



December Events

Bible Study with Fr. Mark
Every Saturday in December

Worship & Music

Hosted by: Cornerstone Church

Monday, Dec. 4th @ 1:30 PM

Cookies with Santa

Sunday, Dec. 10 @ 1:30-3 PM

Live Music

Becky Williams & Dave Mehrl

Monday, Dec. 11th

@ 1:30 PM

Sarah Boyle

Thursday, Dec. 21 @ 1:30 PM

Catholic Mass Schedule

Saturday, Dec. 2 @ 2:45 PM

Thursday, Dec. 14 @ 10:15 AM

Saturday, Dec. 16 @ 2:45 PM

Thursday, Dec. 28 @ 10:15 AM

Holiday Doorway

Decorating Contest Voting

Vote for your favorite apartment doorway display. Voting opens Dec. 15th and ends Dec. 26th.



Gearing up for the holidays



It seems that December is always a busy month for everyone. The holiday decorations are up and we are excited to celebrate the season. Our Facebook followers will be able to get a peak at the festive fun we are having here at River Bend but, if you have a chance to visit in person this holiday season be sure to check out our hallways! Many of our residents have really gotten in the holiday spirit and are participating in our door decorating contest. Everyone who visits is encouraged to cast a vote for your favorite doorway! We have lots of excitement planned this month and hope that it is a season filled with peace and joy! All of us at River Bend want to wish you and yours a blessed holiday!



Elaine T.



Diane



Mary Jane

Pet Therapy! Our residents love their monthly visits with Ed Recker and his therapy dog Chip! Pet therapy has been shown to have many health benefits for people of all ages and always brings smiles!



Loren



December

BIRTHDAYS

Resident Birthdays

Urban Manternach	December 2
Elaine Brown	December 11
Mary Beitzel	December 11
Loren Eilers	December 14
Ed Kleitsch	December 22
Geraldine Rea	December 22
Madonna Eisele	December 24

Staff Birthdays

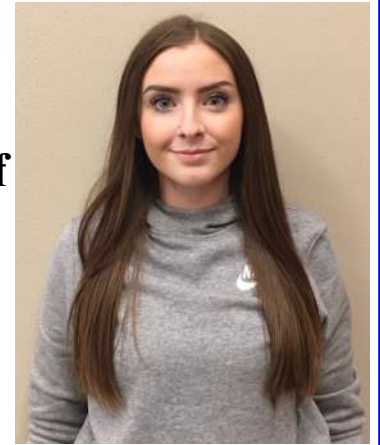
Lexi Loes	December 14
Gracie Tuel	December 26
Ana Landa	December 30

Happy 67th Wedding Anniversary

**Frank & Mary
(Boots) Martin**
Married
December 1st, 1956



Staff Spotlight



Felicia Ellis, RN Assistant Director of Nursing

On November 28th, 2023 Felicia joined our River Bend team. She currently lives in Peosta with her cat named Princess. Felicia grew up in Dubuque and attended and graduated from Western Dubuque High School, NICC, and then Kirkwood. She plans to go back to school to get her DNP. In her free time she enjoys traveling, crafting, and working out. She is a Chicago Cubs and Dallas Cowboys fan. Felicia says the most adventurous thing she has done was hiking the Xunantunich Mayan Ruins Tour in Cayo, Belize. Felicia says her favorite snack is popcorn! She says she likes the community and environment at River Bend and feels welcomed. Please drop in to the nurses' office and introduce yourself to Felicia in the coming weeks!

The Winter Solstice



The first day of winter in the Northern Hemisphere is marked by the winter solstice, which occurs this year on Thursday, December 21, 2023 at 9:27 PM CST. The winter solstice happens on the day with the fewest hours of sunlight, making it the "shortest day" of the year. Thankfully, once we reach the winter solstice, the days start to grow

longer and longer again until we reach the summer solstice in June. We often think of the winter solstice as an event that spans an entire day, but the solstice actually lasts only a moment. Specifically, it's the exact moment when a hemisphere is tilted as far away from the Sun as possible. How can we observe the effects of the solstice ourselves? On the day of the winter solstice, stand outside at noon and look at your shadow. It's the longest shadow that you'll cast all year! Do this again on the day of the summer solstice, and you'll see almost no shadow.

Resident Corner

Your chance to get to know Elaine Brown who will turn 100 this month!

Elaine has lived at River Bend since 2018 and we are excited to celebrate her 100th Birthday with her on December 11th, 2023!

Where are you originally from? “I’ve always lived in Iowa. I grew up on a farm west of Cascade.”

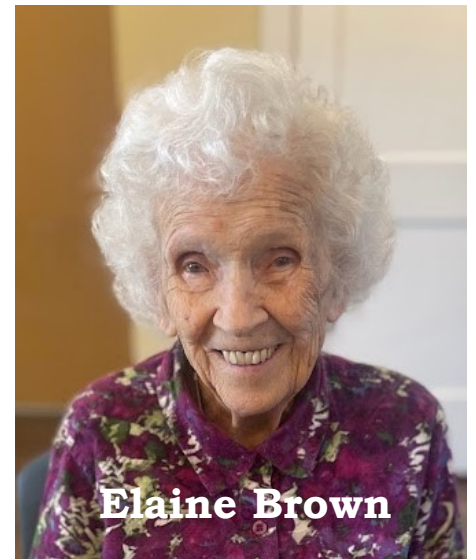
What is your favorite kind of music? “Lawrence Welk”

What is something you are really proud of? “My days as a school teacher and a mom were my favorite days.

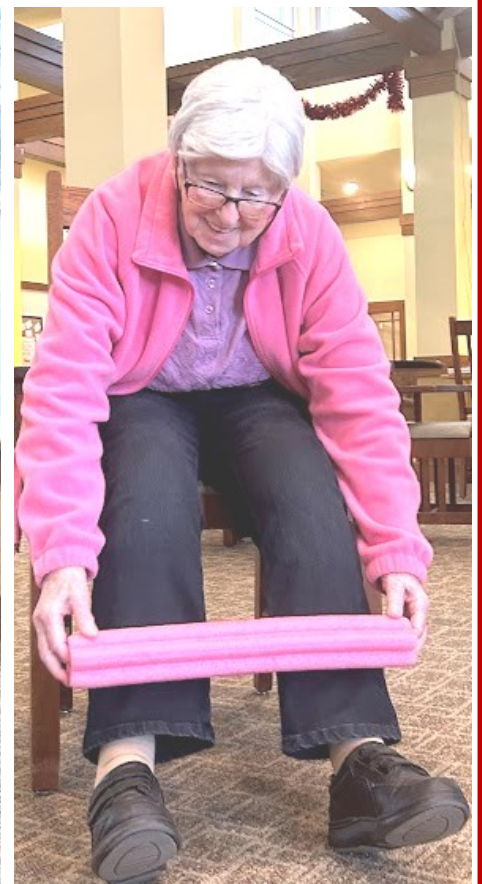
I also wrote a book about my life.”

What are some of your hobbies or Interests? “Sewing, playing cards, reading, and in the past I liked going bowling.”

Tips to others on how to live a long healthy life. “Keep active and busy as long as you can.”



Stay Fit & Active!



Joe, Mary D. & Patricia as they exercise!
Chair exercise is offered 3 mornings a week here at River Bend. We stay fit and active year round!



Perfect for Christmas morning...

CROCK POT FRENCH TOAST CASSEROLE



Ingredients

- 1 loaf bread diced
- 6 eggs
- 2 cups milk or Dairy Free can be used
- ½ tsp cinnamon
- ½ cup pecans (chopped, optional)

Topping

- ¼ cup of butter
- ½ cup brown sugar
- 1 tsp cinnamon
- Dash of nutmeg



Directions

1. Whisk together eggs, milk, and cinnamon and pour over diced bread in a large bowl. Cover and let soak overnight in the fridge or at least 4 hours.
2. When ready to bake spray the inside of a greased crockpot (4-6 quart sized works best) to avoid sticking.
3. Pour in bread mix and sprinkle with the pecans if using.
4. In a small bowl mix together butter, brown sugar, cinnamon, and nutmeg.
5. Mix all the topping ingredients and crumble on top of the bread mix. Cover and cook on low for 4 hours or on high for 2 hours.
6. Let sit for 15-20 minutes and serve with maple syrup!



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