

**River Bend
September Events
Open to the Public**

Bible Study

Saturday, Sept. 10th @ 9:00 AM

Saturday, Sept. 17th @ 9:00 AM

Saturday, Sept. 24th @ 9:00 AM

Community BINGO

Sunday, September 11th

1:00 - 3:00 PM

Irish Dancers

Tuesday, Sept 13th @ 1:30 PM

Euchre Tournament

Wednesday, Sept. 14th @ 1:00 PM

Open House Ice Cream Social

Wednesday, September 14th

5:00 - 7:00 PM

Live Music

By David Smith

Friday, Sept. 16th @ 10 AM

Worship & Music

Hosted by: Cornerstone Church

Tuesday, Sept. 19th @ 1:30 PM

Catholic Mass Schedule

Saturday, Sept. 3rd @ 2:45 PM

Thursday, Sept. 8th @ 10:15 AM

Thursday, Sept. 15th @ 10:15 AM

Saturday, Sept. 17th @ 2:45 PM

Thursday, Sept. 22nd @ 10:45 AM

**National Assisted Living Week 2022
September 11-17**

We are very excited to be celebrating National Assisted Living week at River Bend. Unless you know someone who lives in an assisted living community, you may not be familiar with why we celebrate and what it's all about! National Assisted Living Week serves as a time for these communities to host special events to highlight their services, employees and our residents.

National Assisted Living Week helps to fight any stigmas that people may have about choosing to reside in a place other than the home they have lived in for years. Thanks to National Assisted Living Week many people find that these communities are a great housing options. Each year Assisted Living week has its own theme.

This year's theme is "Joyful Moments." We invite you to attend some of the events we have planned at River Bend that week. We plan to kick off the week Sunday, September 11th with Community BINGO from 1-3 PM. Join us for an afternoon of fun and fellowship! Another great chance to drop in for a visit will be Wednesday, September 14th from 5 -7 PM.

That night we will host an ice-cream social. We hope to see many of our River Bend friends and family members there at these events. Be sure to follow us on our Facebook

page for more fun and photos!



joyful moments



Resident Birthdays

Connie Wagner Sept. 1
 Trudy Kurt Sept. 2
 Margie McDermott Sept. 6
 JoAnn McClimon Sept. 21
 Ruth Orr Sept. 27



Staff Birthdays

Bekka Marban Sept. 17
 Payton Jaeger Sept. 19
 Alexis Smothers Sept. 19
 Tammie Paulson Sept. 21
 Elizabeth Gibbs Sept. 30

Staff Spotlight

Devon Scheffert
Dietary Aide



In February 2021 Devon joined our kitchen staff as a part time Dietary Aide. He grew up in Dubuque and went to Senior High School. He moved to Cascade about three years ago. Devon lives close enough that he can walk to work and he says “I enjoys the walk and fresh air.” Devon says his favorite way to spend his free time outside of work is playing video games. Devon has 2 dogs; Frankie and Charlotte.



First Day of Fall

Thursday, September 22nd



**Our Community is growing!
 Join the family!**

**Immediate openings
 Kitchen Staff
 & 2nd Shift Caregivers**

Apply online
www.riverbendal.com/careers



Sunday 11 Community BINGO 1:00 - 3 PM
Monday 12 Show & Share What brings you JOY 1:30 PM

Tuesday 13 JMJ Irish Dancers 1:30 PM
Wednesday 14 Euchre Tournament 1 PM
 Ice Cream Social 5 PM - 7 PM

Thursday 15 Word & Communion 10:15 AM
Friday 16 Music with Dave Smith 10 AM



All events open to the public

joyful moments

National Assisted Living Week ~ September 11-17, 2022

Resident Corner: Getting to know Paul Massey

Where are you originally from? “I was born and raised in Dubuque and moved to Farley after getting married. Farley is where we lived till we moved to River Bend.”

Tell me a bit about your family. “My late wife’s name was Kathleen “Katie” Kress. She was a wonderful nurse, wife and mom. We have two boys and two girls; Mike, Molly, Mary Kay, and Mark. Each of them now are married with 3 kids each so I have 12 grandkids and the great grandkids keep coming!”

What was your occupation? “I joined the Marine Core and served for four years. I was a cook. I served in San Diego, Korea, Japan, and the Philippines. After that I worked at John Deere for over 30 years.

What is your favorite treat? “I like Ice-cream and candy.”

What is your favorite activity or pastime now or in the past? “Well... before moving to River Bend I would say I liked to bowl. I was on many leagues over the years. As far as pastimes now.. I enjoy sitting outside and enjoying nice weather whenever I can. I took about 5 years off of this but I just started going to the Dimond Jo now and then. I win some and loose some. On Fridays I like to go to Dirty Earnies in Farley for a Velvet and Coke and then we go out to dinner. I really look forward to my Fridays.”



Paul Massey

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 can be added to your individualized service plan.

- 3 meals served daily
- 24 hour compassionate staff
- Emergency pendants
- All utilities/except phone
- Valet parking
- Garages available
- Housekeeping
- Laundry
- Local transportation
- Cable TV
- Hospitality
- Daily Activities



Free Admission

2022 SENIOR EXPO

Thursday, September 22nd
9:00 am – Noon

Dubuque County Fairgrounds

Community Helping Community

Special appearance by Bernie the St. Bernard and Dubuque Police Department

Over 30 Vendors
Door Prizes
Live Radio Broadcast
and more...

First 100 attendees will receive a gift bag

HOSTED BY:

  

From the River Bend Kitchen.....

Apple Hand Pies

Ingredients

21 ounces apple pie filling store bought or homemade
1 tablespoon cinnamon
1 package pie crust (2 crusts) store bought or homemade
1 egg
1 teaspoon milk

Instructions

Preheat oven to 425°F.

Chop apple pie filling into small pieces and mix with cinnamon.

Beat the egg with milk until combined.

Roll out the pie dough to 1/8" thick and using a 4-inch circle cutter, cut out 10 inch circles.

Add 1 1/2 tablespoons of the apple pie filling to each circle.

Brush egg wash around the edges and fold over the dough making a half circle.

Use a fork to crimp the edges firmly together. Make two slits on the top of the pie.

Brush with the remaining egg wash and bake for 12 minutes.



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