

**April Events  
Open to the Public**

**Bible Study**  
Every Saturday @ 9:00 AM

**Fitness Fridays  
Chair Exercise with us!**  
April 14, 21, & 28 @ 10:30 AM

**Worship & Music**  
Hosted by:  
Cornerstone Church  
Monday, April 3rd @ 1:30 PM

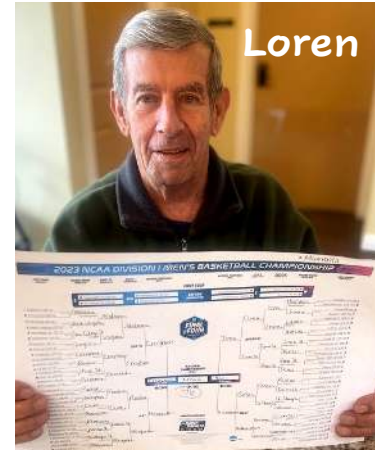
**Live Music**  
Darlene Meyer  
Tuesday, April 11th @ 1:30 PM

**Catholic Mass Schedule**  
Saturday, April 1st @ 2:45 PM  
Thursday, April 7th @ 10:15 AM  
Saturday, April 15th @ 2:45 PM  
Thursday, April 27th @ 10:15 AM

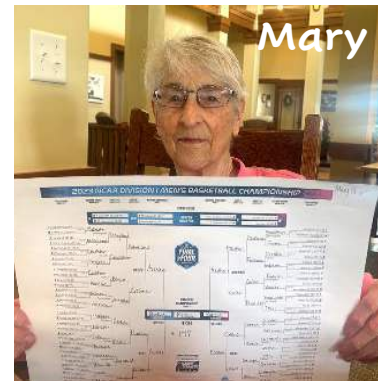


**MARCH  
MADNESS**

Basketball is a well loved sport at River Bend! Many residents have taken an extra special interest and have entered a bracket to our “pool!” This is the second year we’ve done this fun activity together! We’ll continue to watch the tournament and then find out who our big winner is on Monday, April 3rd.



Loren



Mary



**Cute as a Button!**

River Bend residents enjoyed craft time and the chance to get creative turning buttons into flower arrangements! We placed them on dining room tables as centerpieces to enjoy all season long!



Karen



Jean



Ida



Kay

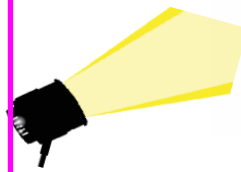


### Resident Birthdays

Rita Kleitsch	April 4
Thomas Oeschger	April 8
Rita Kauder	April 9

### Staff Birthdays

Cynthia Martinez	April 6
K'Tia Gudenkauf	April 18
Vicky Roepke	April 22
Sherry Menke	April 27
Madison Morgan	April 28



## Staff Spotlight



**Jaelyn  
Graver**  
Caregiver

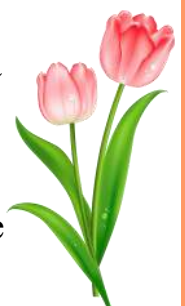
This month Jaelyn will celebrate her first year anniversary as a Caregiver at River Bend. She is the daughter of Dawn and Greg Graver of Monticello. She has one brother, Reeve, and one sister, Elle. Jaelyn has a five pound Yorkipoo who she claims as her “child.” His name is Parker. Next time you see Jaelyn ask her to show you a photo of Parker. She is a very proud dog mom. Jaelyn has lived in Monticello her whole life and graduated from Monticello High School in 2021. Parasailing in Fort Myers, Florida has been one of her favorite adventures and she plans to do more traveling in the future. She also loves to cheer on the Iowa Hawkeyes. A fun fact about Jaelyn; her favorite color is black, but don’t let that fool you. Jaelyn is a ray of sunshine and can brighten any room with her cheery attitude!

### **April is National Gardening Month! Don’t give up on gardening....**

**Stay connected with nature!** April means spring and spring means a chance to celebrate new life.. Tulips, daffodils and lilacs are just some of the flowers you might see blooming this month.

**It’s about going back to your roots!** There’s nothing quite like digging in the dirt to plant a seed, and then watching it take root and sprout.

**It’s a great excuse to get some Vitamin D!** Our bodies produce Vitamin D as a response to the sunlight, so being out in the garden means getting some good stuff flowing through your system. Vitamin D has all kinds of great health benefits like helping with weight loss and bone development, and improving the immune system. However, don’t forget sunscreen!





# Resident Corner

Getting to know Ed Kleitsch the best-looking 101-year old-man around! 😊

Where are you originally from? “Walker, IA”

Tell me a bit about your family. “I married Dolores Rogers in 1947. We have four boys: Steve, Dave, Marv, and Gary, and one daughter; Sharon. We have 11 grandchildren & 26 great-grandkids.”

What is your favorite type of music? “Big Band & Country Western”

What is your favorite treat? “Lemon cake “

What is your favorite drink? “Wine”

What was your occupation? “I have always farmed.”

When did you move to River Bend? “March 11th, 2021”

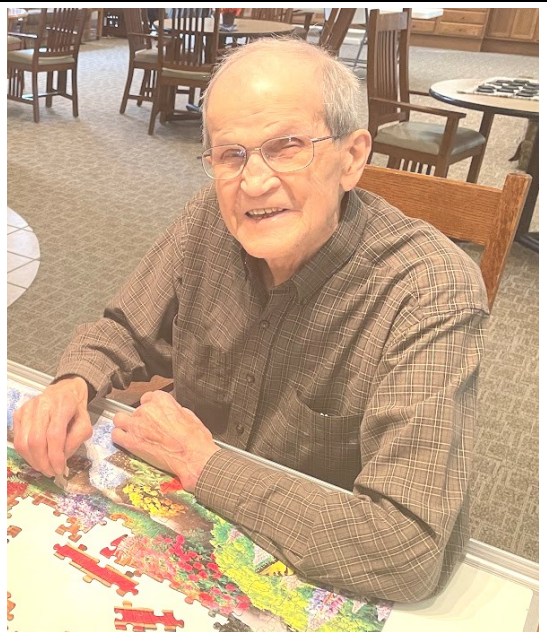
What do you like about living at River Bend? “I don’t have to do a thing! Everybody here is so nice.”

What are some of your favorite activities to participate in at River Bend?  
“I like to play euchre and bingo!”

What is your favorite pastime (now or in the past)?

“In the past I’d say dancing and now...puzzles and cards.”

What is a fun fact about you? “I used to do woodworking.”



**Ed Kleitsch**



**Our Community has Grown!**  
**Caregivers - Part Time**  
**Dayshift**  
**Kitchen Cook - Part Time**  
**Afternoon / Early Evenings**



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## Is it time to start thinking about senior living?

Review this list to assess the level of safety for those in your own home and those you care about.

### Bathroom Safety

- Are you able to find the bathroom at night?
- Is the bathroom without clutter?
- Does the bathroom/shower have grab bars?
- Does the bathroom have a walk-in shower?
- Is there a non-slip bath/shower area?
- Is a shower chair being used?

### Home Safety

- Are the entries/exits to the home well lit?
- Is the trash being emptied when full?
- Are there working night lights throughout the home?
- Are there handrails located for all stairs including outside the home?
- Is there access to a phone or emergency call system easily accessible in all rooms?

## *From the River Bend Kitchen...*

### **INGREDIENTS**

7 cups of potatoes diced  
1 medium onion diced  
1 large carrot chopped  
2-3 cups ham diced  
2 teaspoons of parsley  
1 teaspoon of thyme leaves  
5 cups chicken broth  
1 cup milk  
1/2 cup sour cream

### **Easy Ham & Potato Soup in the Crock Pot**




### **DIRECTIONS**

Add diced potatoes, onion, carrot, ham, thyme, parsley, pepper & broth to a crock pot. Cook on low 7 hours, or high 3 hours. Remove 2-3 cups of the potatoes/carrots and mash, then return the mashed mixture to the crock pot. Add milk and sour cream. Stir and cook an additional 15 minutes. Add pepper to taste. Makes twelve 1-cup servings. Add salt & pepper to taste.

“RETURN SERVICE REQUESTED”

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