



**June Events  
Open to the Public**

- Bible Study**  
Every Saturday @ 9 AM
- Fitness Fridays**  
Every Friday @10:30
- Music & Prayer**  
Hosted by:  
Cornerstone Church  
June 1 @ 1:30 PM
- ♪ Music with Darlene♪  
June 8 @1:30 PM
- Blood Pressure Checks**  
June 10 @ 9 AM - 10 AM
- Community BINGO**  
June 14 @ 1:30 PM
- 55+ Lunch &  
Live Music**  
June 23  
11:30 AM - Lunch  
1 PM Music by Sarah  
Boyle **Please RSVP for  
lunch by June 19th**  
Call: 563-852-5001
- Cheers to Dads  
Happy Hour**  
June 18 @ 1:30 PM
- Dementia Simulation**  
Sponsored by Hartig Drug  
June 24 from 9 AM - 3 PM
- Catholic Mass**

- Saturday, June 6 @2:45 PM
- Thursday, June 11 @10:15 AM
- Saturday, June 20 @2:45 PM
- Thursday, June 25 @10:15 AM



Sunscreen today...  
smiles tomorrow!

A friendly reminder  
of the importance of  
wearing sunscreen!



**Cheers to Dads**

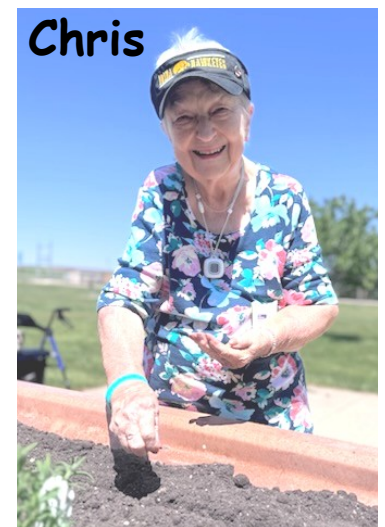
In honor of Father's Day we will celebrate all the River Bend Dads with a special happy hour Thursday, June 18th at 1:30 PM **RSVP (563)852-5001** to join the special father in your life.

**Like us on Facebook!**



**We have some "green thumbs" around here!**

Our gardens beds are planted and the flowers are blooming! It's been so nice to get out and enjoy the sunshine and fresh air. We planted tomatoes, peppers, beans, lettuce, onions and of course some flowers to enjoy! Our courtyards are open and residents have been out all spring! We hope we are able to keep everything watered so we can enjoy a bountiful harvest.



# JUNE

## Birthdays

### Resident Birthdays

Paul Massey	June 3
Kino DeKeyser	June 10
LaVonne Strang	June 12
Kay Wessels	June 15
James Freking	June 16
Mike Noonan	June 25
Mary Ann Clemen	June 29

### Staff Birthdays

Lily Schoenrock	June 3
Grace Knepper	June 8
Jennifer Peiffer	June 9
Lacie Cook	June 12
Hannah Breitbach	June 13
Kevin Lopez	June 17
Erica Naber	June 20
Crystal Watson	June 29

## Staff Spotlight

**John**

**Beringer**  
Maintenance



Celebrating seven years with River Bend! John joined our team on July 12, 2019, and has been a valued part of our crew ever since. Born and raised in Cascade, John says he has been farming his “whole life” and continues to still today. Together with his wife Sheila they have raised five children: Nicholas, Jessie, Lillie, Lee, and Holly. In addition they now have three grandchildren as well. Before coming to River Bend, John retired from UPS in 2015 after 16 years of service. Although maintenance work at River Bend was something new for him, John says he is still always learning something new. From indoor projects to outdoor maintenance, John is always willing to lend a helping hand with a smile! When asked about his favorite part of working at River Bend, John shared that he enjoys getting to know the residents and visiting with them. Happy 7-Year Anniversary, John! Thank you for everything you do for River Bend and our community.



### **June is Alzheimer's & Brain Awareness Month:**

June is recognized as Alzheimer's & Brain Awareness Month, a time to raise awareness and show support for those living with Alzheimer's disease and other forms of dementia. Many families have been touched by dementia, making this an important month for residents, caregivers, staff, and loved ones alike.

This month also reminds us to recognize the compassion and dedication of caregivers who provide comfort, patience, and support each day. Even small acts of kindness a visit, a conversation, or offering someone a short break can make a meaningful difference.

On June 21, the Alzheimer's Association recognizes “The Longest Day,” held on the summer solstice, the day with the most light. This special day symbolizes the strength, hope, and support shared by those living with Alzheimer's and the people who care for them. As the Alzheimer's Association says:

*“Together, the strength of our light will outshine the darkness of Alzheimer's.”*

# Resident Corner

This month we are featuring Eugene “Terry” O’Brien in our Resident Corner! Terry moved to River Bend on May 1, 2026, and we are happy to have him as part of our community.

Terry has lived in the Fillmore/Cascade area his entire life, except for the three years he proudly served in the Army. He was married to his wife, Delores, and together they raised four children: John, Sue, Beth, and Mark. Terry is also proud of his growing family, which includes 16 grandchildren and as he says, the great-grandchildren are “starting to come too!”

Terry enjoys playing Euchre, Crazy 8’s, and Kings Corner, cheering on the Yankees, and reading history books. One of his favorite summertime treats is a bowl of chocolate ice cream.

We look forward to getting to know Terry even more and are glad he is part of the River Bend family!



**Terry O'Brien**

## Our 20th Anniversary Celebration



River Bend is celebrating our **20th Anniversary** this year, and we’re planning a celebration you won’t want to miss! Join us on Sunday, September 23, 2026, from 12–3PM for music, food, fun, and special anniversary festivities. This is open to the public, and we hope you’ll celebrate this exciting milestone with us! More details coming soon. Follow us on Facebook and watch future newsletters for more updates!

## River Bend Summer Grill-Outs Are Back!

At River Bend, we believe summer isn’t complete without a good grill-out! That’s why we host lunch grill-outs for our residents at least twice a month all summer long.

This June, we’re inviting those ages 55+ to join us for a complimentary lunch on June 23rd. We’ll be serving delicious brat patties and all the fixings followed by an afternoon of live music with Sarah Boyle as she kicks off the first of many summer music concerts we have planned at River Bend. We hope you can join us for great food, music, and fellowship!

### Event Details

**Date: June 23rd**

**Lunch: Complimentary for ages 55+**

**Entertainment: Live music by Sarah Boyle**

**Please RSVP by June 19th if you plan to attend lunch.**

**RSVP: 563-852-5001**

We can’t wait to celebrate summer with you!



# Simple Summer Meal...

## Slow Cooker BBQ Chicken for Two

### Ingredients

- 2 chicken breasts
- 1 cup BBQ sauce
- 1 small onion, sliced
- 1 tbsp brown sugar
- 1 tsp garlic powder
- Salt & pepper to taste


### Instructions

Place the chicken and other ingredients into the slow cooker and stir everything together so the chicken is coated well. Cover and cook on low for 6-7 hours or on high for 3-4 hours, until the chicken is tender and easy to pull apart. Once cooked, use two forks to shred the chicken directly in the slow cooker, then mix it back into the sauce so it stays juicy and flavorful. Serve the BBQ chicken piled onto sandwich buns and top with coleslaw for a cool summer crunch or pickles if you like a tangy flavor.



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