

January
Events
Open to
the Public



Bible Study
With Fr. Mark

Every Saturday @ 9:00 AM

Worship & Music

Hosted by:
Cornerstone Church
Monday, Jan. 2 @ 1:30 PM

Live Music

Todd Hagen
Wednesday, Jan. 11 @ 1:30 PM

Catholic Mass Schedule

Saturday, Jan. 7 @ 2:45 PM
Thursday, Jan. 12 @ 10:15 AM
Saturday, Jan. 21 @ 2:45 PM
Thursday, Jan. 26 @ 10:15 AM



We wish you a **HAPPY 2023** with new beginnings, fresh starts, reaffirmations of love and promises for a brighter future all come to mind as we ring in a New Year. There are the superficial, yet purposeful, promises we make to ourselves. Many people resolve to get in shape, lose weight and such. Then, some will make heartfelt promises to others, whether aloud or in our minds. We want to care more, express love more, reverse bad feelings in old relationships or seek out new loving relationships. Though New Years can be a time of celebration and cheer, there are many people who are facing difficult circumstances. They may be entering this time of year with apprehension or anxiety. If that's the case for anyone in your circle of friends or family, you can reach out and be an encouragement by wishing them the best for the upcoming year. If your loved ones are experiencing favorable circumstances, you can wish them continued success. Whether you live nearby or far away, you can send heartfelt wishes for happiness, health, and prosperity to those who mean the most to you at this special time of year. A new year is like a blank book, and the pen is in your hands. It is your chance to write a beautiful story for yourself. **Happy New Year and blessings to all!**



Happy
Anniversary

♥ Rollie & Theresa Stecklein
Married January 3, 1955

♥ Dave & Kay McNally
Married January 24, 1959



Resident Birthdays

Audrey Miles	January 3
Tom (Doc) White	January 6
Elaine Tracey	January 8
Kenny Trenkamp	January 8
Shirley Curoe	January 11
Joe Ironside	January 13
Anna Askam	January 14
Mary McDermott	January 22
Kay McNally	January 24

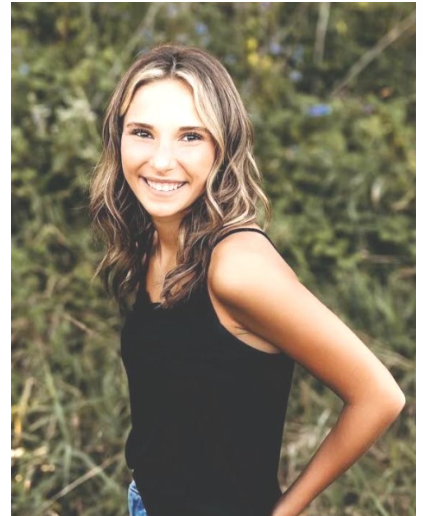
Staff Birthdays

Cindy Lynch	January 5
Leah Maus	January 8
Donna Wood	January 18
Maggie McKone	January 24
Trisha Stoll	January 24
Lisa Manternach	January 30

Staff Spotlight



Leah Maus Universal Worker



Leah is a Senior this year at Western Dubuque High School. She is the daughter of Bill and Angie Maus and has one sister, Kayla, and a soon to be brother-in-law, Dylan. The Maus family has 2 cats named Dixie and Eddie and they live in Peosta. Leah says her favorite snack is dill pickles and she is a Kansas City Chiefs fan. Leah started at River Bend in July of 2021. When she is not at work or in school she enjoys time with her friends and family or going shopping. After graduation Leah plans to attend NICC for Nursing. Leah said “I really like the staff and residents at River Bend. There is a small town feel here!”



Grace

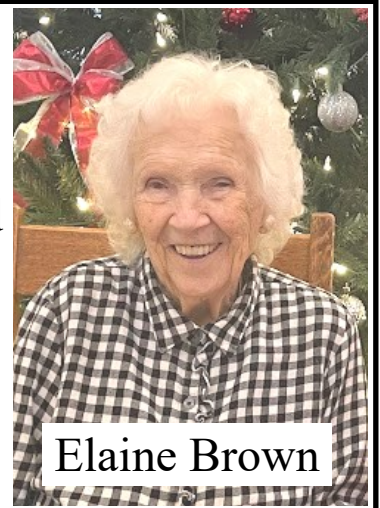
On Sunday Dec. 11, 2022 Santa made a stop at River Bend. We enjoyed the visit and Santa made his way around to visit young and old to hear their wish lists.



Daisy May

Resident Corner

Elaine Brown has been a River Bend Resident since August of 2018. On December 11th, 2022 she celebrated her 99th Birthday. Elaine keeps very active at River Bend participating in many of the daily activities offered. She says she enjoys chair exercise, trivia, and live music the most. She is best know for the many years she spent as a school teacher. Elaine says she enjoys reading the newspaper each day and reading books. Elaine also is an accomplished author of her very own book “*Memoir of an Iowa Girl.*”



When asked what keeps her young Elaine says “ I think keeping active and moving is what keeps me going. No use in just sitting around. I like to visit with my neighbors and love visitors too.”

Fight Off Winter Sickness!

We are more vulnerable to catching a cold or flu in the winter due to spending more time indoors and around others who may be sick. The most common way to pass on sickness is through hand contact, contaminated surfaces, and contact with an infected person’s mucus or saliva. The most common sickness are: Common Cold, Stomach Flu (norovirus), and Flu (Influenza).



Cold symptoms come on gradually, and can cause stuffy or runny nose, sneezing, cough, scratchy throat, and/or watery eyes.

Stomach Flu comes on suddenly and can last for several days. The most common symptoms are nausea, vomiting, and diarrhea.

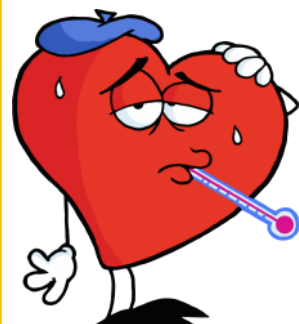
Influenza symptoms come on suddenly and last longer. Flu can cause fever, headache, chills, dry cough, body aches, and fatigue. You can also experience cold symptoms with the flu.

Practice healthy habits to prevent illness:

- Wash your hands often, especially after using the bathroom & before eating.
- Avoid touching your eyes, nose, or mouth with unclean hands.
- Drink water throughout the day, every day.

- Eat a balanced diet and stay active.

- Take walks in the halls or join an exercise class!



If you do become ill, increase fluids and take time to rest. Cover your mouth with your sleeve or a tissue when you cough or sneeze to prevent spreading illness. It is recommended you stay in your apartment for 24 hours after having a fever, vomiting, or diarrhea. Notify the nursing staff as soon as you have symptoms.

A Favorite From the River Bend Kitchen...

Simple & Easy

3 Ingredient

Peanut Butter Cookies

Ingredients

1 cup sugar

1 cup peanut butter

1 egg

Instructions

Preheat the oven to 350 degrees. Stir the ingredients together until smooth. Scoop onto a parchment lined baking sheet. (Roll into 1" balls with your hands, if you do not have a scoop.) Press down with the back of a fork and then press again from the opposite direction, to form the crisscross pattern on top.

These cookies will not spread at all. You can bake the full recipe on a single tray if you would like. Bake for 12 minutes and then let cool on the tray for 1-2 minutes before removing to a wire rack to finish cooling. Store in an airtight container. Enjoy!



Like us on Facebook!



..RETURN SERVICE REQUESTED..

PRRST STD
US POSTAGE PAID
CASCADE, IA
PERMIT NO 14

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