

**April 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, April 6 @ 1:30 PM

**Live Music**

Dave Smith

Tuesday, April 7 @ 1:00 PM

**Blood Pressure Checks**

Wednesday, March 8

9:00 - 10:00

**Putting Around**

**River Bend**

Wednesday, April 15

9:30 - 11:30

**Men's Coffee**

Friday, April 24 @ 1:30 PM

**BINGO with Above & Beyond**

Thursday, April 30 @ 1:30 PM

**Catholic Mass Schedule**

Saturday, April 4 @ 2:45 PM

Thursday, April 16 @ 10:15 AM

Saturday, April 18 @ 2:45 PM

Thursday, April 23 @ 10:15AM



**Sandy and family**



**Lily**

Our Easter Bunny event held on March 29, 2026 was a hit with residents, families, and friends! Lots of smiles were captured. Check out our Facebook page to see more photos of the fun and the winners of our coloring contest.

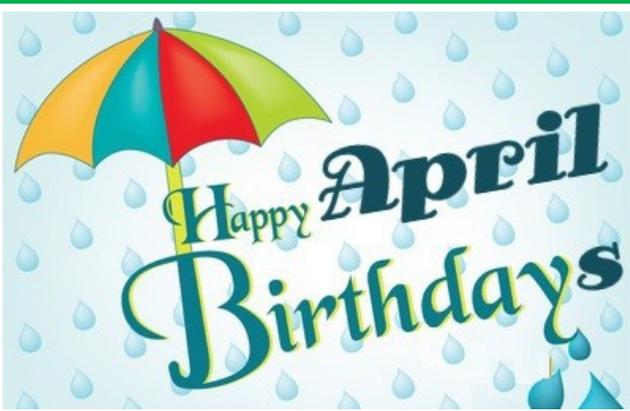
*Fun for all ages!*



**Lois**



**Chris**



**Resident Birthdays**

Rita Kleitsch	April 4
Chris Weuste	April 4
Rita Kauder	April 9
Thomas Kurt	April 9
Bob Eilers	April 25

**Staff Birthdays**

Lily Urban	April 4
Shanice Reynolds	April 6
Jodi Blum	April 6
Kelly Olson	April 7
Vicky Roepke	April 22
Chelsie Neenan	April 24
Addison Abresch	April 28



# Staff Spotlight



**Erica Naber**  
**Medication**  
**Manager/Caregiver**

We're excited to shine the spotlight on Erica Naber, who celebrated her one-year anniversary at River Bend in March! Over the past year, Erica has become a valued part of our team, bringing compassion and connection to both residents and coworkers.

Erica currently lives in Anamosa, Iowa, but her story starts a bit farther south. She was originally born in Orlando, Florida, later growing up in Dyersville and attending Western Dubuque High School. It's no surprise she says she doesn't like snow and loves summer—those Florida roots run deep!

Family is important to Erica. She has been married to her husband for 21 years, and together they have four children: Morgan (23), Hunter (19), Memphis (15), and Rigz (10).

When asked what she enjoys most about working at River Bend, Erica shared, "I love meeting the new residents and learning about their history and family." It's that genuine interest in others that makes her such a great fit for her role.

Outside of work, Erica enjoys spending time outdoors. You'll often find her gardening, fishing, or taking her Jeep out for a ride, especially when she can join her husband on his motorcycle. She also has a creative side—her hidden talent is crocheting blankets!

Erica is adventurous, too—she once repelled off a cliff—and if she could learn anything new, she'd choose to fly a plane or jet. When it comes to favorite foods, she keeps it fun and varied, loving everything from sushi and crab legs to Cheeto puffs popcorn, and iced coffee. And for sports, she proudly cheers on the Florida Gators.

We're glad Erica is part of the River Bend family.

## Putting Around River Bend

✓ 9-Hole Mini Putting Event

✓ Meet Local Businesses

✓ Fun Prizes & Giveaways

April 15<sup>th</sup> | 9:30 AM - 11:30 AM

River Bend • 813 Tyler St. NE • Cascade, IA



# Resident Corner



## Your chance to get to know Daisy Rickles

Born on May 1, 1940, Daisy Rickels grew up on her home farm in Coggon, Iowa, alongside her identical twin sister, Dorothy, and seven other siblings in a lively family of nine children. From an early age, Daisy learned the value of hard work and caring for others.

After completing 8th grade, Daisy began working and lived with several families, helping care for their children and manage household tasks. It was during this time that she discovered a deep love for caregiving—something that has remained a meaningful part of her life ever since.

Daisy met the love of her life, Marvin, at a dance at the Prairiemoon Ballroom in Prairieburg, Iowa. What started as one magical night of dancing quickly turned into a lifelong partnership.

The two became a steady couple from that evening on and were married on a very hot day—April 23, 1960. Together, they shared 62 wonderful years of marriage and raised three daughters: Judy, Peggy, and Kay.

Music and dancing played a special role in Daisy’s life. She loved attending dances with Marvin, especially when he performed with his band, *Dave Kramer and the Western Kings*.

Through a life filled with family, music, and caring for others, Daisy brings warmth and heart to our community—we’re blessed to know her.



**Daisy May Rickels**



**Our Community  
has Grown!  
We are hiring  
Caregivers - Part Time  
Cook - Part Time**

Apply online at [www.riverbendal.com](http://www.riverbendal.com) or  
for more information please stop in or call

## Is it time to start thinking about senior living?

Review this list to assess your level of safety:

### Bathroom Safety

- Can you easily find the bathroom at night?
- Is the bathroom free of clutter?
- Are grab bars installed near the toilet and shower?
- Do you have a walk-in shower?
- Is the tub and shower area non-slip?
- Is a shower chair being used?

### Home Safety

- Are all entries/exits well lit?
- Is the trash being taken out regularly?
- Are there working night lights in the home?
- Do all stairs have secure handrails?
- Is there access to a phone or emergency call system in every room?

Peace or mind starts with a safe place to call home.

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Find us on Instagram!

## *From the River Bend Kitchen...*

### **INGREDIENTS**

8 large hard boiled eggs cooled and peeled  
½ cup mayonnaise  
1 ½ teaspoons yellow mustard or Dijon mustard  
1 green onion thinly sliced  
1 rib celery finely diced  
2 teaspoons chopped fresh dill or ½ teaspoon dried dill  
salt and black pepper to taste

### **DIRECTIONS**

Cut the eggs in half. Remove the yolks and place them in a bowl or a shallow dish. Finely chop the egg whites. Mash the egg yolks with mayonnaise, mustard, and a pinch of salt and pepper until smooth and creamy. Add the chopped egg whites, green onion, celery, and dill. Stir well. Taste and season with additional salt and pepper if desired. Serve on bread or over lettuce.

### **Easy Egg Salad**



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