter weather. Here are some activities that can be done indoors: Chair Yoga: This gentle form of yoga improves flexibility, balance, and strength. It's perfect for seniors who may have difficulty standing or prefer exercising while being seated.

Walking Indoors: Whether it's walking from your bedroom to your kitchen each day, using a treadmill, heading to a local shopping mall, or the halls of River Bend, walking is an effective way to get the heart pumping without stepping into the cold.



Mary is a regular at River Bend chair exercise class. Staying fit and active.

Resident Corner

Your chance to get to know Willie Connolly. He has been a River Bend Resident since October of 2024.

Hometown: “I’ve always lived in the Cascade and Bernard area. I went to the country school in Oak Grove and then St. Martin’s High School.

Previous Occupation: “I’ve been on a farm my whole life, and also worked as a carpenter.”

Family: Married Mary Kay on May 12, 1962 the couple had two children, Christopher (Dawn Kolden) Connolly of McCall, ID and Janet (Tim) Myers of O’Fallon, MO; two grandchildren, Andrew (RaeAnn) Myers and Katie Myers; one great grandchild, Clara Myers.

Favorite snack: “I’m not big on sweets, but I like to have peanuts or mixed nuts around to snack on.”

Favorite kind of music: “I like country western music.”

Favorite part of living at River Bend: “I like the community room and all the activities. When it’s nice outside I love to be out on the patio”



Willie Connolly



Shirley

We won’t ever miss an opportunity to be festive. We go all out for every holiday. The current theme is hearts and love. Many residents enjoy helping in anyway they can. Check back next month to see how we transform this tree again. Can you guess how?

February is National Heart Month

Healthy Heart Tip:

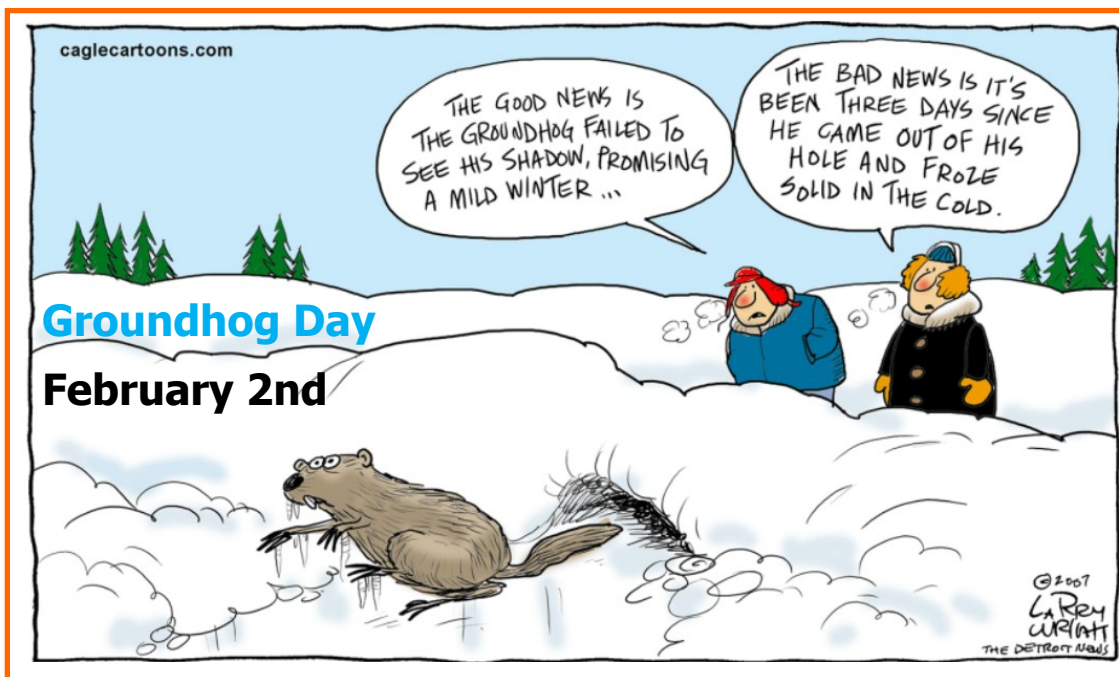


Eat less sodium.
Don’t add extra salt to your meals.
Be cautious of pre-packaged food as they may contain large amounts of salt for flavor and preservatives.



Elaine T.

Our Baking Club mixed up a batch of hot-coco cookies. These were a perfect sweet treat for a cold winter day.



Refried Bean Dip

Ingredients

- 1 can (16 ounces) refried beans
- 1 cup picante sauce
- 1 cup shredded Monterey Jack cheese
- 1 cup shredded cheddar cheese
- 3/4 cup sour cream
- 3 ounces cream cheese, softened
- 1 tablespoon chili powder
- 1/4 teaspoon ground cumin
- Tortilla chips

Optional: sliced jalapeno peppers, chopped green onion or chopped cilantro

Instructions:


In a large bowl, combine the first 8 ingredients; transfer to a 1-1/2-qt. slow cooker. Cover and cook on high for 2 hours or until heated through, stirring once or twice. If desired, sprinkle with toppings just before serving; serve dip with tortilla chips.



**Perfect for
Super -Bowl
Sunday**

“RETURN SERVICE REQUESTED”

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