



**River Bend
September Events
Open to the Public**

Bible Study

Every Saturday at 9:00 AM

Health Talk

w/**Blue Stone Therapy**

Thursday, Sept. 7th at 10:30 AM

River Bend's

17th Anniversary Party

Sunday, Sept. 10th

Free Meal 12 -1 PM

Live Music 1-3 PM

Wine & Cheese Tasting

Happy Hour

Wednesday, Sept. 13th at 1:30 PM

Community BINGO

Thursday, Sept. 14th

at 1:30 PM

Live Music

Dave Mehrl

Friday, Sept. 16th at 1:30 PM

The Lemon Sitters

Wednesday, Sept. 20th at 1:00 PM

Worship & Music

Hosted by: Cornerstone Church

Monday, Sept. 18th at 1:30 PM

Catholic Mass Schedule

Saturday, Sept. 2nd @ 2:45 PM

Thursday, Sept. 14th @ 10:15 AM

Saturday, Sept. 16th @ 2:45 PM

Thursday, Sept. 28th @ 10:15 AM

**National Assisted
Living Week 2023**

September 10-16

We are very excited to once again be celebrating National Assisted Living Week at River Bend. Unless

you personally know someone who lives in an assisted living community, you may not be familiar with why we celebrate and what it's all about.

National Assisted Living Week serves as a time for our communities to host special events to highlight their services, residents and staff. National Assisted Living Week helps to fight any misconceptions that people may have about choosing to reside in a place other than the home they have lived in for years.

Thanks to National Assisted Living Week many people find that these communities are a great housing options. Each year Assisted Living week has a theme. This year it's "Season of Reflection."

We invite you to attend some of the events we have planned at River Bend that week. We plan to kick off the week Sunday, September 10th with our 17th Anniversary Party. We hope you can plan to join us for an afternoon of fellowship, food, and fun! We will serve a picnic lunch from noon till 1 PM.

Music by Mark Zalaznik will follow from 1-3 PM.

This outdoor event (weather permitting) is open to the public as are many other activities throughout that week. Check the list to the left and join in the fun! We are excited!

season of
REFLECTION





Resident Birthdays

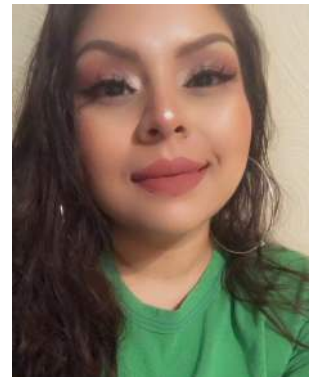
Connie Wagner Sept. 1
 Trudy Kurt Sept. 2
 Jackie Trumm Sept. 14
 Jean Reiter Sept. 18
 JoAnn McClimon Sept. 21
 Ruth Orr Sept. 27



Staff Birthdays

Bekka Marban Sept. 17
 Tammie Paulson Sept. 21
 Jeff Aller Sept. 29
 Elizabeth Gibbs Sept. 30

Staff Spotlight



Bekka Marban

Caregiver
Med Manager

Bekka was born and raised in Marietta, Georgia. Bekka now calls Cascade home along with her husband and their 5 children. Bekka said “I like that Cascade is a small town not a big city.” She’s been at River Bend since July of 2022. Bekka said “In the year I have been here the residents make me feel like I’m their adopted daughter or granddaughter. They are sweet people who are very genuine.” When Bekka is not at River Bend she likes to be with her family watching movies or going out together to try new things. Bekka says her hidden talent is roller skating, and her favorite sports team is the Atlanta Falcons.



First Day of Fall Saturday, September 23



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
 Assisted Living & Memory Care
 813 Tyler St. NE Cascade, IA 52033
 (563)852-5001
 www.riverbendal.com



**Our Community has grown!
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& Caregivers all shifts**

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Bring the family!

Open to the public!

Resident Corner:

Your chance to get to know Audrey Miles

Where are you originally from? “I grew up on a farm near Plattville, Wisconsin.”

Tell me a bit about your family. “I have one son, Kerry, who lives in Sun Prairie, WI and a daughter Barb here in Cascade. I have four grandchildren and nine great-grandchildren. I enjoy any chance to see them all.”

What was your occupation? “I was a realtor, sold insurance, and bred American Saddle bred horses. I raised horses for 55 years and sold them all over the U.S.”

What is your favorite treat? “Peanut M&Ms ”

What is your favorite activity or pastime now or in the past? “In the past I enjoyed my horses and they were my hobby as well as my job. Now I’d say I like to spend my time relaxing, watching TV and listening to books.”

When did you move to River Bend? “About a year ago in August of 2022. Since then I have sold my home in Cascade and settled in here at River Bend. I enjoy the games and activities here.”



Audrey Miles

September is healthy aging month!
How can you practice healthy aging?



- ~ Exercise regularly
- ~ Eat nutritious foods
- ~ Practice optimism
- ~ Stay involved in social activities

Fitness Fridays

Join our circle! Tori, our Activity Coordinator, will host chair exercise on the following Fridays in September! Join in the fun!

Sept. 8th @ 10:30 AM
Sept. 15th @ 10:30 AM
Sept. 22nd @ 10:30 AM
Sept. 29th @ 10:30 AM



Learn about opportunities in our area for the Senior Citizen population!

SENIOR EXPO 2023

FREE ADMISSION
Listen live on KDST during the event!

Dubuque Fairgrounds

Thursday September 21, 2023

9 - noon

LUNCH TO-GO PROVIDED BY OAK PARK PLACE - BEGINNING AT 11 A.M.

GOODIE BAGS FOR FIRST 100 PEOPLE

THREE \$100 GIFT CARD GIVEAWAYS. DRAWINGS WILL BE THROUGHOUT THE EXPO



From the River Bend Baking Club.....

Apple Hand Pies

Ingredients

21 ounces apple pie filling store bought or homemade
1 tablespoon cinnamon
1 package pie crust (2 crusts) store bought or homemade
1 egg
1 teaspoon milk

Instructions

Preheat oven to 425°F.

Chop apple pie filling into small pieces and mix with cinnamon.

Beat the egg with milk until combined.

Roll out the pie dough to 1/8" thick and using a 4-inch circle cutter, cut out 10 inch circles. Add 1 1/2 tablespoons of the apple pie filling to each circle.

Brush egg wash around the edges and fold over the dough making a half circle.

Use a fork to crimp the edges firmly together. Make two slits on the top of the pie.

Brush with the remaining egg wash and bake for 12 minutes.



Patricia

..RETURN SERVICE REQUESTED..

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RETIREMENT COMMUNITY
813 Tyler Street NE
Cascade, IA 52033