



Year-Round Joy

Christmas is full of shinny things that
sparkle, gleam and glow.

These holiday joys excite us, and yet,
deep down, we know...

That Christmas has its special gifts
But our year-round JOY comes from the cherished
people in our lives.
Our family & friends.

Happy Holidays from our River Bend family to yours!



**Mary
Jane**



Darlene

Decking our halls!

We always enjoy
holiday decorating
here at River Bend
but there is just some-
thing extra special
about Christmas.
Watch our Facebook
page for more
photos of our many
trees and decorations.
Our “elves” have
been very busy!



Connie

Stay warm
with us!



We offer...

- Snow removal and maintenance
 - Valet parking
 - Local transportation
 - 3 warm meals daily
 - Indoor walking and fitness
 - 24 Hr. compassionate staff
 - Social & recreational activities
 - Nondenominational chapel
 - Onsite spa & hair salon
 - Housekeeping and laundry services
- and more...**



Resident Corner

Getting to know Howard Rettenmeier ...

Where did you grow up? “In Balltown, IA”

What was your occupation? “I was a licensed barber for 63 years in Dyersville, IA.”

When did you move to River Bend? “December 1st, 2021”

What is your favorite type of music? “Country Music”

What is your favorite snack food? “Ice-cream”

What is your favorite drink? “Iced tea – Rum & Coke”

Tell us a little about your family? “My wife Shirley also lives here at River Bend and we have 4 sons and one daughter who has passed that we miss dearly. I have 8 grandchildren and 7 great-grandchildren.”

What are your hobbies? “Golf, woodworking, and watching sports on TV.”

What is something you are proud of? “I’ve had two holes in one on the golf course!”



Howard Rettenmeier

Fun Facts about December

The month of December has arrived, here are a few interesting facts about month number twelve.

- December is the first month of winter and the last month of the year.
- The birthstones for the month of December are turquoise and tanzanite.
- Flowers that honor the month are the poinsettia and narcissus.
- If you follow the signs of the Zodiac, Sagittarius is from December 1 to 21 and Capricorn from the 22nd on.
- The first day of winter happens when the sun is farthest south (This year it's on Tuesday the 21st). This is known as the Winter Solstice and sometimes called the shortest day of the year!
- On December 1, 1955, Rosa Parks refused to move to the back of a public bus in Montgomery, Alabama.
- On the last day of the year, December 31, it is tradition to kiss the person you hope to keep kissing (preferably under some mistletoe)!
- Some almanacs predict that if snow falls on Christmas Day, then Easter will be warm, and sunny.
- Saint Nicholas, who would eventually be called Santa Claus, was at one time the patron saint of children, pawnbrokers and thieves!
- Some famous birthdays in December are those of Walt Disney, Frank Sinatra and Sammy Davis Jr.



River Bend is looking for a 2nd and 3rd Shift Full -Time Caregiver for our Community. We are seeking dependable individuals who display leadership and compassion for the elderly. Duties include assisting with dressing, food service, housekeeping/laundry and other services CNA positions available but it is not a requirement. Apply at <https://www.riverbendal.com/careers/>



Resident Birthdays

Elaine Brown	December 11
Ed Kleitsch	December 22
Tom McLees	December 22
Donna Ironside	December 23

Staff Birthdays

Allie Kramer	December 15
Gracie Tuel	December 26
Ana Landa	December 30

Staff Spotlight

Brooklyn Brandenburg Caregiver

Brooklyn joined our team as a Caregiver in January of 2021!

When asked what she likes most about River Bend Brooklyn said, "I love my River Bend residents! They really make this place feel like home and keep you going. There is never a dull moment!"

A little bit about Brooklyn:

- Grew up in Delaware, IA
- Went to school at Maquoketa Valley.
- Has 2 brothers who are her best friends.
- Cheers for the Packers.
- Loves playing basketball.
- Enjoys taking adventure trips with her significant other, Cody.
- Treasures time spent with family and friends.
- Loves doing makeup, hair, and fingernails.
- Favorite food is chocolate!



Frank and Boots Martin celebrated their 65th Wedding Anniversary on December 1st, 2021! Congratulations to this sweet couple! We wish them many more happy years.



Food Service Safety Month

While food safety focuses on keeping food prepared in the service industry safe, it also serves as a reminder in our homes to do what is right to make sure food is safe to eat. When food preparation is complete, surfaces should always be washed with soap and water. Utensils should not be used for different items before being washed, and it is especially important that raw meat is not stored with cooked meat. One of the most effective ways to keep food prep safe is to wash your hands or use hand sanitizer before you cook, and eat.



EGG CASSEROLE FOR TWO

INGREDIENTS

3 eggs
3 tablespoons milk
2 slices white bread, cut into 1-inch cubes
1 green onion, with top thinly sliced
1/3 cup shredded cheddar cheese
1/3 cup chopped ham

DIRECTIONS

Preheat oven to 350 degrees.
Spray small 2-cup capacity oval baker with vegetable spray.
In bowl, combine eggs, milk, bread, green onion, cheese and ham; mix well.
Pour egg mixture into baker.
Bake in oven for 20-25 minutes or until egg mixture is set.



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