



River Bend
October
Events Open to the
Public

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

Worship & Music
Cornerstone Church
Monday, Oct. 2nd
1:30 PM

Fitness Fridays
Chair Exercise w/ Tori
Every Friday in October
10:30 AM

Music with
Todd Hagen
Wednesday, Oct. 18th
1:30 PM

Piano with Cara
Monday, Oct. 23
10:00 AM

Trick or Treat at
River Bend
Saturday, Oct. 28th
3:00 PM - 4:00 PM

Catholic Mass Schedule
Saturday, Oct. 7th 2:45 PM
Thursday, Oct. 12th 10:15 AM
Saturday, Oct. 21st 2:45 PM
Thursday, Oct. 26th 10:15 AM

Fall has arrived!



Louise

It's such a beautiful time of year! We've already started to make fall crafts and decorated our building with all the autumn colors. Outside the air feels crisp, the leaves are turning, farmers are in the fields, pumpkins are popping up everywhere and Friday night football games are in full swing. This is a great chance to get out and make memories with your loved ones. Visit a pumpkin farm, carve a jack-o-lantern, or grab your camera and head outside for photos with the fall

foliage. We've got lots of fall fun in store. Tori, our Activity Coordinator, will be offering fall drives for residents. We'd like everyone to get a chance to see the change of seasons. Mark your calendar and save the date! We invite you to bring your little ones to River Bend for our trick or treat event. This is open to the public and will take place on Saturday, Oct. 28th from 3:00-4:00 PM. Everyone always enjoys seeing the little ghosts and goblins. It's sure to be fun for all ages!





October Birthdays

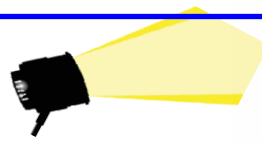
Resident Birthdays

John Tracey	Oct. 6
Ida Trumm	Oct. 7
Jerry Williams	Oct. 19
Theresa Stecklein	Oct. 24
Mary Jane Clarke	Oct. 25



Staff Birthdays

Corralle Whalen	Oct. 14
Ada Recker	Oct. 21



Staff Spotlight

Valerie Canby

Healthcare Coordinator



On September 13th, 2023 Valerie joined the River Bend team as our Healthcare Coordinator. She received her RN certification from NICC and BSN from Clarke University. Valerie currently lives in Peosta, IA. She likes to spend her free time with her family and her puppies. Valerie has 3 children, 3 grandchildren, and two small dogs; Milo and Maizie. Valerie says she has enjoyed the family atmosphere of River Bend and is excited to continue to get to know more and more residents and their families too. Some fun facts about Valerie: she says in the past she has enjoyed white water rafting, she loves to cross-stitch and her favorite treat is chocolate!



Happy Columbus Day

October 9th, 2023

Community Bingo at River Bend



On Thursday, September 14th we hosted Community BINGO. We love any chance we get to welcome friends and family to River Bend. Be watching for more events like this in upcoming months.

Resident Corner

Getting to know Rollie & Theresa

Where are you originally from? Theresa > “ I grew up in Placid and moved to Cascade when I was about 5 years old.”

Rollie> “I moved to Cascade when I was 10 and have lived here ever since.”

How did the two of you meet? Theresa> “Growing up in Cascade we knew each other for many years. Our first date was a double date with another couple. We went to a drive-in movie together.”

When and where did you get married? Theresa> “We got married in the middle of winter on January 3rd, 1955 at St. Mary’s Church in Cascade. Monsignor Mauer performed the ceremony. It was a nice winter day! Not cold or snowy. It actually rained that day.”

Tell me a bit about your family. Theresa> “We have 7 kids with two sets of twins! David is the oldest and next came Julie. Then our first set of twins Tim and Tom. Jolene was next and then our second set of twins Jill and Jeff. David now lives in Missouri. The rest of the kids all live near us here in Iowa. We have 13 grandchildren and 13 great-grandchildren.”

When did you move to River Bend? “On August 12, 2022.”

What is your favorite snack? Theresa> “Ice cream” Rollie> “Cherry or Raisin Pie”



Rollie & Theresa Stecklein

Don't FALL into FALL!

Falls don't "just happen," and people don't fall because they get older. Often, it's more than one underlying cause or risk factor that is involved in a fall. Personal risk factors that could cause a fall: muscle weakness especially in the legs; drop in blood pressure when you get to quickly, wearing unsafe footwear, poor eyesight, and sometimes it's a medication reaction. Many falls could be prevented by making simple changes in your living areas, as well as personal and lifestyle changes.

Tips for "Fall Prevention"

- Remove anything that could cause you to trip or slip while walking such as: rugs, coffee tables, phone cords, and stuff laying on the floor.
- Arrange furniture to give you plenty of room to easily walk around.
- Use non-slip rubber mats on the floor of your shower and a bathmat to step on.
- Be careful when walking outdoors, and avoid going out alone on ice or snow. Be sure to wear boots with good traction if you must go out when it snows.
- Good lighting can decrease your risk of falls. Make sure you have enough lighting in each room, place a lamp within easy reach of your bed, put night lights in the bathroom, hallways, bedroom, and kitchen. Also keep a flashlight by your bed in case the power is out and you need to get up.
- Use handrails when using stairs and walkways.
- Install and use grab bars in your tub and shower, and next to the toilet.
- You might find it helpful to rearrange your most often-used items in your home to make them more accessible. Store everyday items within easy reach. Less is more.

Recipe from the River Bend Kitchen...

Easy Pumpkin Pudding (Ready in 5 minutes)

INGREDIENTS

- 1 (15 ounces) can pumpkin purée
- 1 (12 ounces) can low fat evaporated milk
- 1 large box (5.1 ounces) instant vanilla pudding mix
- 1 teaspoon pumpkin pie spice

INSTRUCTIONS

1. Add the pumpkin purée, evaporated milk, instant vanilla pudding mix, and pumpkin pie spice to the blender jar of your blender.
2. Place the lid securely on the blender jar. Then, blend the ingredients until the mixture is fully incorporated and thick.
3. Transfer the pudding to individual sized serving bowls. If desired, place a dollop of whipped cream on top of each serving.
4. Store in the fridge until ready to eat.



Like us on
Facebook!



..RETURN SERVICE REQUESTED..

PRRST STD
US POSTAGE PAID
CASCADE, IA
PERMIT NO 14

River Bend
RETIREMENT COMMUNITY
813 Tyler Street NE
Cascade, IA 52033