



You are in LUCK! We can make downsizing simple! Contact us today to book your personal tour of our community and open apartments! After your tour you will receive your \$1,000 Moving Voucher and a free Moving Resource Guide with tips for downsizing, packing and getting ready for your move. The \$1,000 voucher can be used toward expenses with the moving company of your choice.

\*Limited time offer. Schedule a tour prior to March 30, 2021 to reserve your voucher. A contract for residency at River Bend must be signed prior to May 1, 2021 to qualify.

Current River Bend residents can receive a referral credit of \$500! In order to receive this credit we have a referral form that must be filled out at the time of the tour and then \$500 will be credited after the new resident moves in. It's a win, for everyone!

Call River Bend for more details and ask for Jill or Jen (563) 852-5001

### **Novel Coronavirus (COVID-19) Vaccine**

We have now completed three COVID-19 vaccination clinics at all our facilities. Community Pharmacy provided the clinics and is planning to continue vaccinating new residents and staff going forward. We are waiting for the details on how the process will work.

Visiting our residents in person is currently being offered (one personal at a time) This is available from 1-3pm daily, Please call at least 24 hours ahead to schedule a time to visit. As another option, the visiting booths continue to be available at the same times as previously offered. Please respect the safety of our residents and staff by wearing a mask at all times while in our facility.

Whether you have had COVID-19 or the vaccine, CDC recommends that everyone continue to protect yourself and others by wearing a mask when out in the public, wash your hands or use hand sanitizer often, and social distance at least 6ft. from others including at work when possible. We are hopeful that as people continue to get vaccinated and the positivity of COVID-19 cases decreases, that we will move forward with our new normal. Timely communication to our residents and their families is important to us, we will continue to share the changes as we move forward.

**WE ASK THAT YOU  
WEAR YOUR MASK**





### Resident Birthdays

Esther Klostermann	March 5
Julie Habel	March 17
Rosie Smith	March 19



### Staff Birthdays

Hannah Ludwig	March 1
Ying Kauder	March 3
Helen Koopmann	March 18
Kate Williams	March 23

# Staff Spotlight

## Cindy Lynch Caregiver



Cindy joined our River Bend team in July of 2020 as a part-time Caregiver. She also is a hairstylist in our River Bend salon where she works every Monday. In addition she works part time at a hair salon in Dubuque called Infinity. Cindy and her husband, Kevin, have 3 children Levi (15) Bryce (13) and Kylie (11). The Lynch family lives in Cascade on their family farm. Gardening, canning, baking, making homemade soaps, chapsticks, lotion, and working with her family on the farm are Cindy's hobbies. When she was asked what she likes about working at River Bend, Cindy said, "I really enjoy caring for the residents. They are so appreciative of simple things. Whether I am assisting them with cares or doing something silly to brighten their day. It is very rewarding putting a smile on their face. I love to tease and joke around & love it when they feed it right back to me." Cindy is known at River Bend for her festive socks and clothing. She makes everyday a celebration and has a special love for the holidays!

March is National Caffeine Awareness Month, which is intended to raise awareness of how much caffeine you are consuming and maybe even help you cut that amount back if needed. Caffeine is around us more now than ever. It's not just in coffee and tea, it's in energy drinks, smoothies, granola bars, even little shots at every checkout line. The more caffeine we consume, the more immune we become to its effects, which leads us to need more of it to feel the effects. More is not always better when it comes to caffeine and the effects that it has on the body.



So how much is too much? The latest dietary guidelines for Americans states that moderate coffee consumption (up to three to four 8-oz cups per day or up to 400 mg of caffeine per day) can be incorporated into healthy eating styles. It is important to note that every person should take into account how caffeine actually makes them feel and always consult with your doctor. If caffeine has a strong effect on your system, it is probably best to stick to a minimum or opt for decaffeinated. Trust your intuition and do not reach for another cup just because the suggested guidelines say that more is safe.

# Resident Corner

Your chance to get to know Ruth (Fadley) Orr

Where are you originally from? Onslow, IA

Where did you go to school? Onslow High School and Cedar Rapids Business College.

Where you married? Yes, to Alvin Orr. Together we had one son Mike.

Mike is now married to Beth and they have two boys.

Where did you work? Anamosa Assessor's Office for 44 years

When did you move to River Bend? December of 2018

What is your favorite type of music? Western Music

What is your favorite treat? Ice cream with chocolate syrup

What is your favorite drink? Diet Pepsi

What do you like about River Bend? "I like the big open areas to walk and sit to visit with others. River Bend has a small town feel and nice people."



**Ruth Orr**



Turn the clocks ahead!  
Daylight saving time  
will begin at 2:00 AM  
Sunday, March 14th.  
&  
We will welcome  
Spring's official first  
day on Saturday  
March 20th.

Time to  
Spring Ahead



It's OK to pretend we're  
Irish on St. Patrick's Day.  
We pretend we're GOOD  
on Christmas don't we?



**Tom**

♥♥ We celebrated Valentine's Day 2021 and crowned our Valentine Royalty. ♥♥



**Donna & Joe**



**Mary E.**



**NOW HIRING  
PART-TIME  
MAINTENANCE**



Responsibilities:

Help maintain a safe, clean, and comfortable environment for River Bend residents. Experience with painting, carpet cleaning, plumbing, and electrical work is a plus. River Bend prides itself in the small home-like environment.

Approximately 20 hrs. a week/\$14 per hr.  
Apply online at [www.riverbendal.com](http://www.riverbendal.com) or send resume to: [manager@riverbendal.com](mailto:manager@riverbendal.com)  
or for more information please contact Karen Holmes at 563-852-5001

*From the River Bend Kitchen...*



# Chocolate Mint Oreo Mousse

Like us on Facebook!

## Ingredients

- 1 1/2 cups heavy cream
- 1 cup milk
- 3 cups chopped Oreo Cookies
- 1 package instant vanilla pudding
- 1 1/2 teaspoons mint extract
- green food coloring




## Directions

Whisk together milk, pudding mix, 1 teaspoon mint extract and a couple of drops of food coloring. Refrigerate 5 minutes. Add remaining 1/2 teaspoon mint extract & a couple of drops of green coloring to heavy cream. Whip until stiff peaks form. Fold together pudding mixture & whipped cream. Gently stir in chopped Oreo cookies. Refrigerate until serving.

“RETURN SERVICE REQUESTED”

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