



## Happy Fall Y'all!

It's such a beautiful time of year! We have started to make fall crafts and the fall decorations are up everywhere here at River Bend. The colors of fall are so vibrant. Outside we see leaves turning colors, farmers are harvesting, pumpkins and gourds are popping up. We plan to get out to enjoy the season anyway we can! We were blessed with beautiful weather in September and hope that trend continues through October as well! We are excited to celebrate Halloween and have fun crafts, and activities planned. Be sure to save the date for our Halloween Costume Parade scheduled for Saturday, October 30, 2021 from 3:30 to 4:00 PM. Our residents will be watching from their windows, so we encourage you to come in costume to share in the Halloween fun! This event is open to the public and there will be treats for all who attend. We look forward to seeing friends and family at this event!



## Prevention of Respiratory Influenza

### River Bend flu vaccine clinic on Friday, October 15th, for staff and residents.

Respiratory Influenza (flu) is a contagious disease that spreads around the United States every winter, usually between October and May. Flu is caused by influenza viruses, and is spread mainly by coughing, sneezing, and close contact. People with health problems have a higher chance of getting sick with the flu virus. Symptoms can include: fever/chills, sore throat, muscle aches, fatigue, cough, headache, and runny or stuffy nose.

It is possible to have flu, as well as other respiratory illnesses, and COVID-19 at the same time. Health experts are still studying how common this can be. Some of the symptoms of flu and COVID-19 are similar, making it hard to tell the difference between them based on symptoms alone.

Prevention should include:

- CDC recommends a yearly flu vaccine as the first and most important step protecting against flu viruses.
- Good hand washing every time before and after you eat and after blowing your nose, handling garbage, going to the bathroom, or are in public areas.
- Try to avoid close contact with any people, but especially those who show symptoms. If you are unable to socially distance yourself, then wear a mask.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Clean and disinfect surfaces and objects (purses, cell phones, credit cards) that may be contaminated with germs like the flu.

Visit CDC's website at [www.cdc.gov/flu](http://www.cdc.gov/flu) for more information.

# October Celebrations

## Resident Birthdays

Ida Trumm                      October 7  
Jerry Williams                October 19  
Mary Jane Clarke            October 25

## Wedding Anniversary

Eugene & Anita Gudenauf  
Married October 5th, 1963



## Staff Spotlight

### Mary Routley Health Care Coordinator, RN



Mary joined our team at the end of August 2021. We have had a wonderful month getting to know Mary and we are so happy to have her with us. Mary shared a fun

fact about herself. “I got married when I was 18 and it will be 42 years in March. On my wedding day I wore a replica of the dress Talia Shire wore in Rocky II.” She and her husband Jonathan live in Dubuque. Together they have four children and six grandchildren. Mary says her hobbies include reading, yard-work, cross-stitch, and doing anything with her grandkids. Mary has been a nurse for 23 years most recently she worked for Hines as a Oncology Case Manager. Mary said, “years ago, before being a nurse, I worked as a unit secretary at Finley Hospital. I decided then that I liked helping people with their physical needs.” Mary said she found out about the open position here at River Bend through an ad on Facebook and she likes the small community and friendly people here in Cascade. River Bend is happy to have her as part of our family. She is a wonderful nurse and a great addition to our team!



October is Breast Cancer Awareness Month. While most of us know that breast cancer exists, there is still a lot that can be done for awareness of the disease. Educating yourself and your loved ones is an important part of breast cancer awareness.

Get your information from a reliable source. Doctors and nurses are your best resources for reliable health information. If you have questions about your personal health, medical professionals provide accurate, reliable information. Reach out to your doctor's office if you have questions about breast health. Educating or remind others of Breast Cancer Awareness Month. It is a great opportunity to start conversations about breast cancer. Call, send a text or email to encourage other women to speak with medical professionals about breast cancer and breast health.



Happy  
Columbus  
Day

October 11th, 2021

# Resident Corner

Your chance to get to know Darleen Finn

When did you move to River Bend? August 8, 2021

Where are you originally from? "I grew up on a farm 8 miles south of Cascade."

Tell me a bit about your family. "My husband's name was Vince. I have 5 children, 12 grandchildren and 15 great-grandchildren."

What was your occupation? "I was a Kitchen Supervisor".

What is your favorite treat? "Swiss Rolls"

What is your favorite drink? "Coffee"

What is your favorite type of music? "Country & Western"

What do you like about River Bend? "I like playing cards, bingo, and visiting with other residents."



**Darlene Finn**



Hawaiian  
Happy  
Hour  
= SMILES

Anna

Tom

Helen

Donna

Lorraine



RETIREMENT COMMUNITY

INVITES YOU & YOUR FAMILY TO OUR

**HALLOWEEN  
COSTUME PARADE**



**30  
OCTOBER**

TREATS FOR KIDS OF ALL AGES  
**SATURDAY OCT. 30, 2021 3:30 PM - 4:00 PM**

RIVER BEND RETIREMENT COMMUNITY  
813 TYLER STREET, NE CASCADE, IA

River Bend Residents will watch from their apartment windows.

*From the River Bend Kitchen...*

## PUMPKIN BREAD ( MAKES 2 LOAVES )

Like us on Facebook!



### **Ingredients**

- 1 cup coconut oil (or canola oil)
- 2 cups granulated sugar
- 3 large eggs
- 2 teaspoons vanilla extract
- 2 cups solid pack pumpkin
- 3 cups all-purpose flour
- 1 teaspoon salt
- 1 teaspoon baking soda
- 2 teaspoons baking powder
- 2 teaspoons cinnamon
- 2 teaspoons pumpkin pie spice

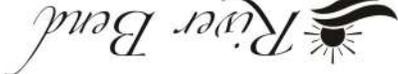


### **Instructions**

Preheat oven to 325 degrees. In a medium bowl, mix the oil, sugar, eggs, vanilla, and pumpkin. Set aside. In a separate bowl, mix together the flour, salt, baking soda, baking powder, cinnamon and pumpkin pie spice. Add the wet ingredients to the dry ingredients and mix just until combined. Do not overmix. Grease and flour two 9×5 loaf pans. Divide the batter between the two pans. Bake at 325 degrees for 45-50 minutes or until a toothpick inserted in the center of the loaf comes out clean. Allow the bread to cool in the pan for 10 minutes before turning onto a wire rack to cool completely. Sprinkle the top with powdered sugar, if desired.

..RETURN SERVICE REQUESTED..

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