

As we welcome summer, it is always refreshing to see so many families and friends visiting. I cannot stress how important family involvement is to give our residents the homey feeling we strive for. Our residents have been busy with many summer events. The kitchen has been grilling delicious food, we went fishing at a local pond, exercises and games on the patio, gardening, and planting flowers. Check us out on Facebook and follow us to stay in touch with what is going on at River Bend. We are sure you'll enjoy all the photos posted.

More exciting news.... It will be 15 years this month that Joel and Cindy Callahan opened the doors to River Bend Retirement Community. We have had many great occasions and events during this time. The Cascade community and surrounding areas have been here to support River Bend, and we "Thank You" for volunteering your time and talents with us. We will be celebrating our 15 year anniversary on Sunday, July 18th from 1:00-3:00pm with music by the Nutsy & Lori band. Please join us for this fun event! Wishing you a safe and adventurous summer!

~Jill Koopmann, Manager



Elaine B.



**Decking the Halls
RED, WHITE, & BLUE**

Our holiday tree is looking very patriotic this month! No matter the season you'll find a festive touch at River Bend! Residents enjoyed making a star craft to hang on their apartment door. We've added a touch of red, white and blue all around. God bless America!



Ida



Elaine R.



Karen



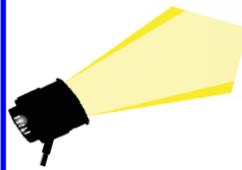
Resident Birthdays

Dorothy Birky	July 1
Donna Grawe	July 4
Jean Weber	July 9
Pat Johnson	July 23



Staff Birthdays

Regan Knopp	July 1
Jill Koopmann	July 25
John Beringer	July 28



Staff Spotlight



**Rachel
Trumm**
Caregiver

In May of 2020 Rachel Trumm joined our River Bend team as a part-time caregiver. She grew up right here in Cascade, Iowa and graduated from Cascade High School in 2019. Rachel will return to Mason City, Iowa this fall where she is enrolled at North Iowa Area Community College. She is majoring in Nursing and will graduate with her RN in December of 2021. Rachel works at River Bend whenever she can as a busy college student. Rachel is the daughter of Mark and Mary Ann Trumm. She has an older sister and brother, Annebell and Travis, and a younger brother Davis. Rachel is very talented musically. She plays the clarinet, a little bit of guitar, and tenor saxophone too! She says, "What I like about working at River Bend is having a fulfilling job where I know I can make a positive difference in the residents' day!"

How Not to Forget at Any Age

You walk into the kitchen for a reason, then stand in the doorway wondering what you went in there to do. Add to your grocery list? Look for your keys? Get a glass of water? Who knows? Your mind is completely blank. Though we jokingly refer to these as 'senior moments,' they happen to everyone. Your brain works as a series of networks, with different areas communicating with each other at all times. When you're trying to remember something, your brain establishes a new network. Memory glitches occur when there's a break in that network.

What causes the break? Interference, which impairs your ability to focus. Interference can be anything from your cell phone ringing, to background chatter, to your mind wandering. When a person is exposed to interference, their ability to recall info, even over very short periods of time, declines significantly.

Some people can maintain their networks better than others, limiting interference until the task is either completed or written down helps to remember. So if you go into the kitchen to write something down on your grocery list, don't answer your cell phone or let your mind wander to another subject. Mentally rehearse what you're doing, and hold it in mind, until you're finished with the task.



Resident Corner

Getting to know Cheryl Koster Gaul

Where are you originally from? “I lived in the Dubuque area and moved to Worthington after I was married and that is where we raised our kids. “

Where did you go to school? “I attended Holy Ghost for grade school and then Dubuque Senior High School.

Where did you work? “I was a homemaker while my kids were young and then worked as a CNA at Ennoble Manor for 14 years.

Tell me a little about your family?

“I married Leon Gaul on September 11th, 1971. We had 3 children & now have 3 grandchildren as well. “

When did you move to River Bend? “In August of 2020.”

What is your favorite treat? “Ice cream!”

What is your favorite activity or pastime ? “Playing cards, embroidery and listening to country music.”

What do you activity do you enjoy most at River Bend? “I like to play BINGO whenever I can!”



Cheryl Gaul

Be Storm Ready!

This seems like a good month to go over safety, as we will be practicing our full building evacuation this month. To keep our residents and employees safe, we have emergency procedures in place and follow strict rules from the state Fire Marshall's office. The following is a few reminders of items that are not allowed in the building:

- No burning candles or smoking
- No multi-plug adapters or extension cords
- No hot plates or portable heaters



Storms/Tornado Watches/Warnings

Tornado watch and severe thunderstorm watch: A tornado watch means that conditions are favorable for the formation of tornadoes in the watch area. A severe thunderstorm watch means that there is a possibility of one or more severe thunderstorms in the watch area. The staff monitors our weather radio for a report of change in the weather and keeps the residents informed. At this time, staff goes around and closes all blinds and drapes in residents' apartments and common areas throughout the building. No showers are done during this time.

Tornado warning & severe thunderstorm warning: a tornado warning means that a tornado has been spotted and is threatening the warning area. A severe thunderstorm warning means a severe thunderstorm has been spotted and is threatening the warning area. It could be accompanied by frequent lightning, damaging winds, hail, and heavy rain.

When this happens, the following is done:

- We ask all residents to move from an area with windows into a safer area such as the bathroom
- It is a good idea for residents to take a flashlight and blanket for comfort, and to protect them from flying debris
- Close doors to all resident apartments and other rooms
- Assisted Living residents who wish to be with staff will go to the spa room
- Memory Care residents will go to the kitchen with staff
- Residents will be notified when the National Weather Service cancels the warning

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From the River Bend Kitchen...

S'MORES BARS

Ingredients:

- 30 graham crackers , 2 packs, crushed to crumbs
- 1 cup unsalted butter melted
- 1/4 teaspoon salt
- 16 ounces mini marshmallows, 6 cups
- 12 oz. milk chocolate chips

Ingredients:

Preheat oven to 350 degrees F.

Mix graham cracker crumbs (set aside 1/4 cup of graham cracker crumbs), butter and salt.

Press mixture into 9x13 pan and bake 10 minutes.

Top with 4 cups of the mini marshmallows and bake for 10 more minutes.

Let cool for 5 minutes to let the marshmallows deflate.

Add the whole bag of milk chocolate chips in an even layer.

Top with remaining marshmallows and graham cracker crumbs and bake for 10 more minutes and let cool completely before slicing.



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