



Summer is almost here! It has been wonderful seeing our residents get out to enjoy the sunshine and warm temperatures. Summer will officially arrive on June 21st. That afternoon our residents will celebrate with a special summer kick-off party during happy hour. Our June is filled with excitement. We have two fishing trips scheduled to a local pond. We plan to enjoy some outdoor live music concerts, and have more summer fun in store. We are also gearing up to celebrate River Bend's 16th year Anniversary. Save the Date! On Sunday, July 31, we will have a noon meal followed by live music by Nutsy & Lori. Plan to bring the family and for the fun! All are invited and welcome! Our residents and staff are excited. Join us!



**HAPPY
FATHER'S
DAY**



Donuts with Dad

In honor of Father's Day we will celebrate all River Bend Dads on Friday, June 17th. Donuts, coffee and juice will be served at 9:30 AM

Family members planning to join us please RSVP by Wednesday June 15th. Call us at (563)852-5001



River Bend gardens have been planted!

Our gardens are planted and the flowers are blooming! It's been so nice to get out and enjoy the warm temperatures and fresh air. We planted tomatoes, peppers, beans, radishes, onions and of course some flowers to enjoy! Our courtyards are open and residents are ready for summer!



JUNE

Birthdays



Resident Birthdays

Paul Massey	June 3
Valerie Wanzer	June 27
Earl Fischer	June 28

Staff Birthdays

Jennifer Peiffer	June 9
Amanda McDowell	June 20

Staff Spotlight



Trisha Stoll, RN Healthcare Coordinator



On April 11, 2022 Trisha joined our River Bend family and we are so glad to have her here with us.

She brings a lot of experience and knowledge with her. She attended Kirkwood Community College for her RN and Chamberlain College of Nursing for her BSN. Trisha grew up in Monticello and continues to live there today with her family and two dogs. Trisha is very involved in the community and keeps busy year round attending her children's many sporting events and says that she prefers watching baseball the most and points out that this past spring was a very wet time to be a Soccer Mom. During the summer months Trisha enjoys spending time on the water. Her family can often be found boating and camping. She says she loves to read and will read just about any type of book. If you haven't had a chance to meet Trisha yet be sure to stop in her office to introduce yourself. She'd love to meet you!



Our Community is growing!

Current openings:

- Food Service Assistant -Full Time
- Food Server-Part Time
- Caregiver 2nd Shift

Apply online www.riverbendal.com/careers
For more information call Jill 563-852-5001



ALZHEIMER'S

awareness month

· june ·

“Alzheimer’s & Brain Awareness Month” is recognized each June to help raise awareness and show support for the millions of people worldwide living with Alzheimer’s or another form of dementia. It is estimated that one in 10 people age 65 and older has Alzheimer’s disease. It’s also an important time to recognize caregivers for the support they provide. There are a number of ways you can help the caregiver in your life and show appreciation. Spend some time with your loved one. Spend an hour or two and see what you can do to help them out around the house so they can take a nap, do laundry or simply sit down and relax.

“The Longest Day” on June 21, 2022— The Summer Solstice

“The Longest Day” signifies the challenging journey for those with Alzheimer’s and their caregivers, family members and friends. To quote the Alzheimer’s Association’s website: “Together, the strength of our light will outshine the darkness of Alzheimer’s - THE DAY WITH THE MOST LIGHT IS THE DAY WE FIGHT!™”

Resident Corner

Getting to know Jerry Williams

Where are you originally from? “I grew up in rural South-Central Nebraska. I attended grade school in rural Nebraska and received both my both my undergrad and graduate degree at the University of Nebraska.”

Where did you work? “I worked 25 years at the University of Nebraska & then 25 years at the University of Iowa.”

Were you married and can you tell me a little about your family?

“I was married to Marcella who passed away on December 3rd of 2003. I have one son, one daughter and eight grandchildren.”

What is your favorite dessert? “Pecan pie”

What is your favorite drink? “Coke Zero”

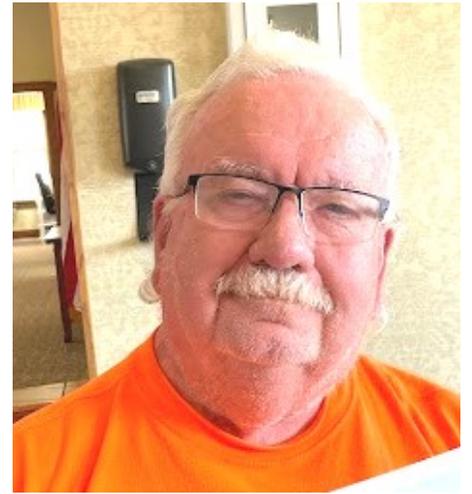
When did you move to River Bend? “On January 25, 2015”

What is your favorite activity or pastime (now or in the past)? “Past hobbies were fishing and hunting. Now I enjoy travel and spending time with my grandkids.”

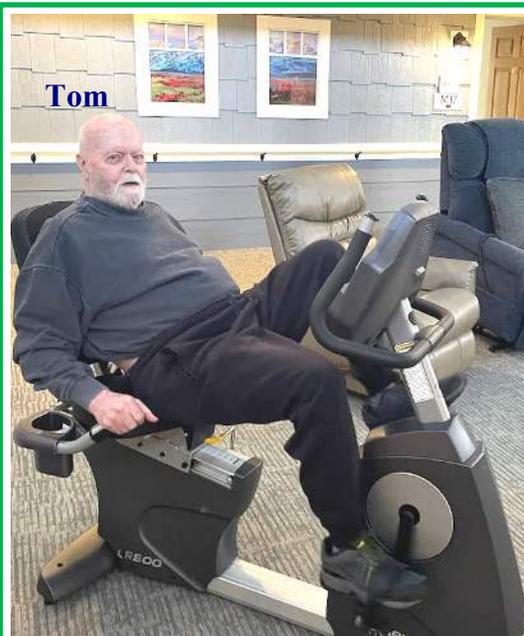
What brought you to Cascade? “Cascade is a lot like the small towns I lived in when I was a kid in Nebraska.”

What activities at River Bend are your favorite? “Bingo, happy hour, and playing euchre.”

What is a fun fact about you? “I have a stuffed buffalo head, stuffed wild hog head, and bearskin rug that all came from my own hunting trips.”

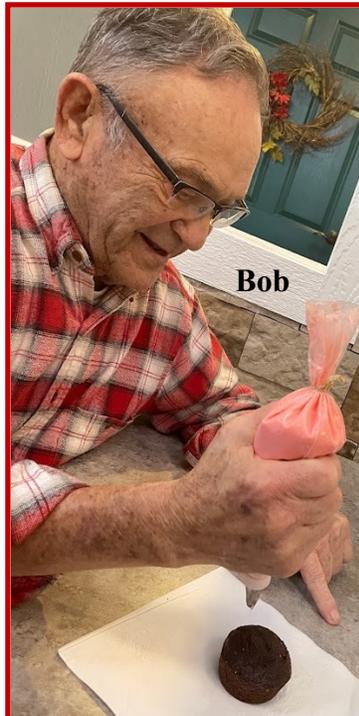


Jerry Williams



Tom

At River Bend we have many ways to stay fit and active. Exercise equipment, walking the halls and now that the weather is nice we can get outside in our courtyards.



Bob



Anita



Elaine R.



Karen, Jill, Loren, Shirley, Tori, and Tom

Cupcake Creations - Jill and Tori hosted a cupcake decorating class last month and the residents not only learned many new decorating tips but they also enjoyed the sweet treat when they finished.



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From the River Bend Kitchen...

RHUBARB MUFFINS



Ingredients

- 4 tablespoons unsalted butter, room temperature
- 1 cup packed light-brown sugar
- 1 large egg
- 3/4 cup low-fat buttermilk
- 2 cups all-purpose flour (spooned and leveled)
- 1 1/2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 1/2 cups rhubarb cut into 1/2-inch chunks
- 1 tablespoon granulated sugar

Instructions

Preheat oven to 375 degrees. With an electric mixer, beat together butter and brown sugar in a large bowl until smooth. Beat in egg; add buttermilk, and beat to combine. In a medium bowl, whisk together flour, baking powder, baking soda, and salt. Add to butter mixture; beat until smooth. Fold in rhubarb. Coat a standard (12-cup) muffin tin with cooking spray. Spoon mixture in dividing evenly among cups. Sprinkle with granulated sugar. Bake until a toothpick inserted in center of a muffin comes out clean, about 25 minutes.

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