



February
Events
Open to the
Public

Bible Study

Every Saturday @ 9:00 AM

Worship & Music

Hosted by:

Cornerstone Church

Monday, Feb. 6th @ 1:30 PM

Piano in the Chapel

by **Cara Bertling**

Thursday, Feb. 16th

@ 10:15 AM

Live Music

With Janet Leib

Friday, Feb. 24th 10:00 AM

Fitness Fridays

Chair Exercise with us!

Feb. 3, 10, 17 @ 10:30 AM

Catholic Mass Schedule

Saturday, Feb. 4th @ 2:45 PM

Thursday, Feb. 9th @ 10:15 AM

Saturday, Feb. 18th @ 2:45 PM

Wednesday, Feb. 22nd @ 1:30 PM

The Month of Love

February often brings to mind valentines, hearts, and, of course, chocolates! It seems at River Bend most everyone who lives and works here loves chocolate! Valentine's Day gives us a nice chance to drop a card in the mail to let loved ones know we are thinking about them. Since the winter weather keeps us inside more remember that almost everyone, no matter their age, loves to get mail. It can brighten the grayest of days! Why not take a minute and send a card out today? It does not need to be a valentines or even a store-bought card. Just a simple note to send love and well wishes can make someone's whole week!

With these snowy and cold days it's nice to have something to look forward to. We do have lots of excitement planned here at River Bend to celebrate this "Month of Love." Our residents will enjoy a very special Valentine's Day Dinner on Tuesday, February 14th with steak, shrimp, wine, and more! This will be followed by the crowning of our Valentine King & Queen which has become a fun River Bend tradition.



Maureen, Theresa, and Elaine T.

Kay W.



Resident Birthdays

Earl Mc Dermott	February 11
Nancy Rummens	February 12
Mary (Boots) Martin	February 16
Bob Rummens	February 18
Berdena Miller	February 25

Staff Birthdays

Devon Scheffart	February 2
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On January, 18th 2022 we warmed thing up and chased away the winter blues with some Hawaiian FUN for our staff and residents. Everyone enjoyed Hawaiian punch, Hawaiian meatballs, Hawaiian trivia, and lots of laughs too!

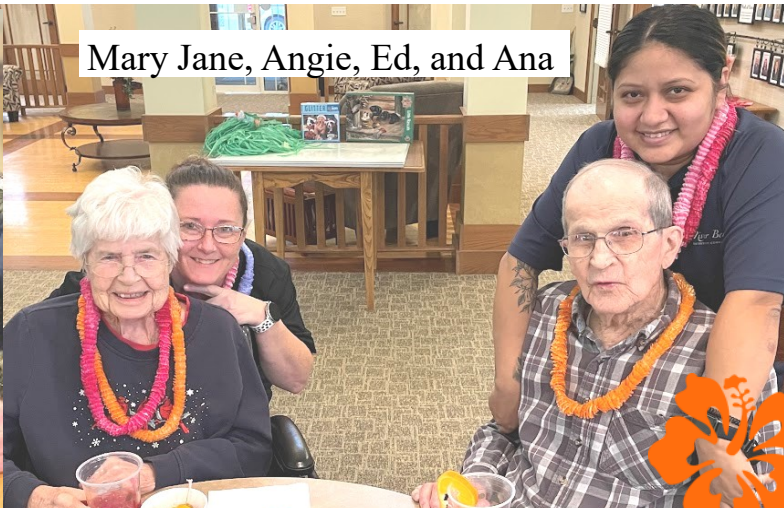
Eugene



Joe



Mary Jane, Angie, Ed, and Ana



Staff Spotlight



Annette Pote
Activity Coordinator
(part time/ substitute)



Annette jumped into the temporary spot as substitute Activity Coordinator and we are grateful to have her smile here. She brings loads of experience and fun to the building. Annette said “ I grew up in Perry, IA living there most all of my life. Then I met a great guy and moved three and a half hours to be here with him. I have been in Monticello since July 2021. I’m so glad I saw this job posting on Facebook. love it here. River Bend has amazing staff and residents and it is a beautiful place to work!” We have learned that Annette’s has a knack for decorating and crafting. This was a big help when it came to Christmas decorating at River Bend this past season! She says “I love to turn junk into decor. My hobbies include hitting up junk/ thrift stores, decorating, and painting.”



Resident Corner

Your chance to get to know Rosie Smith, a River Bend Resident since March of 2019.

Hometown: Cascade, IA

Previous Occupation: Worked for Stanley Home Product as a Salesperson for over 30 years and won all-expense-paid trips to New York and Washington DC. Also was a Housewife/Mother of Five children: David, Ed, Dan, Diane, and Amy

Favorite color: Blue

Favorite Food: Chocolate & mashed potatoes

Favorite Holiday: Christmas

Favorite Musical Artist: “My family of musicians, David Smith (son), and Bing Crosby”

Advice for youth: “Always be honest. Be faithful. Be true and kind. Honor your father and mother.”



Rosie Smith

We're
HIRING

Our community has grown and now we need to add to our care staff and kitchen staff. We have some full and part time positions open. Call River Bend or apply online.

Phone (563)852-5001

www.riverbendal.com/careers

Fitness Fridays at River Bend!

We will host Chair Exercise at River Bend on the following Friday dates February 3, 10, and 17 @ 10:30 AM



Open to the Public!

February 2nd

Groundhog Day



FUN FACT: Germans Settlers, whose tradition said a badger would walk out of its hole if there was snow but retreat back inside if the sun was out, brought this custom to the United States. The Pennsylvania Dutch gave it their own twist by replacing badgers with groundhogs. In 1887, watching for Punxsutawney Phil became an official and yearly event.

Smashburger Sliders

Ingredients

- 1 teaspoon olive oil
- 1/2 onion (diced)
- 1 pound ground beef
- 1 packet onion soup mix powder
- 2 tablespoons mayonnaise
- 12 slices of cheddar cheese
- salt and pepper (optional)
- 12 pack of dinner rolls




Instructions:

Preheat oven to 350°F. Grease or line the baking sheet with baking paper. Heat the oil in a nonstick frying pan over medium heat, add onions and cook to soften. Add ground beef and cook fully. Remove from heat & drain. Mix in the onion soup packet and mayonnaise. Add salt & pepper for seasoning. Cut the buns in half. Place the bottom half of the rolls onto the tray, and add a layer of cheese, then top with an even layer of ground beef. Cover the meat with another layer of sliced cheese. Place the tops of the buns with the cut side down on the tray and brush the tops with melted butter. Bake for 15 - 20 minutes or until the cheese has melted and the tops are golden. Enjoy!

..RETURN SERVICE REQUESTED..

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River Bend 
 RETIREMENT COMMUNITY
 813 Tyler Street NE
 Cascade, IA 52033