



June Events Open to the Public

Bible Study

Every Saturday
9:00 AM

Fall Prevention/ Balance

Presentation by
Blue Stone

Thursday, June 1st
10:30 PM

Fitness Friday!

Chair exercise with us on
June 2, 9, 23, & 30

Music & Prayer

Hosted by:

Cornerstone Church
Monday, June 5th
1:30 PM

Live Music

Todd Hagen

Thursday, June 15th
1:30 PM

Cheers to Dad

Wednesday, June 14th
1:30 PM

Catholic Mass

Saturday, June 3rd @2:45 PM
Thursday, June 8th @10:15 AM
Saturday, June 17th @2:45 PM
Thursday, June 22nd @10:15 AM



A friendly reminder
of the importance of
wearing sunscreen!



Hello Summer!

It has been wonderful seeing our residents get out to enjoy the sunshine and warmer weather. The heat has certainly arrived already but, summer will officially start on June 21st and with that comes some special activities for those at River Bend. We have two fishing trips on our June activity calendar. We plan to enjoy some summer outdoor music concerts and more summer surprises too!



Frank & Boots Martin



Cheers to Dad

In honor of Father's Day
we will celebrate all the
River Bend Dads

With a special happy hour
Wednesday, June 14th at 1:30 PM



We have some "green thumbs" around here!

Our gardens beds are planted and the flowers are blooming! It's been so nice to get out and enjoy the sunshine and fresh air. We planted tomatoes, peppers, beans, lettuce, onions and of course some flowers to enjoy! Our courtyards are open and residents have been out all spring! We hope we are able to keep everything watered so we can enjoy a bountiful harvest.



Shirley



Mary B



Loren



Resident Birthdays

Paul Massey	June 3
Kay Wessels	June 15
Gene Gudenkauf	June 16
Dave McNally	June 22
Linda Manternach	June 23
Earl Fischer	June 28

Staff Birthdays

Jennifer Peiffer	June 9
Julie Oswald	June 17
Amanda McDowell	June 20
Zuleika Nodal	June 27
Kelsey Adams	June 30



John Beringer

Maintenance



Celebrating four years at River Bend! Back on July 12th, 2019 John joined our crew at River Bend. John was born and raised in Cascade and says he has farmed his “whole life” and currently farms beef and crops here in Cascade with his wife Shelia. They have raised five children; Nicholas, Jessie, Lilly, Lee, and Holly. John retired from UPS in 2015 after 16 years. He says this type of work at River Bend was new to him when he started but, he is always learning something new. We keep John busy with maintenance work both indoors and out. John is always smiling and eager to help! When asked his favorite part of his job at River Bend he said that he has enjoyed getting to know the residents and visiting with them. Happy four year Anniversary John! Thanks for all you do!



June Is Alzheimer's & Brain Awareness Month:

“Alzheimer's & Brain Awareness Month“ is recognized each June by the Alzheimer's Association to help raise awareness about the disease, as well as show support for the millions of people worldwide living with Alzheimer's or another form of dementia. It is estimated that one in 10 people age 65 and older has Alzheimer's disease. It's also an important time to recognize caregivers for the support they provide to those living with Alzheimer's and other forms of dementia. There are a number of ways you can help the

caregiver in your life and show your appreciation. Take an hour and give the caregiver a break. Spending some time with your loved one with dementia can help them to take some much needed and deserved time to themselves, or even to get ahead on their to-do list! Spend an hour or two with them so they can take a nap, work on laundry or simply sit down and relax.

“The Longest Day” on June 21, 2023— the summer solstice

“The Longest Day” signifies the challenging journey for those with Alzheimer's and their caregivers, family members and friends. To quote the Alzheimer's Association's website: “Together, the strength of our light will outshine the darkness of Alzheimer's -THE DAY WITH THE MOST LIGHT IS THE DAY WE FIGHT!™”

Resident Corner

Getting to know Kelly Sullivan

Where are you originally from? “I’ve lived in Cascade my entire life. I like the friendly people here!”

Where did you go to school? “I went to Aquin! Class of 1976!”

A bit about your family. “My parents were John and Lois Sullivan and I have one Brother PJ. He lives in Arizona with his wife Cindy, and they have three children: Reilly, Logan, and Mallory.”

When did you move to River Bend? “September 15th, 2022”

What is your favorite treat? “I love scotcheroos and Mt. Dew Zero.”

What is your favorite activity or pastime? “Sports! I like to watch my cousins play! Collin Rea plays for the Brewers and Corrine Rea plays Cougar softball.”

What do you like about River Bend? “The residents and workers are very friendly, easy to talk to, and get along with. I like how everyone calls everyone by name!”



Kelly Sullivan

Annual Anniversary Celebration



Planning is underway for our Annual Anniversary Celebration! This event is open to the public and we hope to see you there! Put this date on your calendar: Sunday, September 10th, 2023. Our event is planned from 12-3 PM We'll have music, food, and of course FUN! More details to come! Watch our Facebook page and upcoming issues of the newsletter for more updates!

Like us on Facebook! 

Jill and Tori taught a quick course in cupcake decorating and as you may have guessed it was a big hit! Everyone loves learning and a sweet treat is the perfect reward!



Kay & Dave



Jill



Jean



Diane

From the River Bend Kitchen...

RHUBARB DREAM BARS

Ingredients

Crust

1 cup all-purpose flour
1/2 cup sugar
1/2 cup butter, room temperature

Filling


2 large eggs
1 cup sugar
1/4 cup flour
1/4 tsp. salt
2 cups diced rhubarb



Instructions Preheat oven to 350F. Line the bottom of an 8x8" pan with parchment bringing it up the sides so that it will be easy to remove the squares after. Whirl the crust ingredients in a food processor and then press into the prepared pan. Bake for 15 min., crust will still remain very pale in color. While crust is baking mix together eggs, sugar, flour and salt and whisk well. Stir in rhubarb. Pour onto the hot crust and continue to bake for 40-45min. Let the bars cool and remove with the parchment paper. Cut into squares.

“RETURN SERVICE REQUESTED”

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