

To protect our Residents there will be **NO MAY events** open to the public.



We miss our visitors and hope to see everyone soon!
Stay healthy and happy!

River Bend staff wanted to make Easter extra special this year so on that Sunday morning the Easter Bunny hopped around and knocked on resident's doors. There was no doubt that the Easter Bunny brought happiness, and the smiles were endless. Everyone also enjoyed the sweets and chocolates that were delivered. You are never too young for a bunny visit! Huge thanks to our staff members, Jill and Tori, for making this happen.



Salute to our Graduates! We want to congratulate the following River Bend employees on their graduation from High School. These four 2020 Seniors hold a special place in our hearts.



Payton Jaeger is a Monticello High School Graduate. She will attend the University of Iowa as a Biology major in the honors program on a Pre-Med track.



Colby Holmes is a Cascade High School Graduate. He plans to attend Hawkeye Community College this fall for Police Science.



Ella Putz is a Western Dubuque High School Graduate. She will attend St. Ambrose University to study Biochemistry.



Sophia Smith is a Beckman Catholic High School Graduate. She will be attending Mount Mercy this fall for Nursing.



Resident Birthdays

Alfred Smith	May 12
James DeKeyser	May 12
Mary Ann Paulsen	May 18

Staff Birthdays

Jen Rhomberg	May 12
Tori Callahan	May 17
Sara Dalton	May 21
Angie Finzel	May 25
Terry Sherman	May 25
Ella Putz	May 31

Staff Spotlight



Maddy Stuart Caregiver

After caring for her aging grandmother Maddy learned she enjoyed spending time with the older generations. Then, when her friend suggested working at River Bend Maddy decided to look into it. In February of 2018 Maddy started as a Caregiver and she now works full time on the day shift. Maddy grew up in Dubuque but now lives in Farley. When she is not at work Maddy enjoys fishing with her boyfriend at a local pond and being outdoors. Maddy says her favorite part of working at River Bend is getting to take care of other people's grandparents. She says, "it feels good to see the appreciation they have for the little things I can help them with."



*Happy Mother's Day
Sunday, May 10th 2020*

River Bend has once again registered a team for the 2020 Walk to End Alzheimer's Dubuque, IA. The walk itself is scheduled for Sat. September. 12, 2020. More details to come! We would love your support. You can chose to join our team or donate to the cause.



NOVEL CORONAVIRUS (COVID-19) UPDATE

The Coronavirus (COVID-19) threat is now real to people of all ages, not just the elderly. We ask that no matter what your age or livelihood, you protect yourself and others by following what the CDC and state health departments are asking us to do. We ask that you follow our requests as we continue to provide protection to our residents and staff. We understand this is difficult, but the safety and wellbeing of the residents and staff is our top priority. We have no positive test results at this time, let's not be a statistic if at all possible.

We ask that you continue to protect yourself by washing your hands, social distancing at least 6ft. from others including at work, and limiting your trips from home to only things that are essentially needed, such as food and medications.

Protect others by staying home if you are not feeling well, wear a mask when out in the public, cover your cough or sneeze, and stay away from crowds. Use telehealth if at all possible, it is a great way of meeting your health needs. We hope this next article is about our new normal, "Opening America". Stay Safe!

National Nurses Week

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 special nurses in your life, especially during these times. We want to acknowledge and thank our special nurses at River Bend pictured below.



Vicki Nemmers, RN
Regional Manger



Karen Holmes, RN
Nurse Manager



Sara Dalton, RN
Healthcare Coordinator



Cake Mix Cookie Bars

Ingredients

- 1 (15 oz) box of yellow cake mix
- 2 eggs, beaten
- 1/3 cup oil
- 12 oz bag of chocolate chips

Instructions

1. Preheat oven to 350 degrees
2. Beat eggs in a small bowl
3. Add cake mix and oil to the beaten eggs and mix well
4. Beat in chocolate chips (batter will be very thick)
5. Grease a 9 X 13 baking dish
6. Spread batter evenly in the dish
7. Bake at 350 degrees for 20 - 25 minutes, or until tooth pick inserted comes out clean.
8. Once cooled, cover or store in an airtight container & enjoy.



..RETURN SERVICE REQUESTED..

PRRST STD
US POSTAGE PAID
CASCADE, IA
PERMIT NO 14

River Bend
RETIREMENT COMMUNITY
813 Tyler Street NE
Cascade, IA 52033