

To protect our Residents there will be No July Events open to the public Call River Bend directly for updates on our current visiting protocol . 563-852-5001



COVID-19 Phased Approach Reopening

We appreciate your patience and the sacrifice you have made to help protect our residents during the COVID-19 crisis by not visiting in person. **We are pleased to report that we are now implementing a *phased approach to safely reopen for visitation as directed by Governor Reynolds, IDPH, and DIA.*** The purpose of this phased approach is to provide as safe a pathway as possible to resident and family visits. There are three recommended phases for transitioning to reopening Each phase affects changes in each of the following areas:

- **Visitation** - Residents will have the ability to have limited visitation.
- **Essential/Non-Essential Healthcare Personnel** - All healthcare personnel are screened upon entry and additional precautions are taken.
- **Non-Medically Necessary Trips** - Telemedicine should be utilized whenever possible. Non-medically necessary trips outside the building should be limited to prevent unnecessary exposure.
- **Communal Dining** - Residents may be able to eat in the same room provided social distancing (limited number of people at tables and space by at least 6 feet) can be maintained. A limited number of individuals in a dining area at one time also has to be maintained.
- **Screening** - Resident, staff and visitor screening questionnaire and (temperature checks) will be done every day.
- **PPE and Universal Source Control** - All residents are to wear a cloth face covering or face mask while out of their apartment and when there is a visitor in their apartment. All visitors are to wear a cloth face covering or face mask while in the facility. All community staff and essential healthcare personnel are to wear a face mask, face shield/eye protection and lab coat. Residents who are a new admission/readmission will be required to quarantine for 14 days.
- **Group Activities** - Small group activities may occur with social distancing, hand hygiene and use of a cloth face covering or face mask with no more than 10 people per activity.

Phase Regression

The community will continue to progress through the different phases of adjusting the restrictions unless one staff or resident is confirmed positive for COVID-19 and another has symptoms, at which time, the community will return to Phase 1 when visitation will be generally prohibited.

Note: Article written on June 22, 2020, all information is subject to change as directed by our governing bodies.





Resident Birthdays

Shirley Hosch	July 3
Donna Grawe	July 4
Dorthy Birky	July 7
Norma Bildstein	July 27

Staff Birthdays

Lexi Mass	July 4
Maddy Stuart	July 23
Jill Koopmann	July 25
John Beringer	July 28

Staff Spotlight



Hope Jesenovec Caregiver

Hope started at River Bend as a part-time Caregiver in March of 2018 while she was a student at Western Dubuque High School. She graduated from WD in 2019 and now attends NICC and is enrolled at Clarke University for the Fall 2020 semester. She will major in psychology and plans to become a clinical psychologist. Hope lives in Worthington, IA . In her free-time she enjoys spending time with friends, shopping, and traveling to different places to check out their thrift stores. Hope is known at River Bend for her addiction to Dunkin' Donuts' iced coffee. When Hope was asked what she likes best about her job at River Bend, she said, "talking to the residents." It's clear the residents enjoy her too! She brings us many smiles.

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.





Exercise your Mind

Most of us know physical exercise is good for our health. It helps lower the risk for health problems ranging from cancer to heart disease. Like the body, it's also important to exercise the mind to protect cognitive health. One way you can exercise your mind is reading. Spending time reading every day, whether it's books, magazines, or the local newspaper, offers a variety of health benefits.



4 Ways Reading Promotes Better Aging

1. **Protects cognitive health:** People who read every day are constantly learning new things. It might be about a city or country where the story takes place or about a career a character in the book is pursuing. That increase in knowledge helps give the brain the workout it needs to stay healthy.
2. **Maintains concentration:** Reading also helps seniors maintain or improve their ability to concentrate. In a culture obsessed with multi-tasking, attention spans seem to be decreasing. Getting absorbed in a good book can help you improve your concentration skills.
3. **Reduces stress:** Another health benefit of reading that isn't as obvious is stress reduction. The newest thriller by your favorite author or an interesting article in a magazine dedicated to one of your hobbies can help you forget about your troubles for a while.
4. **Improves memory:** Once you retire and leave the working world behind, it can be easy to slip into a routine that includes watching television for long periods of time and engaging in too many passive activities. Reading requires you to focus and remember the details of the story. That recall helps maintain or improve memory.



Verna loved getting her hands in the dirt to plant some tomato plants.



Jerry helped plant pepper plants and hopes to enjoy the harvest in a few weeks.



Easy No Bake 4th of July Thumbprint Cookies

Ingredients

- 8 oz cream cheese, softened
- 1 box yellow cake mix
- 1/2 C powdered sugar
- 36 M&Ms (red white & blue)

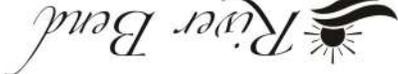
Instructions

1. With a mixer, beat cream cheese until fluffy.
2. Add dry cake mix and whip until uniform.
3. Form dough into 1-inch balls and place them on a baking sheet. You should have about 36 cookies.
4. Refrigerate for 1 hour.
5. Roll balls in powdered sugar and press an M&M in the center.
6. Enjoy!



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