



**February
2026**

813 Tyler Street NE Cascade, IA 52033

www.riverbendal.com

563-852-5001



February Events

Open to the Public

Bible Study

Every Saturday @ 9:00 AM

Fitness Fridays

Chair Exercise with us!

Every Friday @ 10:30 AM

Worship & Music

Hosted by:

Cornerstone Church

Monday, Feb. 2nd @ 1:30 PM

Live Music

by Chris Ross

Friday, Feb. 13th @ 1:30 PM

Winter Wellness with NAMI

Friday, Feb. 19th @ 10:00 AM

Community BINGO

Sunday, Feb. 22nd @ 1:30 PM

Men's Coffee

Brewing Friendships

Friday, Feb. 27th @ 9:00 AM

Catholic Mass Schedule

Saturday, Feb. 7th @ 2:45 PM

Thursday, Feb. 12th @ 10:15 AM

Saturday, Feb. 21st @ 2:45 PM

Thursday, Feb. 26th @ 10:15 AM

Happy February!

Winter certainly made itself known last month, bringing cold temperatures and snowy days to our neck of the woods. While the weather may be chilly, the warm hearts and strong sense of community at River Bend keep us feeling cozy and connected.

Indoors, we've been staying busy together with chair exercises, BINGO, crafts, and plenty of shared laughter. February brings even more opportunities to celebrate what makes our community so special as we continue beloved traditions and possibly start a few new ones—all rooted in connection and togetherness.

This month, we'll be sharing stories of love by displaying staff and resident wedding photos and hosting a special *show-and-share* event. Valentine's Day will be a heartfelt celebration with a festive dinner, a wine toast, and the crowning of our King & Queen—perfectly capturing our theme of Warm Hearts & Strong Community.

If winter blues or cabin fever begin to set in, just pick up an activity calendar. Tori, our Activity Coordinator, always has something new planned to keep spirits high and hearts happy. February is sure to be fun-filled.

As always, our nursing team encourages everyone to take care of their health by washing hands frequently. Together, we'll stay healthy, connected, and look ahead to warmer months—with warm hearts leading the way.



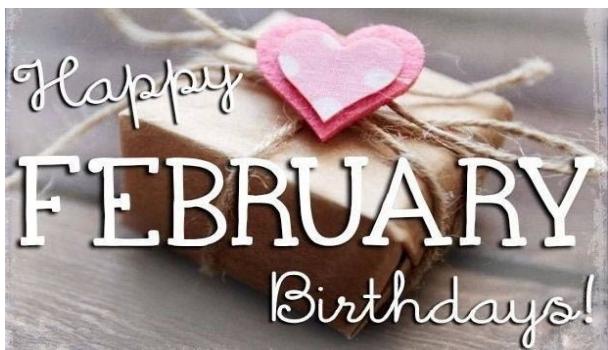
Mary Ann



Nikki



Elaine



Resident Birthdays

| | |
|-----------------|-------------|
| Willie Connolly | February 7 |
| Earl Mc Dermott | February 11 |
| Lillain Huff | February 13 |
| Shirley Hanssen | February 22 |

Staff Birthdays

| | |
|------------------|-------------|
| Devon Scheffart | February 2 |
| Ashley Davis | February 4 |
| Quinn Hutchinson | February 10 |
| Charlotte Nerney | February 26 |

We're
HIRING

Call River Bend or apply online.

Phone (563)852-5001

www.riverbendal.com/careers

Staff Spotlight



Teagan Kelchen Universal Worker



Teagan joined our River Bend team just over two years ago. She grew up in Dyersville and graduated from Western Dubuque High School in 2025. Teagan is currently attending NICC, where she is completing her prerequisites and exploring a future career in either emergency services or radiology. She now lives just outside of Monticello.

Teagan is the daughter of Christine and Terry Kelchen and has four siblings. She especially enjoys being an aunt to her two nephews. In her free time, Teagan loves staying active—she ran cross country throughout high school and still enjoys getting out for a run. She also likes shopping, traveling to new places, and spending time with family and friends. When it comes to favorites, cheesecake and country music top her list!

Teagan says “I like making a difference in the residents lives.”

We know we are blessed to have Teagan as a part of our River Bend family!



WINTER FITNESS: When icy sidewalks and freezing temperatures make outdoor activity difficult, indoor exercise is a great way to stay active and healthy. Seniors can maintain strength, flexibility, and balance without facing harsh winter weather. Try these simple indoor fitness options:

Chair Exercise

This gentle form of exercise helps improve flexibility, balance, and muscle strength. It's ideal for seniors who prefer seated exercise or may have difficulty standing for long periods.

Indoor Walking

Walking indoors is an easy and effective way to keep your heart moving. Whether you're walking from room to room at home, using a treadmill, strolling through a local shopping mall, or walking the halls of River Bend, every step counts—no winter coat required!

Resident Corner

Your chance to get to know Kathy Derga. She has been a River Bend Resident since September of 2025.

Kathy grew up in Waukon, Iowa, and later moved to Manchester, where she graduated from Manchester High School. After marrying her husband, John Derga, the couple settled in Cascade. They later moved to his family farm in Worthington and that is where they raised their own family. Together, they have seven children (four daughters and three sons), and their family has continued to grow to include 11 grandchildren and 6 great-grandchildren.



Kathy Derga

Kathy's very first job was at the old Mercy Hospital in Dubuque where she worked as a Nurses Aid on the pediatric floor. Later Kathy spent 20 years at Shady Rest, where she wore many hats. She worked as a Nurses Aide for five years and later as a Cook for fifteen years, caring for residents in more ways than one.

Kathy has always had a love for flowers and gardening, especially experimenting with blooms. One of her specialties is "forcing tulips," a skill she perfected over the years. While working at Shady Rest, she made it a tradition to bring tulips to residents every Valentine's Day—today she's continuing to force tulips right in her River Bend apartment.

When it comes to music, Kathy enjoys country western, but she also has a soft spot for the music of the 1950s, which she grew up listening to.

Her favorite part of living at River Bend? "It's really homelike," Kathy says. "I love my patio door and all the sunshine. Everyone is very nice, and I'm meeting a lot of new people."

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.



Join us for a complimentary
blood pressure check in the
River Bend formal
dining room
Wednesday, Feb. 11th
9:00-10:00 AM

Our Baking Club mixed up a batch of hot-cocoa cookies. A perfect sweet treat for a cold winter day!



Mary Ann



Connie

Groundhog Day

February 2nd



Hot Cocoa Cake Mix Cookies

Ingredients:

- 1 box Chocolate Cake Mix
- 2 Eggs
- 1/2 cup Oil
- 1/2 cup Chocolate Chips
- 1 1/2 tbsp Butter
- 2 tsp Milk
- 2 tsp Corn Syrup
- Mini-Marshmallow Bits

Instructions:

- Preheat oven to 350 degrees. Line a baking sheet with parchment paper and set aside.
- Combine 1 box chocolate cake mix, 2 eggs, and 1/2 cup oil and mix well.
- Scoop 1 1/2 tbsp balls and place onto the prepared pan.
- Bake for 10 minutes.
- Let cool.
- In the meantime, make the chocolate ganache by melting together 1/2 cup chocolate chips, 1 1/2 tbsp butter, 2 tsp milk, and 2 tsp corn syrup in the microwave for 30 seconds. Stir until completely well combined and smooth.
- Spread a dollop of the mixture onto the tops of each cookie, dividing evenly. Sprinkle mini-marshmallow bits on top of the ganache while still wet.



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