Assisted Living & Memory Care
River Bend
Cascade, Iowa

www.riverbendal.com
563-852-5001
813 Tyler St. NE Cascade, IA 52033

NOVEMBER 2026 NEWSLETTER



UPCOMING EVENTS

55+ LUNCHEON AND LIVE MUSIC

November 18 at 11:30 am

Music at 1 pm with Steve Kalmes

LIVE MUSIC

November 25 at 1 pm with Chris Ross

CHAPEL SCHEDULE

WORSHIP & PRAYER HOSTED BY CORNERSTONE CHURCH

November 2 at 1:30 pm

MASS W/DIVINE WORD

November 7, 21 at 2:45 pm

MASS

November 11 at 10 am

WORD & COMMUNION

November 19, 25 at 10:15 am

BIBLE STUDY

Every Saturday at 9:30 am

FITNESS FRIDAY

November 13, 20 at 10:30 am

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

COOKIES WITH SANTA AND TOUR OF TREES!

The magic of Christmas is coming to River Bend, and you're invited to join the fun! ❤️

Bring the whole family on Sunday, December 6, from 1–3 PM for two festive holiday favorites — Cookies with Santa & our Tour of Trees! 🍪🎄

Enjoy delicious Christmas cookies while visiting with Santa, then take a stroll through our beautifully decorated community and admire the wonderful Christmas trees on display!

From the littlest believers to the young at heart, there's something magical for everyone to enjoy! ✨

Gather your family and friends, bring your Christmas wishes and holiday spirit, and join us for an afternoon of sweet treats, beautiful trees, and Christmas cheer! ❤️🎅







Follow the twinkling lights and the smell of Christmas cookies... holiday fun awaits at River Bend! A little Christmas magic and festive fun for all ages!

Magic

Staff Spotlight

Grace Harjehausen
Universal Worker



Meet Grace Harjehausen, one of our wonderful Universal Workers at River Bend! Grace grew up in Dubuque, where she still lives and attends Senior High School. She first learned about River Bend through her boyfriend's mom, who previously worked here.

Outside of work, Grace enjoys cooking, baking, playing volleyball, going for walks, and spending time outdoors. Most of all, she loves making memories with her family, especially her daughter, Ashlynn, and her adorable Aussiedoodle, Ollie! Grace's favorite food is jambalaya, and volleyball tops her list of favorite sports. One of her biggest adventures has been ziplining! While she loves vacationing in Panama City, Florida, she hopes to visit Hawaii someday. Looking toward the future, Grace dreams of becoming a nurse, a career that fits her caring personality.

Grace says her favorite part of working at River Bend is spending time with our tenants and putting smiles on their faces. We are happy to have Grace on our team and appreciate the warmth and kindness she shares with our River Bend family!

JOKE OF THE MONTH

Why did the turkey join the band?

Because he already had the drumsticks!

Novemberr Birthdays!

Tenants

Nikki Manternach	2
Elaine Reiter	4
Katie Hughes	19

Staff

Julie Green	10
Jorgie Hefel	19
Gabby Connolly	28

55 & older Friendsgiving Luncheon and Live Music on November 18!

There's nothing better than good food and time spent with friends! Join us on Wednesday, November 18, at 11:30 AM for a heartwarming Friendsgiving Luncheon, followed by live music with Steve Kalmes!

Come share a meal, enjoy some laughter, and celebrate the joy of friendship. We would love to have you join us!

Tenant Corner



Rita Fischer grew up in the Bernard area, where she enjoyed life on the farm as a stay-at-home mom with her husband, Paul. Together, they raised seven children, and Rita is now blessed with 24 grandchildren and 19 great-grandchild with 1 on the way. Raising her family is what she is most proud of, and she also enjoyed helping with farm work.

Rita has fond memories of her pet lamb, appropriately named Lamby, who thought he was a dog! She also loved traveling to Wyoming and admiring the beautiful waterfalls.

These days, Rita enjoys taking walks and spending time outdoors. She loves country music, potato chips, Pepsi, and watching her favorite show, Gunsmoke. She isn't a picky eater, but there's one thing she won't touch—oysters!

Rita starts her mornings around 8:00 and enjoys turning in early, saying her nightly prayers before drifting off to sleep. Her love of family, faith, and the simple pleasures in life make her story a special one to share!

Rita brings her own special charm to River Bend, and we are grateful to have her here! We look forward to sharing many more smiles, stories, and wonderful moments with her!



WE SALUTE OUR RIVER BEND VETERANS







Front Row: John Strang, Tom Kurt, Arnie Holub, Phil Manternach, Jim Freking

Back Row: Glenn Hein, Willie Connolly, Jerry Strang, Terry O'Brien, Pat Rea, Paul Massey, Lee Rausch, Mike Noonan

Not pictured: Robert Hogan, Phil Owen, Vern Brownell

FROM THE RIVER BEND KITCHEN

Apple Crisp



Ingredients

4 apples - peeled, cored and sliced
1 tsp ground cinnamon
¼ tsp salt
1 egg, beaten
2 TBSP butter, melted
½ cup brown sugar
¾ cup white sugar
1 cup all purpose flour

Instructions

Step 1
Preheat oven to 375 degrees F.

Step 2
In a 9 inch square baking pan, mix sliced apples with brown sugar. In a large bowl, mix together flour, white sugar, cinnamon, and salt. In a small bowl, beat together egg and melted butter. Stir into flour mixture. Spread evenly over apples.

Step 3
Bake in preheated oven for 30 to 40 minutes, or until topping is golden and crisp.

River Bend
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