



Stay warm with
us this winter!



We offer...

- Snow removal and maintenance
- Valet parking
- Local transportation
- 3 warm meals daily
- Indoor walking and fitness
- 24 hour compassionate staff
- Social and recreational activities
- Nondenominational chapel
- On-site spa and hair salon
- Housekeeping and laundry service

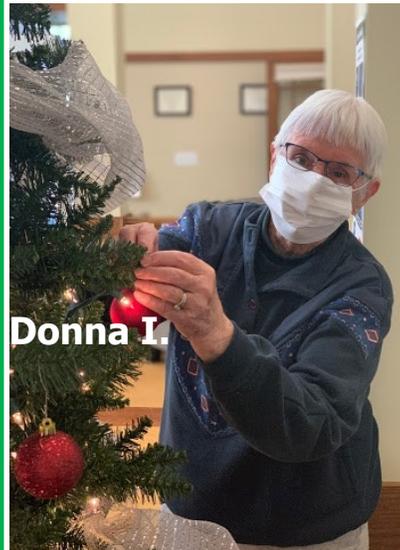
...and more!



Christmas

Christmas is more than a day in December. It's all of those things that we love to remember. Memories of brightly colored stockings, shiny toy trains, and carolers singing our favorite hymns! . This Christmas season may feel different, but we hope that the magic and love of the season will be with each of you!

Happy Holidays from our River Bend Family!



Donna I.

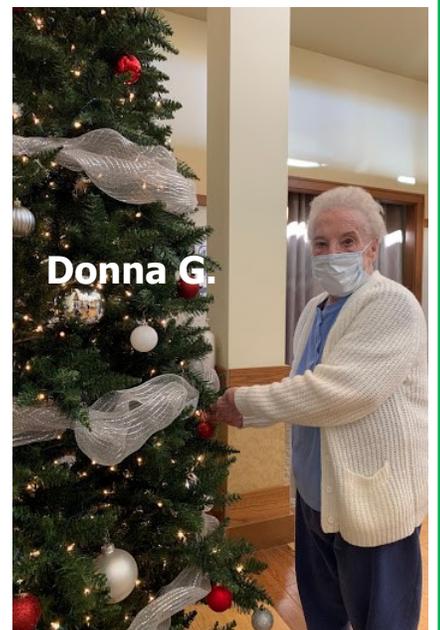


Jill

Decking the Halls!

We always enjoy holiday decorating here at River Bend but there is something special about the Christmas season!

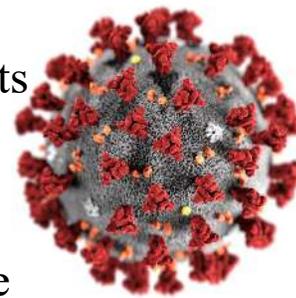
Watch our Facebook page for more photos of our many trees and decorations. Our "elves" have been busy!



Donna G.

Novel Coronavirus (COVID-19) Update

We know how difficult it is not being able to see our residents during the highest outbreak of the virus, but keeping them safe is our biggest priority. As an alternative we want everyone to take advantage of the newly constructed indoor visitation areas that are somewhat comfortable and out of the weather. A quick call to the facility to reserve your day and time is all we ask. If there is a special request for accommodations, please call the facility to discuss with the manager.



We ask that you continue to protect yourself by washing your hands, social distancing at least 6ft. from others including at work. Avoid crowds including holiday gatherings to only those in your home. And most of all 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. For medical appointments use telehealth if at all possible. As for the vaccine, all of our facilities are signed up with Community Pharmacy who is one of the six assigned pharmacies in the U.S. to distribute the vaccine. We will follow the chain of distribution as determined by the governor of our state. We are hopeful that the first dose of administration to our staff and residents will be available to us by the end of the year.



Elaine B. visits with her family using the new visiting booth located in the corner of our main dining room. There is a map located on our front door to help visitors when they arrive.

Just in time for Thanksgiving week our newly constructed visiting booth opened. Appointments are required. For updates on our current visiting schedules please call River Bend. (563)852-5001 Thank you.



Shirley waves to greet her husband Howard as he visits her in Memory Care. To access this booth visitors enter through the back gated patio.



December

BIRTHDAYS

Resident Birthdays

Elaine Brown	December 11
Donna Ironside	December 12
Tom McLees	December 22

Staff Birthdays

Falicia Vega	December 18
Ana Landa	December 30



Staff Spotlight



Emily Lessard Caregiver



On April 29, 2020, just as the Covid-19 Pandemic in our country began, we were blessed to have Emily join our River Bend family. Emily grew up in Marquette, IA. She attended MFL Mar Mac High School and Hawkeye Community College. Her previous employment was in Dubuque as childcare provider. She currently lives in Cascade so the shorter commute is a plus and Emily says "I have already learned so much from working at River Bend whether it is from the residents or my coworkers!" Outside of work her hobbies include hiking, sleeping, and going to the beach. A fun fact about Emily is that she has a pet hedge hog named Peanut!

Food Service Safety Month

While food safety focuses on keeping food prepared in the service industry safe, it also serves as a reminder in our homes to doing what is right to make sure food is safe to eat. When food preparation is complete, surfaces should always be washed with soap and water. Utensils should not be used for different items before being washed, and it is especially important that raw meat is not stored with cook meat. One of the most effective ways to keep food prep safe is to wash your hands or use hand sanitizer just before you cook, or eat.



CHRISTMAS CRANBERRY PUNCH

Like us on Facebook!

Cranberry Ginger Ale Punch is a beautiful holiday punch that comes together in no time. You can keep it kid-friendly or serve it with rum or vodka.



Ingredients

64 ounces Cranberry Juice
1 liter Ginger Ale
3 Limes, Sliced
2 cups Fresh Cranberries
Vodka, Or rum, optional

Instructions

In a large pitcher, combine the cranberry juice with the ginger ale.

Add in fresh limes and cranberries. Serve cold.

For an adult, alcoholic punch, add an ounce (or more/less) of vodka or rum. ENJOY!



..RETURN SERVICE REQUESTED..

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