



River Bend
November Events
Open to the Public

Bible Study

Every Saturday @ 9:00 AM

Fitness Friday

Friday Nov. 14 & 21
@ 10:30 AM

Worship & Prayer
with Cornerstone Church
Monday, Nov. 3 @ 1:30 PM

Morning Music
with Janet Lieb

Friday, Nov. 7 @ 10:00 AM

Coffee & Donuts with
Veteran's

Tuesday, Nov. 11 @ 9:00 AM

Fall in Love with River
Bend Open House

Saturday, Nov. 15th
9 AM - 12 PM

55 & Older Lunch &
Bingo Open House

Wednesday, Nov. 19th
Lunch at 11:30
RSVP by 11/14
563-852-5001

Catholic Mass Schedule

Saturday, Nov. 1 @ 2:45 PM
Thursday, Nov. 13 @ 10:15 AM
Saturday, Nov. 15 @ 2:45 PM
Wednesday, Nov. 26 @ 10:15 AM

November Greeting from River Bend!

As we move into this season of gratitude, I want to take a moment to express my heartfelt appreciation to everyone in the River Bend family. Thanksgiving is a time to pause and reflect on all we're thankful for—and looking around our community, it's easy to feel truly blessed. Our residents, staff, and families make River Bend such a wonderful place to call home!

We'll be celebrating Thanksgiving on Wednesday, November 26th, with a delicious holiday meal featuring turkey, all the trimmings, and—of course—pumpkin pie!

Before long, we'll be decking the halls for Christmas! Our Doorway Decorating Contest will return again this year, and we can't wait to see the creativity shine. Our residents are encouraged to join in the fun and spread some holiday cheer with festive decorations. Voting will begin on December 18th, but feel free to start decorating earlier—stay tuned for more details on prizes and how to vote!

Let's make River Bend sparkle with the joy of the season for everyone to adore. Have fun and happy decorating!

~ Jill Koopmann, Manager

Celebrating a Perfect Inspection!

We're thrilled to share some fantastic news—River Bend recently earned a deficiency-free state inspection! That's right—no issues, no deficiencies, just excellence across the board.

This achievement is a reflection of the care, dedication, and teamwork our amazing staff show every single day. Because of them, River Bend continues to be a welcoming, comfortable and safe home for all our residents. We want to extend a heartfelt thank-you to our wonderful team, residents, and families for making this community so special. Here's to celebrating excellence and the people who make River Bend shine!



Reminder! Set clocks back on Sunday, November 2nd!



Resident Birthdays

Nikki Manternach	Nov. 2
Elaine Reiter	Nov. 4
Marilyn Welcome	Nov. 8
Katie Hughes	Nov. 19

Staff Birthdays

Julie Green	Nov. 10
Jillian Rudden	Nov. 29



Staff Spotlight

Lacie Cook Universal Worker



Meet Lacie Cook, a dedicated Universal Worker who joined River Bend in April 2024.

Lacie grew up on a farm outside of Cascade and now lives just up the road from her

parents- still enjoying country life. She has fond memories of riding four-wheelers, swimming in the pond, and spending time with her two brothers and sister.

Outside of work, Lacie loves traveling and hanging out with her dog, Sledge, an Australian Shepherd. Some of her favorite adventures include white-water rafting in Tennessee and relaxing on the beaches of Fort Myers, Florida. Lacie says her favorite part of working at River Bend is "connecting with residents." We're so grateful for her kind heart—thank you, Lacie, for all you do. We are lucky to have you here.

WE SALUTE OUR VETERANS!



November 11th, 2025 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: Frank Martin, James Freking, Paul Massey, Vern Brownell, John Hacke, Robert Hogan, Robert Leonard Back Row: Phillip Owen, Gerald Strang, Phillip Manternach, Wilfred Connolly, Richard Aitchison, Thomas Kurt. Not pictured: Carl Kurt, (photo taken 10/23/25)

RESIDENT CORNER

This month we're featuring Carl Kurt, who moved to River Bend two years ago this month. Carl grew up on a farm north of Cascade and later purchased his own farm in Fillmore in 1958. He married his wife, Mary Lou, that same year, and together they raised five children – three daughters, Carla, Colleen, and Sara, and two sons, Scott and Brian. Carl has nine grandchildren and five great-grandchildren.



CARL KURT

Carl proudly served in the U.S. Army beginning in 1953, Carl was stationed in Korea. During training, he earned a bullseye while throwing a grenade – he said, "I'm lucky I never had to throw another one again!" Upon returning home in 1955, Carl celebrated by purchasing a brand new Plymouth Belvedere, a yellow and white two-door hardtop. That car turned out to be more than just transportation – it's how he met Mary Lou, who noticed him driving by her house "I caught her attention." Carl said. These days, Carl enjoys a quieter pace of life. His favorite hobbies include working on puzzles, watching sports on TV, and collecting John Deere tractors and memorabilia. Around River Bend, you can often find him enjoying BINGO, happy hour, rosary, and mass.

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our River Bend Stylists.**



Samantha Lammers
563-921-8053



Jolene Steffensmeier
563-744-3031



Save the date!

**COOKIES
WITH
SANTA**

 *River Bend*
RETIREMENT COMMUNITY
CASCADE, IOWA

Sunday, December 7th
1:30 PM – 3:00 PM



From the River Bend Kitchen...

CRANBERRY JELL-O SALAD RECIPE

Ingredients:

- 2 cups boiling water
- 2 (0.3-ounce) packages sugar-free cherry-flavored gelatin (Jell-O)
- 1 (16-ounce) can jellied cranberry sauce
- 1 (20-ounce) can crushed pineapple, drained
- ½ cup chopped pecans



Directions:

Gather all ingredients. Combine boiling water and gelatine mix in a bowl: stir until gelatine is dissolved. Stir in cranberry sauce and crushed pineapple. Transfer to a large glass serving dish. Sprinkle pecans on top. Chill until set, 4 hours or overnight.

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