

December Events



Bible Study with Fr. Mark

December 3rd, 10th, and 17th
@ 9 AM

Worship & Music

Hosted by: Cornerstone Church
Monday, Dec. 5th @ 1:30 PM

Piano by Cara Bertling

Friday, Dec. 9th @ 10 AM

Live Music

David Smith & Family
Wednesday, Dec. 21st
@ 1:30 PM

Santa Visits

Sunday, Dec. 11 @ 1-3 PM

Catholic Mass Schedule

Saturday, Dec. 3 @ 2:45 PM
Thursday, Dec. 8 @ 10:15 AM
Saturday, Dec. 17 @ 2:45 PM
Thursday, Dec. 22 @ 10:15 AM

Holiday Doorway

Decorating Contest Voting

Vote for your favorite
apartment doorway display.
Voting opens Dec. 19th and
ends Dec. 26th.

Gearing up for the holidays

December always seems to go by so fast. There is the hustle and bustle of holiday preparations in the air. Decorations go up and the Christmas carolers visit us! There is a reason many call it “the most wonderful time of the year!” Our building will be decked out for Christmas with many trees and decorations. If you have Facebook be sure to follow us for pictures of all the festive fun we are having here at River Bend. We have lots of fun planned and hope that it is a season filled with peace and joy!

Take time this month to send a card or letter to someone you think might be lonely this time of year. Sometimes the little gestures make the biggest difference for people. All of us at River Bend want to wish you and yours a blessed holiday!



Sarah Boyle put on a wonderful show for us last month.





Resident Birthdays

Elaine Brown	December 11
Loren Eilers	December 14
Mary Crispo	December 18
Tom McLees	December 22
Ed Kleitsch	December 22
Madonna Eisele	December 24

Staff Birthdays

Gracie Tuel	December 26
Anna Landa	December 30

**Happy 66th
Wedding
Anniversary
Frank & Mary
(Boots) Martin
Married
December 1st, 1965**



Staff Spotlight

Vicky Roepke Food Service Coordinator



In October of this year Vicky officially joined our team as the Food Service Coordinator. She has been with the Callahan Properties since 2013. She is a familiar face to us as she has spent time here as a substitute cook over the years, but now we are lucky enough to have her here full time. Vicky says she enjoys making desserts the most, but can cook about anything and is always up for a new challenge. When not at work Vicky says her hobbies are kayaking, going to concerts, and watching football. Her favorite teams are the Los Angeles Chargers and the Iowa Hawkeyes. She currently lives in Saint Catherine, but grew up in East Dubuque. She has a Himalayan cat named Brat. She said "I am enjoying getting to know the staff and residents here at River Bend and they are making me feel welcome."

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. With the holidays upon us many of are hosting guests. After all 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 preparation safe is to wash your hands often. In fact, since that's a great way to prevent illnesses like the common cold or stomach flu, why not wash your hands or use hand sanitizer just before you eat as well. Hand sanitizer is available at the entrance of our dining room for your convenience!



Resident Corner

Your chance to get to know Paul Staner

Where are you originally from? “I grew up in Gerry Owen, IA, and my wife Janet and I farmed for many years there. It’s where we raised our family as well.”

What is your favorite kind of music? “Western”

What is your favorite snack? “Cookies - I have a bit of a sweet tooth. It’s also well known that my favorite dessert is pecan pie.”

What is your favorite drink? “Pepsi”

What is your favorite holiday? “I’d say Christmas because I get to see a lot of family members during that time of year.”

What was your Occupation? “I served the Army in the Korean War and farmed.”

What is your favorite activity or pastime? “I enjoy playing euchre, reading, and jigsaw puzzles.”

Tell me a bit about your family. I have 6 Children; Melvin, Loris Donnie, Sharon, Margie, and Linda. I have 23 grandchildren and 33 great-grandchildren.

What do you like about River Bend? “I enjoy the other residents and staff. We have a bunch of great people here.”

What is your favorite outing? “Going to Grace’s place.”



Earl F. & Trudy smile as they exercise!
Chair exercise is offered 3 mornings a week here at River Bend. We stay fit and active year round!



From the River Bend Kitchen...



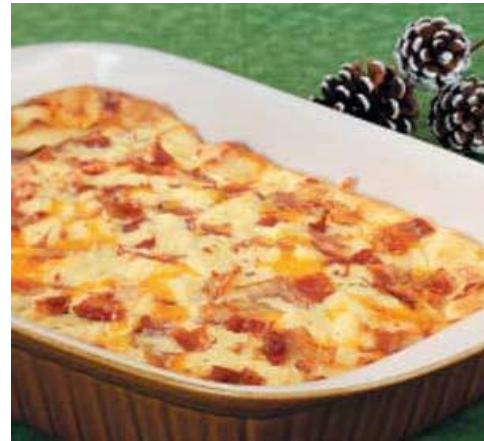
CHRISTMAS MORNING BREAKFAST CASSEROLE

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Ingredients

- 7 slices white bread, crusts removed and cubed
- 2 cups shredded cheddar cheese
- 6 large eggs, lightly beaten
- 3 cups 2% milk
- 1 teaspoon ground mustard
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 1/2 cup ham cubed



Directions

In a greased 11x7-in. baking dish, combine the bread cubes and cheese. In a large bowl, whisk the eggs, milk, mustard, salt and pepper; pour over bread and cheese. Spread ham evenly over top. Cover and refrigerate overnight. Remove from the refrigerator 30 minutes before baking. Bake, uncovered, at 350° for 50-55 minutes or until a knife inserted in the center comes out clean. Let stand 10 minutes before serving.



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