

Novel Coronavirus (COVID-19) Vaccine

We are happy to announce that all staff and residents who have not already received the vaccine at our facilities, can now get it. Community Pharmacy is providing our facilities with the Pfizer vaccine. The facility nurses will be in charge of giving the vaccinations. We are very grateful for Community Pharmacy providing us with continued vaccination services. We have begun to hear on the news that proof of full vaccination is required for some traveling.



Visitation Update: The positivity rate continues in a downward trend, well below 10%, allowing us to continue offering more in person visitation. We are allowing two in person visitors per apartment, Monday - Friday 9am - 7pm, and Saturday & Sunday 9am - 4pm. Please continue to respect the safety of our residents and staff by wearing a mask at all times at River Bend. Each visitor is required to be screened upon arrival. Please remember eating and drinking during visits is not allowed. Information for this article was obtained and current on 3/22/21

Residents enjoyed making a fun and unique easter basket craft!

A big “THANK YOU” to Above & Beyond Home Health and Hospice Care for sponsoring this wonderful craft. Masks were removed for these photos, and were taken at a distance to allow us to show off these beautiful smiles!





Resident Birthdays

Bob Farmer **April 7**

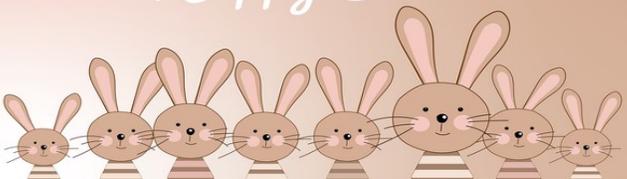
Staff Birthdays

Madeline McGovern **April 21**

Sherry Menke **April 27**



Happy Easter



Staff Spotlight



Jen Rhomberg
Marketing
Coordinator



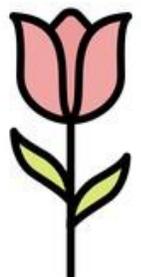
This April Jen Rhomberg will be celebrating her two year anniversary at River Bend. As Marketing Coordinator one of her responsibilities is updating our company website and social media pages. Jen says one of the favorite parts of her job is taking photos of the residents during daily activities. "Capturing their happiness and sharing all the smiles for everyone to see is very rewarding. If you are not already following us on Facebook or Instagram you should check it out!" Jen also enjoys giving tours of the building to families interested in learning more about River Bend. Jen and her husband Dave moved their family from Dubuque to Cascade in 2005. They have four daughters Madeline (20), Rachel (18), Grace (16), and Isabella (14). Jen's favorite pastime is attending her daughter's sporting events and now that spring is here their calendar is filled with track meets. Jen says, "I can't wait to be in the stands cheering the girls on. I just love and enjoy every minute of it!"

April is National Gardening Month! Why we love gardening....

Its about mother nature! April means spring and spring means a chance to celebrate new life. Sure you can get outside just to enjoy the sunshine, but don't forget to take note of all that's budding around you. Tulips, daffodils and lilacs are just some of the flowers you might see blooming this month.

It's about going back to your roots! There's nothing quite like digging into the soil to plant a seed, and then watching it take root and grow. Getting dirty in the garden and watching new life form before your eyes brings a special kind of joy that you can't really experience through any other activity. Digging in the dirt is just plain fun for people of all ages!

It's a great excuse to get some Vitamin D! Our bodies produce Vitamin D as a response to the sunlight, so being out in the garden means getting some good stuff flowing through your system. Vitamin D has all kinds of great health benefits like helping with weight loss and bone development, and improving the immune system.



Resident Corner

Getting to know Elaine (White) Reiter

Where are you originally from? Worthington, IA

Where did you go to school? St. Paul School in Worthington

Were you married and can you tell me a little about your family?

I married Joe Reiter in 1950. Together we farmed right here in Cascade and had 7 children. As of now, only one of them lives in Iowa. The other children are spread out in other states including Oklahoma, New Mexico, Arizona, Minnesota and Illinois. I have 8 grandchildren and 4 great grandchildren. I was blessed to raise my children in a small town where I feel safe!

When did you move to River Bend? May of 2019

What is your favorite type of music? Country Music

What is your favorite food? I really like good seafood, like shrimp and scallops.

What is your favorite drink? I like a good cold glass of water.

What are your hobbies? I always liked playing cards. I have been in a few bridge clubs over the years and enjoy a good euchre game now and then too. At River Bend, I enjoy our bingo games!



Elaine Reiter



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 or send resume to: manager@riverbendal.com or for more information please contact Karen Holmes at 563-852-5001

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Is it time to start thinking about senior living?

Review this list to assess the level of safety in your home.

Bathroom Safety

- Are you able to find the bathroom at night?
- Is the bathroom without clutter?
- Does the bathroom/shower have grab bars?
- Does the bathroom have a walk-in shower?
- Is there a non-slip bath/shower area?
- Is a shower chair being used?

Home Safety

- Are the entries/exits to the home well lit?
- Is the trash being emptied when full?
- Are there working night lights throughout the home?
- Are there handrails located for all stairs including outside the home?
- Is there access to a phone or emergency call system easily accessible in all rooms?
- Are you able to safely do laundry?

From the River Bend Kitchen...

Slow Cooker Raspberry Balsamic Meatballs

Ingredients:

32 oz frozen meatballs
1 cup raspberry preserves
2 tbsp sugar
3 tbsp balsamic vinegar
1 1/2 tbsp Worcestershire sauce
1/2 tsp ginger

Instructions: Add ingredients to slow cooker in the order as listed above. Stir well. Cover and cook on high 2 hours or low 3-4 hours. Stir to coat well. Serve warm as the perfect bite-sized appetizer!



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The logo for River Bend Retirement Community features the name "River Bend" in a large, elegant, cursive script. To the right of the text is a stylized graphic of a sun with rays. Below the main name, the words "RETIREMENT COMMUNITY" are written in a smaller, sans-serif font.

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