



# River Bend Retirement Community

September 2011

813 Tyler Street NE  
Cascade, IA 52033  
www.riverbendal.com  
(563)852-5001

## From The Managers Desk

The 5 year Anniversary Party went off without a hitch. Thanks to all 150 friends and family who attended. It couldn't have happened without a very coordinated effort by staff. Thanks to my kitchen coordinator McKenzie Davis and her cooks, Karla Gassmann, Liz Decker, and Patty Leick. Thanks to my Grill Masters, Nick Manternach, Steve and Jan Suple, and Joel Callahan. Other staff involved in set up and clean up were: Hubie Decker, Angie Finzel, Anita Gleason, Emma Smith, Megan Redmond, Karla Sprague, and Anne Nielsen. And thanks to all the other staff who helped all week to make things sparkle. We all enjoyed the company and entertainment as much as the guests. It was great to see all the smiles as "The Dean of Juggling" shared his tricks of the trade. He didn't embarrass us older folk by having us juggle, but many grandchildren participated. We even had a juggling history lesson. Dean and Jolene Fransen are from Cedar Falls and team up to juggle up to 6 items at a time. Dean is also a math professor at UNI. Tom and Lakota Avery were our traveling minstrels. We were surprised to have our own pickers picnic in the lobby when Clyde Meyer and Breckenridge joined in the music. We look forward to another year filled with fun events and time spent together.

With Warm Regards,

Karla Manternach RN/Manager

**Open to the Public Events  
At River Bend Retirement  
Community**

### Bible Study

Every Wednesday @ 9:30

### Music & Prayer

Saturday, September 10th  
At 2:30

### Music at River Bend

Tuesday, September 13th  
2:00-3:00

Featuring: Emil Weber  
Celebration of National  
Assisted Living Week

### Alzheimer's Support Group

Tuesday, September 13th  
At 6:00

### Community Bingo

Sunday, September 18th  
1:30—3:30

Sponsored by:  
River Bend Retirement  
Community

### Music at River Bend

Sunday, September 25th  
At 1:30

Featuring: Breckenridge  
Bring your lawn chairs and  
beverages and sit by the  
bonfire

Save the Date November 18th 2011

6:00—7:00 P.M.

Music At River Bend

Barefoot Becky





## Celebration Belle



Residents and staff of River Bend had a wonderful time on the Celebration Belle. It was a beautiful day to enjoy the scenic view of the Mississippi River and listen to the narrative history of the area (What a Great Day!!). The Celebration River Cruise staff was excellent.



River Bend Retirement Community  
wishes the following residents a Very Happy Birthday in  
the Month of September

Father Herb Tegeler

Pauline Takes



River Bend Retirement Community Celebrated its 5th Anniversary with family and friends on August 14th. A picnic style meal was served along with a juggler and music for entertainment. Both adults and children had a Great Day!!!



Above Right: Friends and Family enjoy the day. Above Left Lakoda and Tom Avery along with Clyde Meyer have a Jam session. Bottom Left Dean and Jolene Fransen “Dean of Juggling” entertain the crowd. Bottom Right: Evelyn Knockel wins the picnic basket.



In Memoriam:

We would like to extend our thoughts and prayers to the families of Gerald Westemeier and Alma Kulack. They both will be deeply missed by the residents and staff at River Bend Retirement Community. We would also like to send out condolences to the family of LuVern Koelker.

## Baked Maple Egg Custard with Honey Glaze

4 eggs

Dash of cinnamon

Dash of nutmeg

1/3 c. real maple syrup

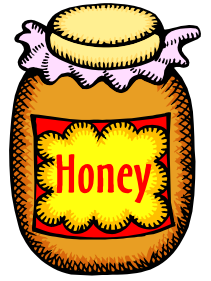
1/2 tsp. salt

1 tsp. vanilla

2 1/2 c. milk

1 1/2 c. fresh peach slices (optional)

Beat eggs slowly adding other ingredients (except peaches). In a separate pan, cook 1/2 cup of honey until it turns dark. Ladle a little hot honey into each cup so it coats the bottom. Pour custard into 6 oven proof custard cups or a ceramic baking pan. For a water bath, place the cups in a deep baking pan. Fill the pan with hot water, almost to the level of the custard. Bake at 350 degrees for 40 to 50 minutes. (Add peach slices after 20 minutes). When you remove the pan from the oven, remove the cups from the pan. Otherwise, the custard will continue to cook. Cool to room temperature, then chill thoroughly. Before serving, loosen edges with a knife and turn custard out, upside down.



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