

**River Bend  
November  
Events**



**Open to the Public**

**Bible Study**

Every Saturday @ 9:00 AM

**Worship & Prayer**

Hosted by

**Cornerstone Church**

Monday, Nov. 6 @ 1:30 PM

**Friends & Family BINGO**

Tuesday Nov. 14 @ 1:30PM

**Live Music**

Dave Smith

Thursday, Nov. 16 @ 1:30 PM

**Hospice Myths**

Education w/Angie

Thursday, Nov. 16 @ 5:30 PM

**Catholic Mass Schedule**

Saturday, Nov. 4 @ 2:45 PM

Thursday, Nov. 9 @ 10:15 PM

Saturday, Nov. 18 @ 2:45 P

Wednesday, Nov. 22 @ 10:15AM

**November greetings!**

I would like to extend my appreciation this month to everyone in the River Bend family. Thanksgiving time reminds us to reflect on what we are thankful for. Just looking around inside our community it is easy to feel grateful and blessed. Our staff, residents, and families are amazing! I feel very blessed and want you all to know I am thankful for each and every one of you! On Wednesday, November 23rd, we will celebrate with a special meal for our residents. They will enjoy turkey with all the trimmings and of course pumpkin pie.

Before you know it we will be decking the halls of River Bend for Christmas, and we will once again have a doorway decorating contest. Residents are encouraged to have fun and dig out some festive decorations! Voting won't start until December 18th, but some decorations will start going up at the end of November. More details to come regarding voting and prizes! We think it's fun to fill the building with Christmas cheer for all our residents, staff, and visitors to enjoy!

~ Jill Koopmann, Manager



**Reminders for Residents:**

- Behind River Bend there is a No Parking Zone marked by signs please keep this area clear of vehicles and only park where there are lined parking spots.
- River Bend will provide you rides to anywhere in the city of Cascade weekdays 8:30 AM - 4:30 PM. We ask that you please give us 24 hour notice for any rides you may need.





### Resident Birthdays

Elaine Reiter	Nov. 4
Marilyn Welcome	Nov. 8
Joe Merfeld	Nov. 20
Roland Stecklein	Nov. 26
Dennis Miller	Nov. 29

### Staff Birthdays

Abigail Miller	Nov. 14
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# Staff Spotlight



## Tatum Baurroughs

### Universal Worker



On July 20th, 2023 Tatum joined our team at River Bend. Tatum grew up in Waterville, IA and attended Waterville Elementary school, Central Elkader High School, and now is a nursing student at NICC in Peosta, IA. She currently lives in Peosta. She is the third oldest of seven children. Her mom has two golden doodles that Tatum claims as her own. She says her hidden talent is juggling and she can recite the alphabet backwards! Her favorite food is jerky because she says it can be a food or a snack! She has only been in four US states and Tatum once got lost in the woods because she is so bad at directions!



# WE SALUTE OUR VETERANS!



November 11th, 2023 is Veterans Day and we want to give special recognition to our very own Veterans here at River Bend. Pictured above from left to right: Front Row: Jerry Williams, William (Frank) Martin, Bob Rummens, Paul Massey, Joseph Merfeld  
Back Row: Joseph Ironside, Eugene Gudenkauf, Loren Eilers, John Tracey, and Dennis Miller  
Not pictured: Richard Heitz, Carl Kurt, George Knepper

## RESIDENT CORNER

Your chance to get to know Louise Anderson

**When did you move to River Bend?** “June of 2023.”

**Where are you originally from?** “I grew up in Rockford, Illinois.”

**What is your favorite kind of music?** “Frank Sinatra, Big Band Era, and Jazz.”

**What was your occupation?** “I was an Official Court Reporter.”

**What are your Hobbies?** “I used to knit and sew now I enjoy reading and TV shows like Perry Mason and Andy Griffith”

**Tell me a bit about your family.** I have three children; David, Phillip, and Jeanine.”

**What is your favorite type of books to read?** “I like to read Bill O’Reilly “Killing Series”, nonfiction, and murder mysteries.”

**Do you like to play cards?** “Yes, solitaire and bridge.”

**What activities do you like about River Bend?** “I like BINGO and crafts!”



**LOUISE ANDERSON**



November is Alzheimer's Awareness Month: It's important to monitor yourself and your loved ones for any signs of mild cognitive impairment (MCI), which can proceed Alzheimer's and other forms of dementia.

Signs of mild cognitive impairment :

- Losing things often
- Forgetting to go to events or appointments
- Having more trouble coming up with words than other people of the same age



save the date!

**COOKIES  
WITH  
SANTA**

*River Bend*  
RETIREMENT COMMUNITY  
CASCADE, IOWA

**Sunday, December 11th  
1:30 PM - 3:00 PM**

*From the River Bend Kitchen...*

## PUMPKIN FLUFF DIP

This pumpkin fluff dip is very creamy and yummy. It's delicious served with graham crackers, vanilla wafers or apple slices but, you can decide for yourself!



### **Ingredients:**

- 1 (15 ounce) can solid pack pumpkin
- 1 (5 ounce) package instant vanilla pudding mix
- 1 teaspoon pumpkin pie spice
- 1 (16 ounce) container frozen whipped topping, thawed

### **Directions:**

Mix pumpkin, pudding mix, and pumpkin pie spice together in a large bowl. Fold in whipped topping. Chill in the refrigerator until ready to serve. Sprinkle the top with cinnamon if desired.

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