

**River Bend
September Events
Open to the Public**

Bible Study

Every Wednesday
9:30 AM

**Grandparent's Day
Ice Cream Social &
music by Cade Wessels**
Sunday, Sept. 8th 1:00 PM

Worship & Music

Hosted by:
Cornerstone Church
Tuesday, Sept. 10th
2:00 PM

55+ Luncheon Sept. 11th
Complimentary Meal 12:00
Euchre Tournament 1:00 PM
RSVP for lunch by Sept. 9th
(563)852-5001

Music & Prayer

Hosted by:
Presbyterian Church
Saturday, Sept. 14th
9:00 AM

Live Music

by Marve Rickels
Thursday Sept. 26
2:00 PM

Catholic Mass Schedule

Saturday, Sept. 7th 3:30 PM
Thursday, Sept. 12th 1:00 PM
Saturday, Sept. 21th 3:30 PM



National Assisted Living Week®
SEPTEMBER 8-14, 2019

We are very excited to be celebrating National Assisted Living week at River Bend September 8th through 14th. Why is National Assisted Living Week important?

- Unless you know someone who lives in an assisted living facility, you may not be familiar with many of their services. National Assisted Living Week serves as a time for these communities to host special events to highlight their services.
- National Assisted Living Week helps to fight any stigmas that people may have about choosing to reside in a place other than the home they have lived in for years. Thanks to National Assisted Living Week many people find that these facilities are great housing options.
- Each year has its own theme. This year's theme is "A Spark of Creativity." Join us for the fun events we have planned at River Bend. All are open to the public.

Sunday the 8th- 1:00 PM Grandparent's Day Ice Cream Social & Music with Cade Wessels

Monday the 9th- 6:00 PM Canvas Painting with Xene call to reserve your seat. (563) 852-5008

Tuesday the 10th- 10:15 AM Card BINGO & prizes

Wednesday the 11th- 55+ Complimentary Lunch & Euchre Tournament. Please RSVP by Sept. 9th (563) 852-5008

Thursday the 12th- 10:15 BINGO & prizes

Friday the 13th- 10:00 AM "A Spark of Creativity" Craft

September Birthdays



Resident Birthdays

Cecil Knuth Sept. 4
Carolyn Rogers Sept. 6
Jackie Trumm Sept. 14
Ruth Orr Sept. 27
Doris Wessels Sept. 27

Staff Birthdays

Anna Jasper Sept. 1
Trinity Brown Sept. 4
Karen Holmes Sept. 10
Denise Brady Sept. 11
Payton Jaeger Sept. 19



Staff Spotlight

Hannah Ludwig Direct Caregiver/ Dietary Aid



In October of 2016 Hannah started at River Bend as a Direct Caregiver then in November in 2018 she also joined the Kitchen Staff here as a Dietary Aid. Hannah lives outside of Farley. She graduated in 2019 from Western Dubuque High School and is currently a student at NICC working towards her CNA and will continue there for her Nursing Degree. When asked what her favorite part of working at River Bend is Hannah said "I love learning about the residents and listening to their stories."

River Bend Celebrates Cascade's 185th Birthday with Cascade Hometown Days



Ida rides in the parade.

Pat throws candy in the parade



River Bend Residents and Staff ride on the Hometown Days Float.

Suicide Prevention Awareness Month

Suicide is a tragic end to a life, a permanent solution to a temporary problem, yet it is one of the fastest growing epidemics in the US and across the world. Each year in the US alone 44,000 people commit suicide, and 31,000 of those suicides are white males.

Suicide has always been a problem in society, but only in the most recent years has it started to become something of an epidemic. It has gotten so bad that it rates as the third leading cause of death among those vulnerable. People who are having suicidal thoughts feel as though they are not able to speak to others. It is society's job to raise awareness and educate about the signs of suicide. We all need to pay attention to what is said by those around us. Seek professional help or call the suicide hotline. Suicide Prevention Awareness Month is your chance to stop and assess yourself and those around you, and make sure someone who desperately needs your help isn't missing out.



Please join us for this
FREE and FUN event!

2019 Senior Expo

Thursday, September 26th
9:00am - 1:00pm
**Dubuque County
Fairgrounds**

9:00 am - 9:30 am Complimentary Light Breakfast
9:30 am - 10:00 am IPOST advance planning presentation
10:00 am - 10:30 am Downsizing and Decluttering presentation
10:30 am - Noon Visit with Vendors
Noon - 12:30 pm Complimentary Lunch
12:30 pm - 1:00 pm Bingo and Prizes!

For more information, please call Kris at 563-564-8180

Are you ready? Winter will be here before we know it. Is there someone in your life who could benefit from moving to assisted living before the snow flies? Not having to shovel the snow is just ONE of the many benefits of assisted living.

River Bend provides the following amenities all residents plus many other services.

- 3 meals a day
- 24 hour compassionate staff
- Emergency pendants
- All utilities included/except phone
- Individual service plan
- Valet parking
- Garages available
- Laundry
- Housekeeping
- local transportation
- Cable Tv
- Hospitality
- Daily Activities



From the cooks corner....Mary McNally

Zucchini Bread

INGREDIENTS

3 to 4 cups grated fresh zucchini
3 cups all-purpose flour
1 teaspoon baking soda
1 teaspoon baking powder
3 teaspoons allspice
1 1/3 cup sugar
2 large eggs, beaten
2 teaspoons vanilla extract
1/2 teaspoon kosher salt (omit if using salted butter)
3/4 cup unsalted butter, melted



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1. Drain zucchini of excess moisture: Place the grated zucchini in a sieve or colander over a bowl to drain any excess moisture.
2. Prep the oven and pans: Preheat the oven to 350°F (175°C). Butter two 9x5 inch loaf pans.
3. Combine the dry ingredients: In a large bowl, vigorously whisk together the flour, baking soda, baking powder, and allspice.
4. In another large bowl, whisk together the sugar, eggs, vanilla extract, and salt (omit salt if using salted butter). Stir in the drained grated zucchini and then the melted butter.
5. Add dry ingredients to wet: Add the flour mixture, a third at a time, to the sugar egg zucchini mixture, stirring after each incorporation.
6. Bake the bread: Divide the batter equally between the loaf pans. Bake for 50 minutes at 350°F (175°C) or until a tester inserted into the center comes out clean. Cool in pans for 10 minutes. Turn out onto wire racks to cool thoroughly.

„RETURN SERVICE REQUESTED“

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RETIREMENT COMMUNITY
813 Tyler Street NE
Cascade, IA 52033