



**December
2025**



813 Tyler Street NE Cascade, IA 52033

www.riverbendal.com

563-852-5001

December Events

Open to the Public

Fitness Friday

Chair Exercise with Tori

December 5, 12, and 26

Saturday Bible Study

9 AM every Sat. in December

Worship & Music

Hosted by: Cornerstone Church
Monday, Dec. 1 @ 1:30 PM

Cookies with Santa

Holiday Open House

Sunday, Dec. 7 from 1:30-3:00

Christmas Carols with

Darlene Meyer

Monday, Dec. 15 @ 1:30 PM

Holiday Euchre Tournament

Wednesday, Dec. 17 @ 1:30 PM

Men's Coffee Group

Friday, Dec. 26 @ 9:00 AM

Catholic Mass Schedule

Saturday, Dec. 6 @ 2:45 PM

Thursday, Dec. 11 @ 10:15 AM

Saturday, Dec. 20 @ 2:45 PM

Wednesday, Dec. 24 @ 10:00 AM

Holiday Doorway Decorating Contest Voting

Vote for your favorite
apartment doorway display.

Voting opens Dec. 15th and ends

Dec. 28. Winner
announced on Dec. 29th.

Gearing up for the holidays



December always seems to bring a joyful buzz of the season and it's already in full swing. As we shop for gifts, decorate, and prepare for festive gatherings, the excitement builds — and it's no different here at River Bend! Our Facebook followers will soon get a glimpse of all the holiday fun happening throughout our community, but we invite you to stop by in person if you can. You won't be disappointed! From beautifully decorated hallways to our many trees, there's cheer around every corner. Many of our residents dive into the holiday spirit by participating in our annual door-decorating contest. We encourage everyone to vote for their favorite doorway. We have a full calendar of events planned for the month ahead and look forward to welcoming friends and family to join in the celebrations. Santa's visit is always a highlight, along with live music, happy hours, and plenty of seasonal surprises. All are welcome!

As we enjoy this wonderful time of year, we wish you a season filled with peace, joy, and bright moments. However you celebrate, may it be merry and full of cheer!



Last month, many residents took full advantage of the beautiful fall weather and ventured out to admire vibrant foliage. On one especially perfect afternoon, we took a drive to Balltown and stopped at Breitbach's for a delicious slice of pie. This outing is always a favorite — a simple treat that brings smiles to so many.



Gerry & Susan



December

BIRTHDAYS

Resident Birthdays

Vern Brownell	December 6
Geraldine Rea	December 22
Robert (Baldy) Hogan	December 27

Staff Birthdays

Lexi Loes	December 14
Morgan Thomas	December 14
Claire Puccio	December 15
Ava Streif	December 17
Abigail Shepherd	December 24
Valerie Canby	December 29

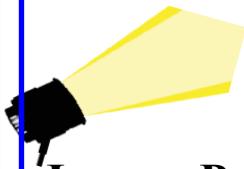
Flu Season Wellness

Winter brings flu season and it's important to take steps to protect yourself and those around you:



- ~Wash your hands often.
- ~Use hand sanitizer when needed.
- ~Avoid touching your face.
- ~Let staff know if you're feeling unwell.
- ~Keep up with recommended vaccines.

Staff Spotlight



Jeanna Pachtinger Caregiver



Jeanna joined the River Bend family as a Caregiver in May of 2025 and we are happy to have her as a part of the team. Jeanna loves a good laugh and has been told her laughter is contagious. Jeanna is married and the proud mom of four daughters, as well as a grandmother to three wonderful grandkids. Outside of work, she enjoys fishing, going on side-by-side rides, baking cookies, and spending time with her friends and family. If you ask Jeanna about her pets, she'll tell you she has five — yes, five dogs! Their names are Bany, Biggie, Hazel, Mads, and Fifi, and they keep her life full of fun and activity.

Jeanna grew up in Bernard and graduated from Cascade High School. She has always stayed close to home and now lives in Monmouth. When it comes to favorites, Snickers is her sweet treat of choice, and pizza is her go-to meal.

Winter Safety Tips

As the temperatures drop and winter settles in, it's important to stay warm, safe, and healthy throughout the colder months. Here are a few simple yet essential tips to help everyone in our community enjoy the season comfortably and confidently.

Bundle Up for the Cold

Winter weather can be unpredictable, so dressing appropriately is key. Layering is your best friend—start with light, comfortable clothing and add sweaters or jackets as needed. Don't forget warm socks, gloves, and a hat, as much of our body heat can escape through the head and feet. Whether you're heading outside or simply walking to an activity, staying warm helps prevent chills and lowers the risk of hypothermia.

Stay Hydrated

Even during the winter months, our bodies need plenty of fluids. Indoor heating can dry out the air, making it surprisingly easy to become dehydrated without noticing. Be sure to sip water throughout the day, or warm up with decaf tea, hot cocoa, or a comforting cup of broth. Staying hydrated supports energy, digestion, and overall well-being. It's especially important this time of year, when we may not feel as thirsty as we do in the summer.

save the date!

COOKIES WITH SANTA

River Bend
RETIREMENT COMMUNITY
CASCADE, IOWA

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

Brewing Friendships!

We invite men of all ages to join us at River Bend for coffee and conversation Friday, Dec. 26th at 9AM in our formal dining room. This group has grown each month and we hope that continues.



Hurry! Move before this is you!

We have apartments available for the winter! We provide three balanced meals each day, housekeeping, laundry services, and a truly maintenance-free lifestyle — so you can enjoy the season with comfort and peace of mind. We have a studio apartment, plus a one-bedroom or two-bedroom unit to choose from. Call us for your personal tour 563-852-5001 and ask for Jen Rhomberg.

Thank you to our Local Heroes



On November 19th, we were honored to host the Cascade Firefighters and EMS team for a special Happy Hour meet-and-greet to show our appreciation for everything they do. They enjoyed a fun and relaxed evening with our residents and staff, toured our community, and each group received a heartfelt thank-you donation from River Bend. We are truly grateful for our local heroes!



A holiday favorite....



EASY HASHBROWN CASSEROLE

Ingredients:

2 lbs. frozen hash brown potatoes (thawed)
1/2 cup melted butter
1/4 tsp pepper
1 tsp salt
1/2 cup chopped onion
1 pint sour cream
1 can cream of chicken soup
2 cups grated Cheddar cheese

Directions:

Mix all ingredients together in a large bowl.
Make sure the potatoes are thawed.
Pour mixture into a greased casserole dish.
Bake at 350°F for 45 minutes.



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