

May Events
Open to the Public

Bible Study
Every Saturday @ 9 AM

Fitness Fridays
Chair Exercise
Every Friday @ 10:30 AM

Worship & Music
Cornerstone Church
Monday, May 4
@ 1:30 PM

Blood Pressure
Checks & Nurse Talk
Wednesday, May 13
@ 9:00 AM

Rock Around the
Clock Music BINGO
Wednesday, May 20
@ 1:30 PM

Live Music
with Dave Mehrl
Friday, May 22
@ 1:00 PM

Men's Coffee Group
Friday, May 29 @ 9 AM

Catholic Mass
in the Chapel
Saturday, May 2
@ 2:45 PM
Thursday, May 14
@ 10:15 AM
Saturday, May 16
@ 2:45 PM
Thursday, May 28
@ 10:15 AM



Happy Mother's Day
Sunday, May 10th 2026!

We will celebrate here at
River Bend with Music & Tea on
Thursday, May 7th at 1:30 PM
~ Please RSVP

Salute to our Graduates! We want to congratulate these River Bend employees on their graduation from high school. We wish them all the best!

Happy
GRADUATION

Allison Le Conte

Jillian Ruden

Kevin Lopez

Nevaeh Wagner





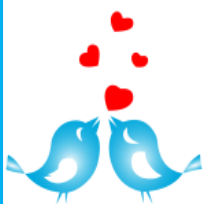
Staff Birthdays

Madison Watson	May 3
Jayda Meier	May 4
Jen Rhomberg	May 12
Tori Callahan	May 17
Allison LeConte	May 21
Faith Schoon	May 29

Resident Birthdays

Daisy May Rickels	May 1
Diane Gehring	May 3
Jean Rausch	May 5
Ruth Welter	May 8
Maureen Menster	May 9
Jerry Rausch	May 11
Kenny Neumann	May 18
Jeanette Steffen	May 21
Lori Bonert	May 20
Naomi Hoops	May 27
Mary Neiers	May 29

HAPPY ANNIVERSARY



Jerry & Dorothy Strang
Married May 5th 1959

Jerry & Jean Rausch
Married May, 25th 1963

Reminder! If you plan to keep birdseed in your apartment please store in an airtight plastic container. Thank you!



Staff Spotlight

Charlotte Nerney *Universal Worker*



Charlotte joined River Bend as a universal worker in October 2025 and has quickly become a valued part of the team. She learned about the opportunity through a friend and appreciates the welcoming, supportive environment she’s found here. Originally from Petersburg and now living in Cascade, Charlotte enjoys being part of a close-knit community she describes as “beautiful and cozy.” Family is important to her—she has five brothers, one sister, and five nephews—and she also shares her life with her boyfriend, Owen. Outside of work, Charlotte enjoys baking, camping, shopping, and doing her own acrylic nails. She’s currently studying nursing at NICC and has a strong interest in history, always looking for ways to keep learning and growing. When she’s not working or studying, you might find her cheering on the Dubuque Fighting Saints or reminiscing about her favorite adventure—white water rafting in Colorado. And if there’s breakfast on the menu, especially hashbrowns, Charlotte is all in. We’re glad to have Charlotte as part of the River Bend team!

A BIG Thanks to all our Volunteers



We are so grateful for everyone who joined us on April 22, for our annual Volunteer Appreciation Lunch at River Bend! It was wonderful to spend time together and celebrate all that you do.

And to those who couldn't make it — you are just as appreciated. You know who you are. Thank you for everything!

Resident Corner Your chance to get to know Kino!

“Where are you originally from?” “I was born in Japan and moved to the US after meeting my husband Jim. We raised two beautiful daughters and we lived much of our lives together in Manchester, Iowa.”

What are your hobbies

“My husband was a talented painter and now I also enjoy painting. I have a nice spot to paint in my apartment at River Bend. I enjoy the big window in my apartment and sitting in the sunshine painting.”

What do you like about River Bend and Cascade? “The staff here make me feel at home. I love seeing their friendly smiles everyday.”



Kino Dekeyser

National Nurses Week

We are truly blessed at River Bend to have two wonderful nurses caring for our community each and every day. Their dedication and compassion make a meaningful difference in the lives of those we serve.

During National Nurses Week, we encourage everyone to take a moment to thank the nurses in your life. We also want to extend our heartfelt appreciation to our exceptional nurses here at River Bend, pictured below—
We are grateful for all they do.



Valerie Canby, RN, BSN
Director of Nursing



Kelly Olson, RN
Assistant DON

Just for you....

Pancake in a Mug

Ingredients

¼ cup Original Bisquick pancake mix

2 tablespoons milk

Serve or mix with: butter, maple syrup, nuts, fresh berries, sliced bananas, or chocolate chips

Instructions

Combine Bisquick and milk in a microwavable mug, stirring well.

Microwave for 1 minute (if using mix-ins, microwave for 2 minutes). Carefully remove the mug from the microwave.

Serve topped with butter, maple syrup, and your favorite fruit or other toppings.




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