

813 Tyler Street NE Cascade, IA 52033

www.riverbendal.com

563-852-5001

Happy New Year!

We Welcome 2021!

**Cheers to a New Year!
My Happy New Year wish for you
is for your best year yet.
A year where life is peaceful,
and what you want, you get.
A year in which you cherish
the past year's memories,
and live your life each new day,
full of bright expectancies.
I wish for you a holiday
with happiness galore;
and when it's done,
I wish you
happy New Year,
and many more.
By: Joanna Fuchs**

In the summer of 2020 our River Bend residents had that the opportunity to have local pen pals. Some remain in touch and are really getting to know each other. It's something to look forward to at the mailbox!



Mary M. showing the handmade gifts she received from her pen pal Alexis.

IT'S YOUR MOVE!



We can make downsizing simple! It's a great time to move to River Bend and this is a beautiful place to retire! Contact us today to reserve your \$1,000 Moving Voucher. When you select River Bend as your new home, you'll receive a voucher to use toward the moving company of your choice and a free Moving Resource Guide with tips for downsizing, packing and getting ready for your move.

*Limited time offer. Schedule a tour prior to January 31, 2021 to reserve your voucher. To receive \$1,000 for your moving assistance, a contract for residency at River Bend must be signed prior to March 1, 2021. Current River Bend residents can receive a referral credit of \$500! When someone tours we have a referral form that must be filled out and the \$500 will be credited after the new resident moves in. It's a win, for everyone! Call for more details and ask for Jill or Jen (563) 852-5001



Resident Birthdays

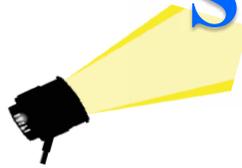
Joseph Ironside	January 13
Anna Askam	January 14
Mary McDermott	January 22
Verna Greenwood	January 26



Staff Birthdays

Cindy Lynch	January 5
Donna Wood	January 18

Staff Spotlight



Ying Kauder Caregiver



Ying Kauder was born and raised in China in a small town called JiangYin. She completed high school there and continued on to study management at Soochow University. She completed her degree there in 2010. At age 27 she immigrated to the United States. Ying lived in Oregon for a year and then in 2016 moved to Iowa. In 2017 she married Jacob Kauder. They have 2 boys ages 1 and 3. Her hobbies include singing, reading, traveling, and spending time with her family. Ying is currently taking Nursing courses at NICC and working towards becoming a RN. She says “all the residents at River Bend are very nice and kind. Taking care of them to me is just like taking care of my own grandparents.”

Novel Coronavirus (COVID-19) Vaccine

By the time you read this article, I am hoping we are scheduled to begin our vaccination clinics. We have been told that the clinics will begin soon after the new year. Everyone who signed a consent form will be receiving the vaccine at our facility, this includes both residents and staff.

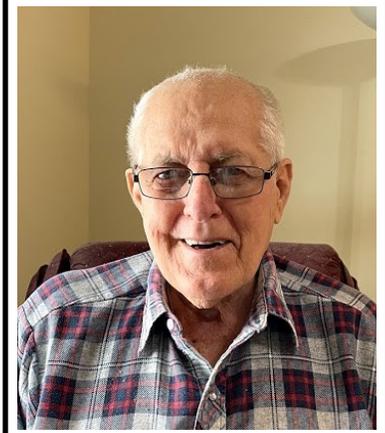


If you have had COVID-19, there is no guarantee that you won't get it again, or when. We are unsure if you are covered by enough antibodies from contracting COVID-19, therefore everyone is considered to be a carrier of the disease and should protect themselves and others by receiving the vaccine.

Until such time that we are able to do in person visits, we are encouraging the use of the indoor visitation areas at each facility. 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.

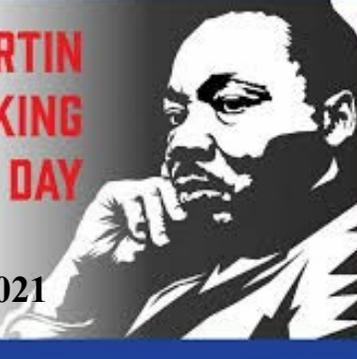
Resident Corner

Kicking off 2021 with a new segment in our newsletter where we hope to introduce you to many of our residents in the coming months. Starting out with Cecil Knuth who was born and raised in Miles, IA until age 14 then moved with his parents to farm in Preston, IA where he lived for 3 years. He attended High School in Lost Nation, IA where he met his wife Jeanette Waters. The couple moved to Cascade to farm in March of 1959 with their daughter Mary (age 5) and a baby on the way. He said one major reason they chose Cascade all those years ago was for the Parochial Schools. On the 6th of March 1959 their son Mark was born. Cecil says that he remembers that day clearly as it was the same day a horrible snow storm came to Cascade. The couple continued to farm in Cascade and have built quite the family business. Even today Cecil remains involved in farming with his 7 grandchildren and 14 great grandchildren. Cecil and his wife Jennette together decided to move to River Bend in September of 2014. Jennette sadly passed away in May of 2017 and Cecil was glad to already be settled at River Bend. He has many friends and lots of family in the Cascade area so it's the perfect place to spend retirement.



Cecil Knuth

**HAPPY MARTIN
LUTHER KING
JR. DAY**



January 18, 2021

We will open the book.
Its pages are blank.
We are going to put words
on them ourselves.
The book is called
Opportunity
and its first chapter is
New Year's Day.

—Edith Lovejoy Pierce



PIC-COLLAGES

3 Ingredient

Peanut Butter Cookies

Ingredients

1 cup sugar

1 cup peanut butter

1 egg

Instructions

Preheat the oven to 350 degrees. Stir the ingredients together until smooth. Scoop onto a parchment or Silpat lined baking sheet. (Roll into 1" balls with your hands, if you do not have a scoop.) Press down with the back of a fork and then press again from the opposite direction, to form the crisscross pattern on top.



These cookies will not spread at all. You can bake the full recipe on a single tray if you would like. Bake for 12 minutes and then let cool on the tray for 1-2 minutes before removing to a wire rack to finish cooling. Store in an airtight container. Enjoy!

..RETURN SERVICE REQUESTED..

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