

Everyone can be Irish for the day at River Bend if they want to! We celebrated in style! At dinner our residents had the choice of corned beef and cabbage or a Ruben sandwich, followed by some special green desserts. Then later in the day we all came together for a St. Patrick's Day Happy Hour. Tori, our Activity Coordinator, along with other staff members served up some grasshoppers and a wee bit of Irish trivia too!



### Painting with Spring Colors!

River Bend residents enjoy craft time and the chance to get creative with paint. The pretty spring colors help brighten the mood even on a cloudy day. It is fun to see the residents creative side and even those who don't consider themselves artistic can enjoy a relaxing afternoon of painting. It's good for the spirit! You can see by the smiles!



**Pat**



**Mary E.**



**Ida**



### Resident Birthdays

<b>Thomas Oeschger</b>	<b>April 4</b>
<b>Helen Clemens</b>	<b>April 7</b>
<b>Grace Claus</b>	<b>April 14</b>

### Staff Birthdays

<b>Leah Denemark</b>	<b>April 6</b>
<b>Brenda Bormann</b>	<b>April 24</b>
<b>Sherry Menke</b>	<b>April 27</b>
<b>Madison Morgan</b>	<b>April 28</b>



## Staff Spotlight



**Morgan Bergfeld**

Caregiver



In September of 2021, Morgan came to River Bend and joined our care team.

Although she started here as a third shift caregiver, she now is primarily working first shift. She says, "Getting to know the residents & seeing them smile is my favorite part of working at River Bend. I like that it's never the same. Everyday there is something different going on. Also, the atmosphere here is really welcoming." Morgan grew up on a hog farm in Bernard, IA and is the daughter of Angie and Marty Bergfeld. She has two brothers, one sister, and Morgan became an aunt in March! She says her current favorite pastime is taking in all the baby snuggles she can get from her newborn niece, Autumn.

Morgan attended Cascade High School then Hawkeye Community College where she received an associates degree in Photography. In the summer, she and her family enjoy camping together. In the winter, they can often be found cheering on the Dubuque Fighting Saints hockey team. Morgan said, "The most adventurous thing I've done is parasailing in Florida. I could even see sharks swimming below me in the water!"

### **April is National Gardening Month! Don't give up on gardening....**

**Stay connected with nature!** April means spring and spring means a chance to celebrate new life. Sure you can get outside just to enjoy the sunshine, but don't forget to take note of all that's budding around you. Tulips, daffodils and lilacs are just some of the flowers you might see blooming this month. Plus it's just so nice to see that grass get green again too!

**It's about going back to your roots!** There's nothing quite like digging into the soil to plant a seed, and then watching it take root and sprout. Getting dirty in the garden and watching new life form before your eyes brings a special kind of joy no matter your age.

**It's a great excuse to get some Vitamin D!** Our bodies produce Vitamin D as a response to the sunlight, so being out in the garden means getting some good stuff flowing through your system. Vitamin D has all kinds of great health benefits like helping with weight loss and bone development, and improving the immune system. However, don't forget the sunscreen!



# Resident Corner

## Getting to know Donna & Joe Ironside

**Where are you originally from?** Donna > “I grew up on a farm in the Central City area.” Joe > “I’m originally from Coggon, IA.”

**How did the two of you meet?** Joe > “We both went to High School together at Coggon High School. I was one grade ahead of her. I spotted Donna on the basketball court. She was the best looking girl on the team!”

**When and where did you get married?** Donna > “We married on June 10th, 1954 at St. Joseph Catholic Church in Praireburg, IA.”

**When did you move to River Bend?** “September 29, 2020”

**What is your favorite type of music?** Joe > “We both enjoy Big Band Music.”

**What was your occupation?** Donna > “School teacher” Joe > “I served in the US Navy for 4 years and I’m probably best known in the local area for my 13 years as the Postmaster in Monticello. After 36 years at the US post office I retired at age 59 right before my 60th birthday.”

**What is a fun fact about you two?** Joe > “Both Donna and myself have been to all 50 states. We also went together to 16 National Postmaster Conventions. We have been to 17 foreign countries together. One of the most memorable trips was a 12 day trip tour Germany, Austria, and Switzerland.



**Donna & Joe  
Ironside**

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## Is it time to start thinking about senior living?

Review this list to assess the level of safety for those in your own home and those you care about.

### Bathroom Safety

- Are you able to find the bathroom at night?
- Is the bathroom without clutter?
- Does the bathroom/shower have grab bars?
- Does the bathroom have a walk-in shower?
- Is there a non-slip bath/shower area?
- Is a shower chair being used?

### Home Safety

- Are the entries/exits to the home well lit?
- Is the trash being emptied when full?
- Are there working night lights throughout the home?
- Are there handrails located for all stairs including outside the home?
- Is there access to a phone or emergency call system easily accessible in all rooms?
- Are you able to safely do laundry?

# *From the River Bend Kitchen...*

## **INGREDIENTS**

- 1 (12 ounce) package breakfast sausage links
- 6 English muffins, cut into 1 in cubes
- 1/4 cup butter, melted
- 1 cup cheddar cheese, shredded
- 1 cup mozzarella cheese, shredded
- 1/2 cup chopped onion
- 1/2 cup chopped red pepper
- 12 eggs
- 2 cups milk
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 cup bacon bits

## **Easter Breakfast Casserole**



## **DIRECTIONS**

Cook sausage according to package directions. Cool slightly, cut into 1/4 inch slices. Place English muffin cubes in the bottom of a greased 13x9 dish. Drizzle with butter. Layer with sausage, cheese, onion and bell pepper. In a large bowl, combine the eggs, milk, salt and pepper. Pour over cheese. Sprinkle with bacon, cover and refrigerate overnight. 30 minutes before baking remove from fridge. Uncover and bake 350 for 45-50 minutes or until knife inserted in the center comes out clean. Let stand.

“RETURN SERVICE REQUESTED”

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