



Hello River Bend Friends ~

On Sunday, July 18th, we celebrated our 15th year anniversary. We were blessed with beautiful weather and many smiling faces to spend the sunny afternoon with. A huge “Thank You” to Nutsy & Lori Band for sharing their music talents with us. It was evident that everyone loved their show. We look forward to having them back to play for us again soon. As we reflect on the past 15 years here at River Bend, we would like to take time to thank Joel and Cindy Callahan for the vision they had in opening River Bend and bringing the Cascade area just what it needed! We are very blessed with our beautiful building, compassionate staff, and the fabulous residents who call River Bend home. Through the years, we have grown and changed in many ways, but one thing remains the same; the small-town feel River Bend has! That is something we are very proud of! Relationships are everything! ~ Jill Koopmann, Manager



Staff Spotlight



**Payton
Jaeger**
Caregiver

In June of 2019 Payton joined our River Bend team as a part-time caregiver. She is the daughter of Brian and Jen Jaeger and has two younger sisters; Maia & Koye. Payton grew up in Monticello, Iowa and graduated from Monticello High School in 2020. Payton is currently home for the summer but will return to Iowa City this fall to start her sophomore year at the University of Iowa. She currently is doing research on human brains, studying the impact of Alzheimer's, Huntington's Disease, Parkinson's, and other neurologic diseases. Payton works at River Bend whenever she can as a busy college student. Payton says her favorite sports teams are the Hawkeyes, Cubbies, and the Dallas Cowboys. Payton says "My favorite thing about River Bend is getting time to sit down and have a conversation with residents. Everyone has a story to tell and I love to hear them!"

August Celebrations

Resident Birthdays

Karen Jewell August 2
Mary Ehlinger August 16
Alan McDermott August 20

Wedding Anniversaries

Alan & Margie McDermott
Married August 8th, 1959



Earl & Mary McDermott
Married August 24th, 1963

Staff Birthdays

Emily Lessard August 21

Turn Friends in to Neighbors



It's a WIN-WIN for everyone!!! Current River Bend Residents can receive a referral credit of \$500! In order to receive this credit, a referral form needs to be filled out prior to the tour of the prospective resident. The \$500 will be deducted from the first month's rent of the new resident at move-in and the current resident will see a \$500 credit on the following month's bill. Offer valid until 8/31/2021

Schedule your tour! Call Jill or Jen at River Bend for more details. (563) 852-5001

Resident Corner

Getting to know Helen Schmitt Clemens

Where are you originally from? “I grew up in Graf, IA. After getting married I moved to Peosta, and we raised our family there. I moved to Dubuque after my husband, Bill, passed.”

Where did you go to school? “I went to a one room school-house in Graf and then to High School in Peosta. That’s where I met the love of my life, Bill Clemens.”

What was your occupation? “Housewife / farming “

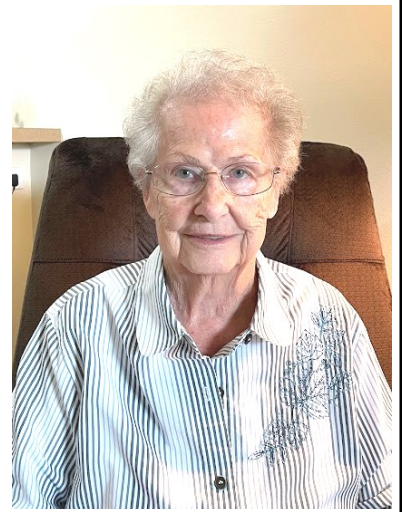
Tell me a little about your family. “My husband Bill and I have 5 children: Wanda, Dana, Doug, June, and Karen. I have 7 grandchildren and 9 great-grandchildren.”

What is your favorite treat? “Cheetos, Betty Jane Candy, a good piece of pie.”

What is your favorite activity or pastime? “Gardening, 4-H, cooking, taking care of my family. I also enjoy puzzles, dominoes, and playing cards.”

When did you move to River Bend. “ I just moved in July 9th, 2021.”

What do you think of River Bend so far? “I really have enjoyed the friendly and helpful people here! They make me feel very welcome.”



Helen Clemens

August is National Immunization Awareness Month

Vaccines (shots) help prevent dangerous and sometimes deadly diseases especially in the very young and elderly. National Immunization Awareness Month is the perfect time to get caught up on those shots.

Vaccine recommendations for adults are based on a variety of factors including age, overall health status, and medical history. To help you understand what vaccines you might need, you should discuss them with your doctor or health care professional next time you make an office visit.

Some vaccinations to consider are:

- COVID-19
- Flu shot every year.
- Tetanus and diphtheria booster shot every 10 years
- Varicella (Shingles)
- Pneumonia
- Other vaccines according to individual health history



Talk to your doctor or nurse to make sure that you are up to date on your vaccinations. Receiving vaccinations can possibly prevent an unnecessary illness, hospitalization, and even death.



River Bend is looking to fill the following positions on our care team
-Full Time Registered Nurse M-F dayshift -Caregiver Full Time & Part Time
Apply online www.riverbendal.com/careers/apply_now/

From the River Bend Kitchen...

Like us on
Facebook! 

Cucumber Tomato and Onion Salad

Ingredients:

- 1 cup water
- ½ cup distilled white vinegar
- ¼ cup vegetable oil
- ¼ cup sugar
- 2 tsp. salt
- 1 TBS black pepper
- 3 cucumbers peeled and slice ¼ in thick
- 3 tomatoes cut to wedges
- 1 onion sliced into rings




Directions:

Whisk water, vinegar, oil, sugar, salt, and pepper until smooth. Add cucumbers, tomato, and onion. Toss lightly to coat. Cover in plastic. Refrigerate for 2 hours. Serve cold.

“RETURN SERVICE REQUESTED”

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