



Hello Summer! It has been wonderful seeing our residents get out to enjoy the sunshine and warmer temperatures. Summer will officially arrive on June 20th and with that will come some special activities for those at River Bend. We have two fishing trips scheduled to a local pond. We plan to enjoy some outdoor music concerts and more summer surprises too! For one we are gearing up to celebrate our 15 year anniversary here at River Bend. We have set the date of our "Bash!" Mark your calendar for Sunday, July 18th and we will have a baseball theme. Watch next month's newsletter for more details!



**Happy Father's Day!
Sunday, June 20, 2021**

In honor of Father's Day we will celebrate all the River Bend Dads on Friday, June 18th with donuts and golfing!



River Bend gardens have been planted!

Our gardens are planted and the flowers are blooming! It's been so nice to get out and enjoy the warm temperatures and fresh air. We planted tomatoes, peppers, beans, radishes, onions and of course some flowers to enjoy! Our courtyards are open and residents are ready for summer!



JUNE



Celebrations

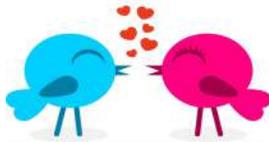


Resident Birthdays

Paul Massey	June 3
Valerie Wanzer	June 27
Earl Fisher	June 28

Staff Birthdays

Brooke Denniston	June 4
Jennifer Peiffer	June 9



**Wedding Anniversary Joe &
Donna Ironside
Married June 10, 1954**

Staff Spotlight



**Ella
Putz**
Caregiver



In July of 2019 Ella Putz joined our River Bend family as a part-time Caregiver. Ella worked at River Bend while attending Western Dubuque High School. Now she is attending St. Ambrose College in Davenport, IA and continues to work at River Bend PRN. Ella plans to continue on to dental school after she receives her Biology degree from St. Ambrose.

Ella loves to travel and has been to Greece and Ireland. She says her bucket list items are to visit to all 50 states, hike a 14er, and study abroad. When asked what her hidden talent is she said, "I can do quite a few accents and impressions." Next time you see Ella at River Bend be sure to ask her to entertain you a bit with one of those! We are so glad to have Ella with us at Rive Bend. She is very hard working and kind.

**ALZHEIMER'S
AWARENESS
MONTH**



June Is Alzheimer's & Brain Awareness Month:

"Alzheimer's & Brain Awareness Month" is recognized each June by the Alzheimer's Association to help raise awareness about the disease, as well as show support for the millions of people worldwide living with Alzheimer's or another form of dementia. It is estimated that one in 10 people age 65 and older has Alzheimer's disease. It's also an important time to recognize caregivers for the support they provide to those living with Alzheimer's and other forms of dementia. There are a number of ways you can help the

caregiver in your life and show your appreciation. Spend some time with your loved one. Spending some time with your loved one with dementia can help them to take some much needed and deserved time to themselves, or even to get ahead on their to-do list! Spend an hour or two with them so they can take a nap, work on laundry or simply sit down and relax.

"The Longest Day" on June 20, 2021— the summer solstice

"The Longest Day" signifies the challenging journey for those with Alzheimer's and their caregivers, family members and friends. To quote the Alzheimer's Association's website: "Together, the strength of our light will outshine the darkness of Alzheimer's -THE DAY WITH THE MOST LIGHT IS THE DAY WE FIGHT!™"

Resident Corner

Getting to know Donna (Kelly) Grawe

Where are you originally from? I lived in Dyersville, IA my entire life until moving to River Bend.”

Where did you go to school? “I attended St. Francis Grade School, and Xavier High School both in Dyersville”

Where did you work? “I worked 22 years as a bookkeeper at Dyersville Implement, formally Koelker Implement.”

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

“I was married to Milton Grawe for 49 years and we had one daughter Jane and 2 grandchildren.”

When did you move to River Bend? “In June of 2016”

What is your favorite treat? “Ice cream is my weakness.”

What is your favorite activity or pastime (now or in the past)? “When I lived in Dyersville I was in a golf and bowling league for many years. These days I spend a lot of time reading books and watching TV. I enjoy HGTV and sports.”

What do you like about River Bend? “I like my apartment, the beautiful building and nice people here.”



Donna Grawe

Novel Coronavirus (COVID-19) Update

Vaccination Update: The percent of positivity continues to decrease, all counties are less than 5%. Anyone age 12 or older is eligible to be vaccinated. Please consider being vaccinated if you haven't already done so.

Visitation Update: As of May 24, 2021 all residents who have been fully vaccinated are no longer required to wear a mask in our facility. All visitors who provide proof of being fully vaccinated will no longer be required to wear a mask in the facility. Staff are required to continue wearing a mask even if they have been fully vaccinated. We will continue to allow two in person visitors per resident, M-F 9am-7pm, and S-S 9am-4pm. Please continue to respect the safety of our residents. Each visitor is required to be screened upon arrival.

Information for this article was obtained and current on 5/24/21



Marilyn enjoys a snuggle with a sweet puppy friend who came to visit River Bend.

Lorraine shows the banana split pudding cups that she made with the baking club.



Moments Memory Care residents take their chair exercise class outside! Tori, our Activity Coordinator, is always coming up with new ways to keep everyone fit and active!



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From the River Bend Kitchen...

FIVE-INGREDIENT RHUBARB SQUARES

Ingredients

- 1 box yellow cake mix
- 3/4 cup cold butter or margarine, cut into small pieces
- 1 3/4 cups sugar
- 3 eggs
- 4 cups sliced fresh rhubarb
- Whipped cream, if desired



Instructions: Heat oven to 350°F (325°F for dark or nonstick pan). Reserve 2 tablespoons of the cake mix. In large bowl, cut butter into remaining cake mix, until crumbly. Pat 2 cups of the mixture in bottom of ungreased 13x9-inch pan. Reserve remaining crumbly mixture for topping. Bake 13 minutes. Next, in a large bowl, beat reserved 2 tablespoons cake mix, the sugar and eggs with electric mixer on medium speed until creamy. Stir in rhubarb. Pour over partially baked crust. Sprinkle remaining crumbly mixture over top. Bake 45 to 50 minutes longer or until golden brown and center is set. Cool slightly before serving. Serve warm or cold with whipped cream. Store covered in refrigerator.

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