

OCTOBER

NEWSLETTER

2026



UPCOMING EVENTS

FITNESS FRIDAY

October 2, 9, 16, 30 at 10:30 am

BIBLE STUDY

Every Saturday at 9:30 am

CHAPEL SCHEDULE

WORSHIP & PRAYER HOSTED BY CORNERSTONE CHURCH

October 5 at 1:30 pm

MASS W/DIVINE WORD

October 3, 17 at 2:45 pm

MASS

October 14 at 10 am

WORD & COMMUNION

October 22 at 10:15 am

LIVE MUSIC

October 16 at 2:00 pm w/Todd Hagen

TRICK OR TREAT

October 31 at 3 pm



Cascade Community
Senior Wellness Fair
learn grow thrive

JOIN US

- FREE LUNCH
- FLU VACCINE CLINIC
- DOOR PRIZES
- VENDORS

River Bend Retirement Community is excited to invite you to attend our 2nd Annual Cascade Community Senior Wellness Fair & Flu Vaccine Clinic on Thursday, October 8, 2026, at the American Legion Hall in Cascade.

This event brings together seniors, caregivers, families, and community members to learn about local resources, services, health and wellness opportunities, and more. Last year's event was a tremendous success, and we're looking forward to making this year's event even bigger and better!

CASCADE SENIOR WELLNESS FAIR

Thursday, October 8, 2026

9:00 a.m. – 12:00 p.m.

Complimentary Lunch, 11:00 a.m. – 12:00 p.m.

American Legion Hall, 301 Johnson Street NE,
Cascade, IA



Check out our Facebook page for updates on upcoming events that are open to the public!

• Staff Spotlight

Jorgie Hefel Universal Worker



Meet Jorgie Hefel, one of River Bend's Universal Workers! Jorgie joined the River Bend team in January 2026 after learning about us at a career day.

She lives in Farley and attends Western Dubuque High School.

Jorgie has two twin sisters and enjoys spending time on the river, knee boarding, shopping, and watching volleyball and softball. She has even tried parasailing! Her hidden talent is drawing, and if she could have one special ability, she would love to be able to see into the future. Her favorite snack is chips and salsa.

What Jorgie enjoys most about working at River Bend is making a positive impact in the lives of our tenants. Seeing their smiles and knowing she helped brighten their day brings her happiness and fulfillment.

We are happy to have Jorgie as part of the River Bend team and appreciate the care and compassion she shows with our tenants.

Major Holidays and Traditions

Halloween: Celebrated on October 31st with costumes, trick-or-treating, and carved pumpkins.

Harvest Season: A time for pumpkin patches, corn mazes, and apple picking as crops are gathered.

Oktoberfest: The famous folk festival originating in Munich, Germany, celebrating Bavarian culture and food.



Tenants

Mary Driscoll 9

Phillip Owen 16

Staff

Ana Landa 10

JOKE OF THE MONTH

Why did the scarecrow win an award?



Because he was outstanding in his field!

TRICK OR TREAT



Join us Saturday, October 31
from 3:00 pm to 4:00 pm for
Trick-or-Treating at River Bend!

Since Cascade's Trick-or-Treating is the same evening, make River Bend your first stop and start the Halloween fun with us!

Our tenants are excited to welcome trick or treaters and can't wait to see all the creative costumes and hand out plenty of treats. 🍬🍬

We can't wait to see you there!

Resident Corner

Jean Otting starts each morning around 7:00 a.m. with one important task—making her coffee!

Jean grew up in Shullsburg, Wisconsin, and moved to Cascade in 1952 during her senior year of High School. She graduated from St. Mary's High School and has called the area home ever since.

Jean worked as a secretary for Molo Company and later spent 22 years as a receptionist at the Medical Center in Cascade.

Jean and her husband, Don, were blessed with 4 daughters, 8 grandchildren, and an impressive 19 great-grandchildren. When asked what she is most proud of, her answer is easy—her family!

Jean once enjoyed crocheting and spending time with her miniature Cocker Spaniel, Trixie. Today, she enjoys simple pleasures such as ice cream cones, country western music, Good Morning America, the Hallmark Channel, and, as she puts it, simply “eating and relaxing!”

We're grateful to have Jean as part of the River Bend family! Her warm spirit, and appreciation for simple joys make her a special part of the Community,



RESIDENTS SHARE THEIR FAVORITE FALL FOOD/ACTIVITY



Susan, Jim, and Mary enjoy looking at the leaves changing colors



Katie enjoys pecan pie



Paul enjoys watching football



Sandi enjoys fall decorating and scotcheroos



Terry enjoys the start of homemade soup season



Phil enjoys squirrel hunting



FROM THE RIVER BEND KITCHEN

Easy Pumpkin Spice Muffins

Ingredients

- 1 (15.25 ounce) package spice cake mix
- 1 (15 ounce) can pumpkin puree
- 9 ounces cinnamon chips
- 1 cup chopped pecans (Optional)

Instructions

Preheat the oven to 375 degrees F.

Line 18 muffin cups with paper liners.

Mix spice cake mix, pumpkin purée, and cinnamon chips together in a bowl until cake mix is completely moistened; add nuts and stir. Spoon the batter into prepared muffin cups to about 2/3 full.

Bake in the preheated oven until a toothpick inserted into the center comes out clean, 25 to 30 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack



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