

**May Events
at River Bend
Open to the Public**

Bible Study

Every Wednesday
9:30 am

Afternoon Music

DASPA Singers
May 6th at 1:30 pm

**Hospice of Dubuque
Changes, Challenges
and Choices**

May 8th at 1:00 pm

Worship and Prayer

hosted by:
Presbyterian Church
Saturday, May 11
9:00 am

**Complimentary
55 and Older**

Lunch & Euchre
Wednesday, May 22
Lunch at 11:30 am
Euchre at 12:30 pm
"Win Prizes"

**Music with
Darlene Meyer**
May 23 at 1:00 pm



Welcome May!

It's time to start thinking about gardening & planting and all things SPRING! We already have our outdoor benches and chairs out and are so excited to see our beautiful River Bend courtyards in full bloom!

A big thank you to everyone who came out to our April Events. It was wonderful to share a meal with old & new friends at our 55 & Older Lunch & BINGO. We had a great turn out for the "Our Neighbors the Amish" event. Let's not forget all our friends and family who came out for the Easter Bunny visit too! It was a great month filled with variety here at River Bend.

Now that the weather is finally beginning to warm up we are able to start planning outdoor activities & trips. We will be gardening, starting up a walking club and more! We are looking forward to our spring and summer activities & adventures. There's nothing better than beautiful weather & beautiful memories made with friends and family.

Happy Spring everyone! Enjoy it!



A BIG thank you to our volunteers who were recognized this month at our volunteer lunch. They help us out at River Bend by generously giving of their time and talents. Pictured above (back row) Dorthey Aschtgen, Jean Conrad. Steven Hosch (front row) Mary Kay Dolphin, Joanie Kluesner, Patty Leick. Also a big thanks to Ed Recker (not pictured).



National Nurses Week 2019

We will celebrate National Nurses Week which begins each year on May 6th and ends on May 12 in honor of Florence Nightingale's Birthday.

We are very blessed at River Bend to have a wonderful group of nurses caring for our community each and every day of the year.

Take time to thank a special nurse in your life.

We want to celebrate and thank our special nurses at River Bend. Pictured below from left to right: Karen Holmes, Angela Stark, Vicki Nemmers



May Birthdays



Residents

Al Smith~12th

Mary Ann Paulsen~18th

Staff

Jen Rhomberg~12th

Angie Finzel~25th

Terry Sherman~25th



April showers brought us some MAY Flowers



FRITZ



ELAINE



ALAN

Celebrate with Mothers and all the special women in our lives on May 12th



Save the Date

May 22, 2019

11:30 am

55 & Older

Complimentary

Lunch & Euchre

Tournament

following the meal



RSVP by May 14, 2019

563-852-5001



Staff Spotlight

Jill Koopmann, Community Relations Coordinator, has been with River Bend for over nine years. She can often be found out in the community educating seniors on the benefits of living in a Retirement Community.

Last month we welcomed Jen Rhomberg, as our Marketing Coordinator. The two of them make a great team and are available for building tours and any questions you may have about senior living.



National Physical Fitness Month

People of all ages and body types can benefit from regular physical activity. National Physical Fitness Month is a great time to spread the word about the benefits of getting active. Older adults are at a much higher risk of unintentional injury and even death than the rest of the population. Unintentional injuries to this population result in at least 6 million medically treated injuries and more than 30,000 deaths every year. Physical activity can lower the risk of falls and improve mental functioning (like learning and judgment skills). Physical activity can also lower risk for heart disease, type 2 diabetes, and some types of cancer. Take control of your safety, you can live longer and healthier.





Easy Chess Squares

Ingredients:

- 1 box yellow cake mix
- 3 eggs
- 8 oz. cream cheese, softened
- ½ cup (1 stick) butter, melted
- 4 cups (1 lb.) powdered sugar



Directions:

Preheat oven to 300 degrees and spray a 9x13 pan with cooking spray. Mix cake mix, melted butter and one egg to a soft dough. Press into the bottom of the pan. Mix powdered sugar, softened cream cheese and remaining two eggs until smooth, about 1-2 minutes. Pour on top of crust. Bake at 300 for 40-50 minutes until top is golden brown. Enjoy!

“RETURN SERVICE REQUESTED”

PRSR STD
US POSTAGE PAID
CASCADE, IA
PERMIT NO 14

813 Tyler Street NE
Cascade, IA 52033

