

River Bend July Events Open to the Public

Bible Study with Fr. Mark
Every Saturday @ 9:00 AM

Worship & Music
July 3rd @ 1:30 PM
Hosted by:
Cornerstone Church

**Education Presentation
with Bluestone Therapy**
July 6th @ 10:30 AM

**Live Music with
Dave Smith**
July 7th @ 1:30 PM

**Piano in the Chapel
With Cara Bertling**
July 28th @ 10:00 AM

**River Bend Chapel
Catholic Mass Schedule**

Saturday, July 1st @ 2:45 PM
Thursday, July 13th @ 10:15 AM
Saturday, July 15th @ 2:45 PM
Thursday, July 27th @ 10:15 AM

Summer Fun at River Bend



4th of July decorations. Theresa and Elaine R. show off their craft. We have the whole River Bend building decked out in red, white, and blue!



Janice (below) joins the fun and paints. We love to get crafty and decorate the building for all to enjoy!



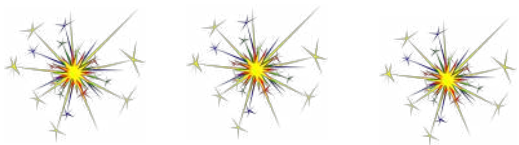
Cheers to Dad! We enjoyed a Father's Day Happy Hour! Tom (above) golfing and Ed (below) with his three sons.





Resident Birthdays

Donna Grawe	July 4
Joan Kauder	July 28
Kelly Sullivan	July 29



Employee Birthdays

Audrey Kremer	July 15
Jill Koopmann	July 25
John Beringer	July 28

Staff Spotlight

Natalie Merritt Housekeeper/ Laundry Aide



Back in January of 2021 Natalie Merritt joined our River Bend team and we are so blessed to have her as our full time Housekeeper. She has lived right here in Cascade her entire life. Natalie is the daughter of Mike and Lisa Merritt. She has three sisters, two brothers-in-law, one niece, and three nephews. In her free time Natalie enjoys fishing, hiking, and traveling with her family. She always has had a love for animals and even runs her own pet sitting and dog walking business called “Unleashed Paws.” Natalie says she loves the small town feel of Cascade and River Bend. “I love how everyone knows each other and that every day I get to learn a little bit more about the residents too.”

Did you know?

River Bend has a formal dining room that can be reserved by residents and their families at no cost for private parties or celebrations! It's a perfect spot to gather for a resident birthday or any get together. Call Angie Boge our Administrative Assistant for more details and availability. (563)852-5001



Resident Corner

Your chance to know John & Elaine Tracey!

John and Elaine first met at Melody Mill and after their first date they continued to enjoy dancing the night away together for many years. Elaine said “We’d go to Melody Mill or the Lux Club. Friday nights at Melody Mill for country music and then Saturday would be Big Band music.” Elaine even once had her elbow signed by Johnny Cash! John made Elaine his bride on May 17th, 1958 at St. John the Baptist Catholic Church in Peosta. Having celebrated their 65th anniversary this May they have a lot to be proud of. The couple has been blessed with four children: Patrick and Vickie Tracey of Dyersville, Michael and Debbie Tracey of Roselle, IL, Terence (deceased) and Denise Tracey of Cascade and Colleen and Steve (deceased) Sincox of Marshalltown: 14 grandchildren and five great grandchildren. John and Elaine raised their family in Romeoville, IL where John took a job with General Electric. They later moved to Ottumwa, Iowa where John started as a professor at Indian Hills Community College where later became Coordinator of Instruction. Elaine returned to school and got her Registered Nursing degree and worked as a RN for more than 20 years. After spending the last 22 years in Epworth the Tracey’s made River Bend their new home in November of 2022. Elaine enjoys BINGO, euchre, and crafts. John is a Veteran and has enjoyed playing golf for 65 years.



John & Elaine Tracey



In June we were able to take a day trip to a local pond. Residents enjoyed some great fishing and a picnic lunch. We were thankful to get out and enjoy the beautiful sunshine.

From the River Bend Kitchen...

RED, WHITE & BLUE CHEESECAKE SALAD

Ingredients:

3.4 oz cheesecake flavored instant pudding

8 oz cream cheese room temperature

8 oz whipped topping

$\frac{3}{4}$ cup milk

10 oz mini marshmallows

1 cup sliced strawberries

1 cup fresh blueberries


1 cup fresh raspberries



Instructions: In a medium bowl, whisk together the pudding mix, whipped topping, cream cheese, and milk until smooth. Add the marshmallows to the cheesecake dressing and stir to evenly mix. Gently mix the berries (one type at a time) into the cheesecake mixture. Ripe strawberries and raspberries can break apart easily. Mix slowly and gently. Cover and place in the fridge to chill for an hour. Cheesecake salad can be made 48 hours in advance. Store in fridge until ready to serve.

..RETURN SERVICE REQUESTED..

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