



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

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



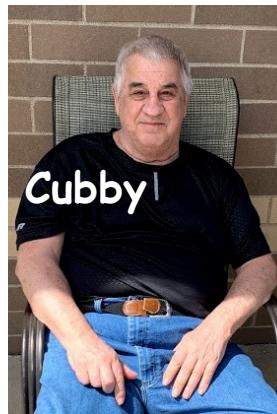
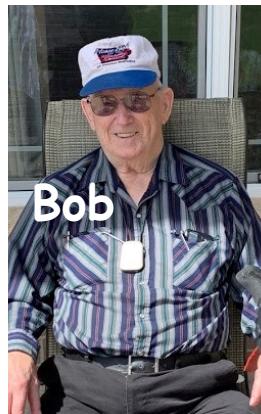
We miss our visitors and hope to see
everyone soon!

See page 2 for more info.



Greetings! We would like to start off this June Newsletter by thanking everyone who has been so supportive of River Bend during this difficult time. We are so grateful for the hard work and dedication we receive from not only our staff but from our residents as well. As we know, "we are all in this together!"

Our courtyards have been open for Residents to get out to enjoy the warm temperatures in May. Hopefully, June will bring us warm weather so the Residents are able to continue getting out to enjoy some much needed fresh air and vitamin D. We have been working on adding some color to the courtyards with new flowers, plants, and even some vegetables for all to enjoy. Happy June!!



Soaking up the spring sunshine! These 3 found a great spot in the courtyard to enjoy fresh air and warm temperatures.

National Dairy Month started out as National Milk Month back in 1937 as a way to promote drinking milk. It was initially created to stabilize the dairy demand when production was at a surplus but has now developed into an annual tradition that celebrates the contributions the dairy industry has made to the world. After the National Dairy Council stepped in to promote the cause, the name soon changed to "Dairy Month." National Dairy Month is a great way to start the summer with nutrient-rich dairy foods. From calcium to potassium, dairy products like milk contain nine essential nutrients which may help to better manage your weight, reduce your risk for high blood pressure, osteoporosis and certain cancers. Whether it's protein to help build and repair the muscle tissue of active bodies or vitamin A to help maintain healthy skin, dairy products are a natural nutrient powerhouse. Those are just a few of the reasons that you should celebrate dairy not just in June, but all year long!

COVID-19

As our state begins to loosen restrictions, they are trying to do it in a safe manner to protect their people, but even more the seniors that are most vulnerable to the disease. Statistically speaking, seniors have the lowest percentage of those who have contracted the disease, but have the highest percentage of those who are dying from it.

We are all very anxious to be more social, see our families, attend events, go on vacations, and enjoy the things we are prevented from doing. Our residents and staff have been safe from the disease since it started, it is important that we continue our efforts going forth. The staff have been wearing as much protective equipment for the protection of our residents as they possibly can. Residents have been able to roam about the building, getting their mail, visiting with other residents, enjoying some individual activities and being outdoors on the patios. They have only been in contact with the staff and other residents.

If a resident leaves the facility they are compromising their safety and the safety of others in the facility. If a resident leaves the facility for any reason, they must do the following:

- Sign out when you leave the facility and sign back in when you return
- Identify where you are going
- Wear a mask provided by the facility
- Everyone around you must also wear a mask
- Wash your hands often
- Distance yourself 6 feet from others



*****We need you to know if at any time you leave the facility, you will be compromising your safety and the safety of all others in the facility. Because you will compromise everyone's safety, you will be asked to stay in your apartment and not come out for 14 days. This is not something most of you have had to do, nor do we want you to have to do this, so please think twice before leaving the facility.*****

As the states begin to loosen social distancing measures we continue to follow those for assisted living. We will continue to screen all residents and employees for COVID-19. We will follow all other plans to slowly open assisted living facilities to visitors as directed by the governor, the Department of Inspections and Appeals, the American Health Care Association, National Center for Assisted Living, Iowa and Illinois Department of Public Health and the Centers for Disease Control and Prevention (CDC).

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



Resident Birthdays

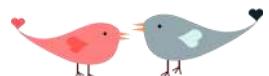
Paul Massey	June 3
Kino Dekeyser	June 10
Erma Soppe	June 18
Harvey Seiler	June 29

Staff Birthdays

Sophia Smith	June 4
Hope Jesenovec	June 6
Julie Oswald	June 17

**Happy 64th
Anniversary!**

Jim & Kino DeKeyser will celebrate their
64th Wedding Anniversary on June 25, 2020



Happy Gram is a fabulous way to stay connected. They are “just a click away.” The residents at River Bend are loving these notes and we enjoy passing them out! Please go to www.HappyGram.org to send your note (select River Bend in the dropdown box) letting your loved one know you are thinking of them. You can even include a picture! Your notes will be printed and delivered every Monday - Friday. It really is that easy! Yes, it's completely free!!! Send one today!



HappyGRAM!

Staff Spotlight

Donna Wood

Dietary Aide



Back in October of 2012

Donna joined our team after hearing about River Bend from her sister who worked here. She started as a Caregiver and also worked part-time hours as a Dietary Aide. In 2017, Donna moved to the kitchen full time. She currently lives in Monticello but grew up in Dubuque. Donna also spent 34 years in Texas before moving back to the Midwest. Donna spends her free time with her sisters, and she enjoys digging and planting her vegetable garden. She is known for her delicious salsa, but it comes with a warning, “she likes it spicy! Donna is a wonderful cook and we are so lucky to have her cooking and baking for us here at River Bend!



Taco Salad Casserole

Ingredients:

1 pound ground beef
1/4 cup chopped onion
1/4 cup chopped green pepper
1 envelope taco seasoning
1/2 cup water
1 cup crushed tortilla chips
1 can (16 oz) refried beans
1 cup shredded cheddar cheese



Directions:

In a large skillet, cook beef, onion and green pepper over medium heat until meat is no longer pink; drain. Stir in taco seasoning and water. Cook and stir until thickened, about 3 minutes; set aside. Place chips in a greased 8-in. square baking dish. In a small bowl, stir refried beans; spread over chips. Top with beef mixture and cheese. Bake uncovered, at 375° for 15-20 minutes or until heated through. Top with lettuce, tomatoes and olives. Serve with sour cream and salsa.

"RETURN SERVICE REQUESTED"

PERMIT NO 14
CASCADE, IA
US POSTAGE PAID
FIRST STD

RETIREMENT COMMUNITY
813 Tyler Street NE
Cascade, IA 52033

River Bend