



**August Events  
Open to the Public**

**Bible Study  
With Fr. Mark**

Every Saturday @ 9:00 AM

**Live music**

**with Sarah Boyle**

Tuesday, Aug. 1 @ 1:30 PM

**Health Talk with  
Blue Stone Therapies**

Thursday, Aug. 3 @ 10:30 AM

**Worship & Music**

Hosted by:

Cornerstone Church

Monday, Aug. 7 @ 1:30 PM

**Live Music**

**with Janet Lieb**

Tuesday, Aug. 29 @ 1:30 PM

**Catholic Mass Schedule**

Saturday, Aug. 5 @ 2:45 PM

Thursday, Aug. 10 @ 10:15 AM

Saturday, Aug. 19 @ 2:45 PM

Thursday, Aug. 24 @ 10:15 AM

**Celebrate with us!** Save the date for Sunday, September 10th! We have a lot to celebrate! It will be 17 years since River Bend opened its doors! In the summer of 2006 River Bend opened with 31 assisted living apartments. In the Spring of 2014, the second phase of building began. That addition consisted of eight assisted living apartments.. Then in July 2018, our third phase was completed and we opened 17 Moments memory care units along with five assisted living studio apartments and our beautiful chapel. It's amazing to think about where we started and how we have grown. It's been a very exciting seventeen years! September 10th also happens to be National Grandparent's Day and the kick-off day to National Assisted Living Week! LOTS to celebrate! Plan to join us! This event is family friendly and open to the public! Lunch will be served from 12-1 PM and live music will follow by Mark Zalaznik!



**Save the Date!**

**Sunday, September 10th, 2023!**

Join us to celebrate  
Grandparents Day &  
our 17th Anniversary!

Sunday September  
10th, 2023

Meal 12-1 PM

🎵 Live Music 1-3 PM 🎵  
by Mark Zalaznik



RETIREMENT COMMUNITY

813 Tyler St. NE Cascade, IA 52033

If you or someone you know needs more information about assisted living or memory care contact Jen Rhomberg with any questions.



Call (563)852-5001

Email : marketing1@riverbendal.com



Follow us on  
social media



Let's  
Celebrate  
**AUGUST**  
Birthdays



### Resident Birthdays

Karen Jewell	August 2
Loise Anderson	August 18
Alan McDermott	August 20
Janice Meyers	August 29

### Staff Birthdays

Emily Bries	August 21
Kayla Kauder	August 27
Ann Curoe	August 29

## We're **HIRING**

**The River Bend Community has  
grown and we are hiring!**

**Join our team!**

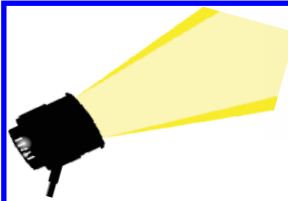
**-Caregivers**

**Apply online**

**[www.riverbendal.com/careers/  
apply\\_now/](http://www.riverbendal.com/careers/apply_now/)**

**Or call River Bend**

**(563)852-5001**



## Staff Spotlight

**Nia Burnett**  
Caregiver  
Med Manager



Nia joined our River Bend team in April of 2023. She not only brings experience as a caregiver, but also has many other interesting skills and talents! Nia worked on a goat farm for many years before coming here! She also is a talented singer! We will put her on an upcoming activity calendar to sing to us at River Bend. Be watching for that soon! Nia plans to continue her schooling and then become a nurse practitioner someday! Nia says if she could learn any new skill she would like to speak fluent Spanish. Nia has a boyfriend named Easton that she has been with for over 2 years. She has a brother named Mason and a sister named Kylynn. Nia is a big Chicago Cubs fan and has a pet bunny named Hallee. She said, "The most adventurous thing I have done going snorkeling with dolphins in Florida." When asked what her bucket list items are Nia said, "I would like to go to Italy, skydive, and see the northern lights."

### August is National Immunization Awareness Month

Some vaccinations to consider are:

- Flu shot every year
- Tetanus & diphtheria booster shot every 10 years
- Varicella (Shingles)
- Pneumonia
- COVID-19
- Other vaccines according to individual health history



Talk to your doctor to make sure you are up to date on your vaccinations. Receiving vaccinations can possibly prevent an unnecessary illness, hospitalization, and even death.



## Resident Corner

### Getting to know JoAnn McClimon

**Where are you originally from?** “I was born in Bernard and lived there until I was 7. Then my family moved to Maquoketa. After I was married, we had a farm on HWY 136 between Elwood and Lost Nation. Later we moved to Dyersville and that’s where we raised our kids.

**A bit about your family:** “I married John McClimon on March 29, 1947. Together we had 4 children; Steve lives in Fort Mitchell, Kentucky, Mark lives in Cedar Rapids, Norb lives in Dyersville, and Patsy also lives in Dyersville. I have 9 grandchildren and twenty

great-grandchildren. I’ve had many of them here this summer to visit!”

**Where did you work or what was your occupation?** I worked at Rooney’s Grocery Store in Dyersville for forty-one years. I started as a cashier, but moved to the produce dept. Then, I had my nights and weekends off which was nice while raising our family!”

**What are some of your favorite activities to attend at River Bend?** “BINGO, Card BINGO, crafts, mass, rosery, live music, and happy hour.”

**What made you pick River Bend as your place to call home?** “I actually left it to my kids to help me choose where to move after my stroke. I have been here since last April and am very happy here. I enjoy it and have no complaints at all!”

The River Bend Baking Club has been busy this summer making some delicious treats together! Tori, our Activity Coordinator is always finding ways to make this exciting. This month we enjoyed homemade ice-cream in a bag and hand pies with glaze!



Kenny T.



Shirley



Patricia

season of  
REFLECTION



NATIONAL ASSISTED LIVING WEEK®  
SEPTEMBER 10-16, 2023

We will be celebrating National Assisted Living Week with many special activities for our staff and residents. More details to come in our September Newsletter. Plan for a whole week of FUN and follow us on Facebook to be sure you don’t miss a thing!

*From the River Bend Kitchen...*

Like us on  
Facebook! 

## Grape Salad

### Ingredients

- 1 cup sour cream
- 1/4 cup mayonnaise
- 1 cup sugar
- 1 teaspoon vanilla extract
- 3 or 4 pounds of grapes
- 3/4 cup brown sugar
- 1 cup of walnuts (optional)




### Instructions

In a large bowl, add cream cheese, sour cream, sugar, and vanilla and stir to combine. Carefully fold in the grapes and gently toss until evenly coated. Meanwhile, in a small bowl, mix brown sugar and walnuts. Sprinkle the brown sugar mixture on top of the grapes. Cover and chill at least 1 hour or overnight. Serve cold.

“RETURN SERVICE REQUESTED”

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