

**May Events
Open to the
Public**

Bible Study

Every Saturday @
9:00 AM

**Fitness Fridays
Chair Exercise
with us!**

May 5, 12, 19, &
26th @ 10:30 AM

Worship & Music

Hosted by:
Cornerstone Church
Monday, May 1st @
1:30 PM

Live Music

Sarah Boyle
May 3rd @ 2:30
Janet Lieb
May 31st @1:30

**Catholic Mass
Schedule**

Saturday, May 6th
@ 2:45 PM
Thursday, May 11th
@ 10:15 AM
Saturday, May 20th
@ 2:45 PM
Thursday, May 25th
@ 10:15 AM



We are so happy to see the grass get greener and the trees budding! We will be planting our flower pots and vegetable gardens soon! It's always fun to see what we can get to grow and enjoy the harvest as well.



*Happy Mother's Day
Sunday, May 14th 2023!*

*We will celebrate here at
River Bend with a tea party on 5/10/2023
At 1:30 PM*

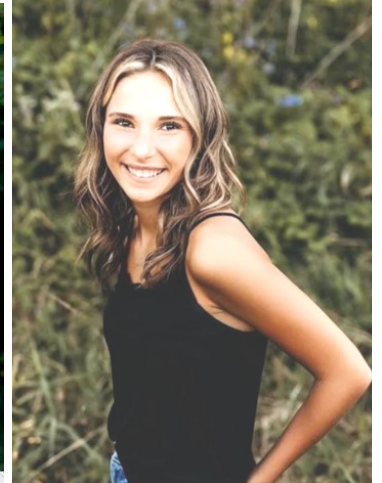
Salute to our Graduates! We want to congratulate these three River Bend employees on their graduation from high school. We wish them all the best!



Joe Stoll is a Monticello High School graduate. He will attend Kirkwood for their Computer Support Specialist program.



Nia Burnett is a graduate of Maquoketa Valley High School. She will attend the University of Dubuque for her BN and then continue to Clarke to become a Nurse Practitioner.



Leah Maus is a Western Dubuque graduate, and Leah will attend NICC for Nursing.



Staff Birthdays

Jen Rhomberg	May 12
Annette Pote	May 15
Tori Callahan	May 17
Jaelyn Graver	May 24
Angie Finzel	May 25

Resident Birthdays

Daisy May Rickels	May 1
Diane Gehring	May 3
Maureen Menster	May 9
Kenny Neumann	May 18
Richard Heitz	May 24
Mary Neiers	May 29



Enjoy your special day!

*John & Elaine Tracey
Celebrating 65 years!
Married May 17, 1958*



*Bob & Nancy Rummens
celebrating 67 years!
Married May 26, 1956*



Staff Spotlight

**Lisa
Manternach**
*Kitchen Assistant
Universal Worker
Medication Manager*



In August of 2022 Lisa joined our River Bend team as a Universal Worker. Lisa is a Cascade native. She attended Cascade High School, Kirkwood and the University of Platteville. Lisa moved to Texas for a couple of years before landing back in Cascade. She says she prefers being close to family! Lisa has 4 children; Tanya, Brooke, Paula, and Jake. She has five grandchildren; Lydia, Kiley, Conner, Lennox, and Hazel. Most recently Lisa has taken on a new role in the kitchen as our Kitchen Assistant. She says her personal favorite foods are homemade soups and taco salads. Lisa's hidden talent is that she can play both the flute and saxophone.

We would love your feedback!

Leaving us a review is easy!

You can do it with any Smartphone!

Simply follow these steps!

- 1) Open the camera app on your phone
- 2) Point the camera at the QR code
- 3) Tap the link that appears at the top of the screen
- 4) Sign in to your Gmail account
- 5) Scroll over and select REVIEWS and leave your comments!

Thank you!



Resident Corner

Dave and Kay McNally were classmates in grade school and high school but did not date until after graduating high school. The couple got married on January 24, 1959 which was also Kay's 21st birthday. They celebrated their 64th year this past January. They have three children; Mike, Jan, and Todd and have six grandchildren. Their hobbies together include visiting friends and family and watching sports on TV. Their favorites include NASCAR racing and Cubs baseball. Kay and Dave also enjoy watching game shows and talk shows on TV together. When it comes to music they like country western the best. Since moving to River Bend in January of 2023 they have enjoyed attending rosary and mass in our chapel and playing BINGO and some Euchre too now and then.



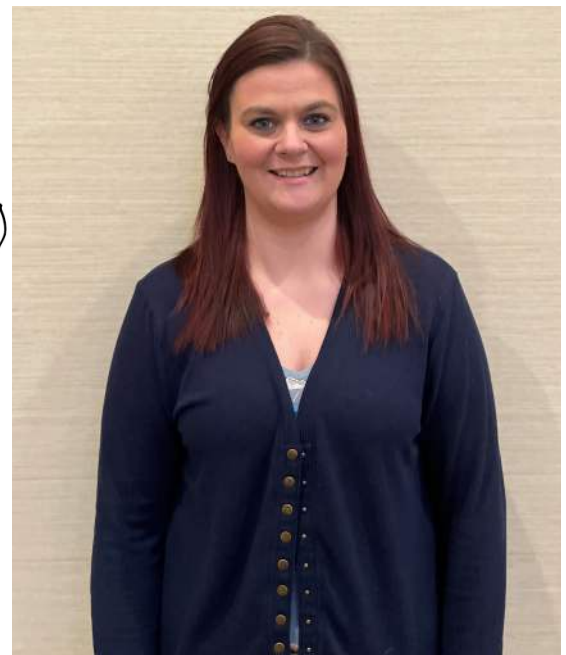
Dave & Kay McNally

National Nurses Week

We are very Blessed at River Bend to have two wonderful nurses, Maggie and Trisha, caring for our community each and every day of the year. We will celebrate National Nurses Week which begins on May 6th and ends on May 12th in honor of Florence Nightingale's Birthday. Take time to thank the special nurses in your life. We want to acknowledge and thank our special nurses at River Bend pictured below.



Maggie McKone, RN
Director of Nursing



Trisha Stoll, RN
Healthcare Coordinator

From the River Bend Kitchen....

SIMPLE LEMON FRUIT DIP

Ingredients

- 1 3.4 oz box instant lemon pudding mix
- 1 cup cold milk
- 2 6oz containers of lemon yogurt
- 1/2 8oz tub of whipped topping thawed
- Fruit and/or Vanilla Wafers for dipping

Instructions

1. Whisk together the pudding mix and milk in a large bowl. Let sit for 1 minute to thicken a bit.
2. Whisk the yogurt and fold in the whipped topping with a spatula.
3. Serve with cut up fruit and/or vanilla wafers



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