



**September
2021**

813 Tyler Street NE Cascade, IA 52033

www.riverbendal.com

563-852-5001

River Bend visiting policy as of this printing

We are currently (as of the printing - 8/31/21) requiring masks for all visitors in our building.

**Visiting hours at
River Bend**
9:00 am - 7:00 pm
Mon - Fri
&
9:00 am - 4:00 pm
Sat & Sun

No more than two visitors per resident recommended and visitor screening is required. Please always check in at the main entrance. Thank you!



Greetings!

River Bend is all about family, friends, and community. On August 21st, our staff and residents rocked the Cascade Hometown Days parade. This year's theme celebrated the 1980's. We decorated our float with some fun sayings. "Still cool in our 80's, we love our 80's, and 80's rock at River Bend!" We had so much fun and we even got to do a little candy sampling! A big "thank you" to Mark Weber for pulling our float! It was great to see all the smiles along the parade route.



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

We're
HIRING

Apply online
www.riverbendal.com/careers/apply_now/



Resident Birthdays

Cecil Knuth Sept. 4

Carolyn Rogers Sept. 4

Grace Scheiltz Sept. 20

Ruth Orr Sept. 27



Staff Birthdays

Payton Jaeger Sept. 19



Resident Corner: Getting to know Earl and Mary McDermott

When did you move to River Bend? "It will be 6 years! We moved in September of 2015."

Where are you originally from? Mary - Winthrop, IA until married. Earl - Cascade, IA entire life.

What was your occupation? Mary- Worked for 10 years at the Cascade drugstore and was a homemaker. Earl- Farmed until 1977 then worked for the Department of Agriculture for Dubuque Co. as the County Executive Director.

What is your favorite treat? Mary - "Good pecan pie" Earl - "Chocolate malt"

Tell me a little about your family. "We were married on August 24, 1963 and have six children (five living one deceased.) We have 19 grandchildren and many great-grandchildren."

What is your favorite activity or pastime? "We enjoyed traveling and dancing together and that is actually how we first met, at a dance in Cedar Rapids. We enjoy listening to country western and big band music."

What do you like about living at River Bend? "We enjoy the friendships and comradery with the staff and residents ."

Staff Spotlight



Jennifer Peiffer

Direct Caregiver



In December of 2020 Jennifer joined our team at River Bend. She came to us with 17 years experience as a CNA and 6 years as a CMA. Jennifer is the daughter of Paul and Barb Peiffer and grew up in Temple Hill just 7.5 miles south of Cascade. She attended Cascade High School and then NICC in Peosta. She currently lives in Cascade with her 8 year old daughter Josie. She enjoys making crafts, baking, and cooking. When asked where she sees herself in 10 years Jennifer said, "still working at River Bend because I enjoy taking care of people. I'm a family girl and the residents feel like family to me."

We sure are glad to have Jennifer as a part of our River Bend family!



Mary and Earl McDermott

Attention River Bend Residents and families: If you have a subscription to the Telegraph Herald or Cedar Rapids Gazette please let us know if you cancel or if a subscription is added. We need to be notified so that when the papers are dropped in our entryway each morning we have the correct list for passing the papers out to the correct apartments. Thank you!



NATIONAL ASSISTED LIVING WEEK SEPTEMBER 12-18, 2021

We are very excited to be celebrating National Assisted Living week at River Bend September 12th-18th established by the National Center for Assisted Living (NCAL) in 1995. National Assisted Living Week provides a unique opportunity for residents, their loved ones, staff, volunteers, and the surrounding communities to recognize the role of assisted living in caring for America's seniors and individuals with disabilities. The annual observance encourages assisted living communities around the country to offer a variety of events and activities to celebrate the individuals they serve, as well as to help educate members of the public about this distinctive aspect of the care and services offered in assisted living! Follow us on Facebook for highlights of the week! River Bend has many special activities planned for our residents and staff to enjoy!

Are you ready? Winter will be here before we know it. Is there someone in your life who could benefit from moving to assisted living before the snow flies? Not having to shovel the snow is just ONE of the many benefits of assisted living.

River Bend provides the following amenities to all residents plus many other services.

- 3 meals a day
- 24 hour compassionate staff
- Emergency pendants
- All utilities included/except phone
- Individual service plan
- Valet parking
- Garages available
- Laundry
- Housekeeping
- Local transportation
- Cable TV
- Hospitality
- Daily Activities

Reminder: River Bend residents are eligible for referrals. Ask Jill or Jen for more details.



Stop by and see Jill and Jen at the River Bend Booth:

FREE
ADMISSION

2021 SENIOR EXPO

THURSDAY, SEPTEMBER 16, 2021
9:00 AM TO 1:00 PM
DUBUQUE COUNTY FAIRGROUNDS

Over 30 Vendors
Door Prizes
Breakfast and Lunch Included
(1 plate per person)

First 50 attendees will receive a bag of goodies
Fun Q&A with Vendors
and much more

SPONSORED BY:



Zucchini-Chocolate Chip Muffins



Like us on Facebook!

Ingredients

1 ½ cups all-purpose flour
¾ cup white sugar
1 teaspoon baking soda
1 teaspoon ground cinnamon
½ teaspoon salt
1 egg, lightly beaten
½ cup vegetable oil
¼ cup milk
1 tablespoon lemon juice
1 teaspoon vanilla extract
1 cup shredded zucchini
½ cup miniature semisweet chocolate chips
½ cup chopped walnuts



Instructions

Step 1 Preheat oven to 350 degrees. Grease 12 muffin cups, or line with paper muffin liners.

Step 2 Combine flour, sugar, baking soda, cinnamon, and salt in a large bowl. Mix egg, oil, milk, lemon juice, and vanilla extract in a bowl. Stir into dry ingredients until just moistened. Fold in zucchini, chocolate chips and walnuts. Fill muffin cups 2/3 full.

Step 3 Bake in preheated oven until a toothpick inserted in the center of a muffin comes out clean, 20 to 25 minutes.

"RETURN SERVICE REQUESTED"

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813 Tyler Street NE
RETIREMENT COMMUNITY
Cascade, IA 52033

River Bend