

813 Tyler Street NE Cascade, IA 52033

www.riverbendal.com

563-852-5001

January Events Open to the Public



Bible Study

Every Saturday @ 9:00 AM

Worship & Music

Hosted by:

Cornerstone Church

Monday, Jan. 5 @ 1:30 PM

Fitness Friday

Every Friday @ 10:30 AM

Blood Pressure Checks

Wednesday, Jan. 14

9:00 - 10:00 AM

Become a Dementia Friend

Wednesday, Jan. 14 @ 10:00 AM

Live Music

Janet Lieb

Friday, Jan. 16 @ 1:30 PM

Live Music Winter Warm-up

Tangle Creek

Sunday, Jan. 18 @ 1:30 PM

Men's Coffee Group

Friday, Jan. 30 @ 1:30 PM

Catholic Mass Schedule

Saturday, Jan. 3 @ 2:45 PM

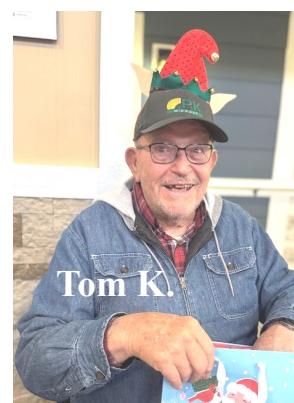
Thursday, Jan. 8 @ 10:15 AM

Saturday, Jan. 17 @ 2:45 PM

Thursday, Jan. 22 @ 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 2026 with one another. A new year is an opportunity for new beginnings. What new opportunities are you looking forward to? We hope that 2026 is a year of health and happiness for all! Thank you for being a part of our community. We hope to see you at one of our upcoming events.





Resident Birthdays

Tom (Doc) White	January 6
Elaine Tracey	January 8
Dorothy Strang	January 17
Kelli McDermott	January 19
Mary Dunleavy	January 19
Jerry Strang	January 23
Pete Sauser	January 31

Staff Birthdays

Jessica Wolf	January 14
Donna Wood	January 18

Happy Anniversary

Lois & Robert Leonard
Married January 4, 1956

Staff Spotlight

Julie Green Universal Worker/RN

In August 2025, Julie joined our River Bend team. A longtime Cascade resident, she has lived here since the age of 10. Julie is a graduate of Cascade High School and the Finley Hospital School of Nursing.



Julie is married to Mike Green. They have three grown children, and six grandchildren who bring her great joy. In her free time, she enjoys crocheting, walking, and cheering on the Chicago Cubs—an interest she jokes may be influenced by the fact that her son-in-law is Cubs pitcher Colin Rea.

We are truly blessed to have Julie as part of our team. With 45 years of experience in healthcare, she shares, “I have always loved working with the elderly, and as I near retirement, I feel I am ending my nursing career in a positive way—making a difference in others’ lives and being around people I care about.”



John



Mary Ann

On Sunday, December 7, 2025, Santa paid a special visit to River Bend! We enjoyed cookies with Santa as he stopped by to listen to wish lists and spread holiday cheer. His visit brought plenty of smiles and festive joy to everyone.



Angie and family

Resident Corner

Vern moved to River Bend in August 2025, looking for a fresh start after the passing of his significant other, Marie. The couple shared 13 meaningful years together, and she is deeply missed. After selling the home he lived in for 22 years in Holy Cross, Vern began this new chapter at River Bend. When asked what he enjoys most about living here, he says with a smile, “*No more cooking or doing dishes!*”

Vern has lived an interesting and well-traveled life. He has called Arizona, California, Texas, and Iowa home and has traveled to 13 different countries. Ireland remains his favorite destination. “*The people there were very nice,*” Vern recalls. “*I even kissed the Blarney Stone. I’m not sure if it brought me any good luck or not, though.*” He also attended the International Air Show in Paris, France, where he had the unique opportunity to touch the Apollo 8 space capsule.

Vern also proudly served four years in the United States Air Force. During the Vietnam War, he was stationed in Germany and later had the honor of greeting President Lyndon B. Johnson when his plane landed in Texas.

We are grateful to have Vern as part of the River Bend community and appreciate him sharing his story with us.



Vern Brownell

Stay Well This Winter

Cold and flu season is more common in winter as we spend more time indoors and around others. Germs spread easily through hand contact, shared surfaces, and close contact with someone who is sick. Common winter illnesses include the cold, stomach flu (norovirus), and influenza.

Protect yourself with healthy habits:

- ◆ Wash hands often, especially after using the restroom and before meals
- ◆ Avoid touching your face with unwashed hands
- ◆ Drink plenty of water each day
- ◆ Eat well and stay active—take a walk or join an exercise class



If you feel ill:

Rest, drink extra fluids, and cover coughs or sneezes with a tissue or your sleeve. Please remain in your apartment for 24 hours after a fever, vomiting, or diarrhea, and notify the nursing staff if symptoms occur. Good hand hygiene helps keep everyone healthy.

Warm up this winter with soup...

7 Can Quick Chicken Taco Soup - 9 servings

Ingredients:

- 15.5 ounce can pinto beans drained and rinsed
- 15.25 ounce can corn with juice
- 15.25 ounce can black beans drained and rinsed
- 14.5 ounce can chicken broth
- 14.5 ounce can petite diced tomatoes with juice
- 12.5 ounce canned chunk chicken breast drained
- 10 ounce can mild green enchilada sauce
- 1 ounce package mild taco seasoning
- 2 tsp fresh minced garlic
- 1 tsp onion powder
- ½ tsp ground cumin
- ½ tsp kosher salt
- 1 tbsp fresh chopped cilantro (optional garnish)
- Sour cream (optional garnish)
- Tortilla chips (optional garnish)
- Shredded cheddar jack cheese (optional garnish)

Instructions:



Add the pinto beans, corn, black beans, broth, tomatoes, chicken breast, enchilada sauce, taco seasoning, minced garlic, onion powder, cumin and kosher into a 5 – 6 quart stock pot over medium heat.

Continue cooking the soup, uncovered, for 20 minutes, stirring occasionally. Serve while hot. Garnish with the chopped cilantro, sour cream, tortilla chips and shredded cheese.

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