



**Stay warm with us! Exercise the mind and the body!**

As the cooler temperatures arrive we are not able to get outside to exercise as much. At River Bend our residents enjoy “chair exercising” and other physical activities year round, but especially in the winter. It is important that our activities also exercise the brain. Throughout our lives, our brain is responsible for keeping us happy, and, as we get older, mental health is often a major part of being able to live independently. To ensure the brain works as best as it can, the mind needs to be challenged each day. Thankfully, exercising the mind can be fun and easy to do thanks to quick games, tasks and activities that can be enjoyed anywhere and by everyone no matter your age.



Winner, winner! Dorothy shows off her prize and her smile! Bingo is a popular activity at River Bend!



Elaine and Verna participate in chair exercise. Our Activity Coordinator, Tori, offers this multiple times each week!

**Veterans Day! November 11th!**  
**We Salute You!**

We want to give special recognition to the Veterans we have right here at River Bend.

- Robert Farmer
- Jack Hird
- Robert Hosch
- Joseph Ironside
- Paul Massey
- Mike McCarron
- Tom McClees
- Jerry Williams




*Don't forget to*  
**Fall Back**

**Daylight Savings Time Ends**  
**Sunday, November 1st at 2 AM**  
**Remember to set clocks back!**



# NOVEMBER BIRTHDAYS

## Resident Birthdays

Elain Reiter	Nov. 4
Marilyn Welcome	Nov. 8
Pat Larkin	Nov. 12
Cheryl Gaul	Nov. 13
Rita Willenbring	Nov. 24



Alfred & Rose Smith  
Happy 70th Wedding Anniversary!  
Married November 22, 1950

As the seasons change it is always a good time to take a look at your wardrobe. The cooler temperatures are settling in for a while here in Iowa. It may be time to bring out some more sweaters and long sleeve shirts and put away some of the light-weight clothing. You might even consider downsizing or donating unused items that do not fit anymore and are just taking up space. Please think about offering assistance to your loved one at your next visit to get closets winter ready!



# Staff Spotlight

## Marian Miller Caregiver



On January 13, 2015 Marian joined our team at River Bend as a Dietary Aid and now works full time 3rd shift as a Caregiver. Marian was born in California but moved in 1994 to Iowa. She currently resides in Monticello with her daughter, son, grandson, and 3 granddaughters. In her free time she likes to ride her electric scooter. Marian also enjoys going on walks, sitting by the fire and barbeques with family and friends. When asked her favorite thing about River Bend she says " I like working with an awesome crew, meeting different residents, and hearing their stories!" Marian is very dependable and hardworking! We are lucky to have her here!



## Is your closet ready for winter ?



## National Caregivers Month

November is the month where we take time to recognize, give praise, and support to the 78 million people who dedicate their time, often unpaid, caring for a family member in need.

Particularly as we continue through the COVID-19 crisis when the focus is placed on families finding quality time in trying to be safe for them and their loved one. It is important that we show our appreciation for those who recognize and work to provide care and support for all elders. We must never underestimate the strength that caregivers have for providing this support to those people who need it the most, nor the toll that it can take both emotionally and physically upon them. The devotion and love that these people show to their loved ones therefore to the greatest extent rightly ought to be celebrated.

A Presidential Proclamation declaring November as National Family Caregivers Month provides much recognition for these devoted family members and acts as a backdrop for many national and local organizations to structure events, raise funds, provide support networks and most of all celebrate these wonderful people. Perhaps you know someone or are yourself that care giver for a family member, because most events are not taking place this year, we would still like to thank you!



**River Bend**  
RETIREMENT COMMUNITY  
Stay warm with us this winter!

Onsite hair salon!

Gift Certificates Available

We are lucky to have our own onsite hair salons Nobody has to worry about rain, wind, snow, or finding a ride to the salon! It's just a short walk down a warm, safe hallway . Our 3 beauticians

Joleen Steffensmeier, Cindy Lynch, and D'Anna Wink keep residents styled all year long . With the holidays coming keep in mind the beauticians all offer gift certificates. Contact your stylist for more information.



River Bend will host a virtual Dementia Support Group **Thursday Nov. 12, 2020 From 6 PM - 7 PM** For information on how to get connected and join please email us at [marketing1@riverbendal.com](mailto:marketing1@riverbendal.com) or call River Bend directly and ask for Jill or Jen 563-852-5001

## EASY OVEN-ROASTED POTATOES

Like us on Facebook!

### **Ingredients:**

- 3 pounds small red or white potatoes
- 1/4 cup good olive oil
- 1 1/2 teaspoons kosher salt
- 1 teaspoon freshly ground black pepper
- 2 tablespoons minced garlic (6 cloves)
- 2 tablespoons minced fresh parsley

### **Directions:**

Preheat the oven to 400 degrees F.

Cut the potatoes in half or quarters and place in a bowl with the olive oil, salt, pepper, and garlic; toss until the potatoes are well coated. Transfer the potatoes to a sheet pan and spread out into 1 layer. Roast in the oven for 45 minutes to 1 hour or until browned and crisp. Flip twice with a spatula during cooking in order to ensure even browning. Remove the potatoes from the oven, toss with parsley, season to taste, and serve hot.



..RETURN SERVICE REQUESTED..

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