



**February  
Events  
Open to the  
Public**

**Bible Study**

Every Saturday @ 9:00 AM

**Fitness Fridays**

**Chair Exercise with us!**

Every Friday at 10:30 AM

**Worship & Music**

Hosted by:

Cornerstone Church

Monday, Feb. 5th @ 1:30 PM

**Live Music**

with Janet Lieb

Friday, Feb. 16th @ 1:30 PM

**Piano in the Chapel  
with Cara B.**

Wednesday, Feb. 28th @ 10:00 AM

**Catholic Mass Schedule**

Saturday, Feb. 3rd @ 2:45 PM

Thursday, Feb. 8th @ 10:15 AM

Wednesday, Feb. 14th @ 10:15 AM

Saturday, Feb. 17th @ 2:45 PM

Thursday, Feb. 22nd @ 10:15 PM

**No Cabin Fever Allowed!**

Happy February! The cold weather and snow certainly arrived in our neck of the woods last month, and we have learned to bundle up when we head out! We've been keeping busy indoors at River Bend whether it be chair exercise, BINGO, or crafts. We have even more excitement planned for February with some of our traditions continuing. We'll have Marti Gras on Fat Tuesday, where our residents will enjoy King Cake! Then on the next day we will have a wine toast and a special Valentine's Day dinner, followed by the crowning of our King & Queen. If you feel the winter blues or cabin fever coming on just pick up an activity calendar. Tori, our Activity Coordinator, always has something fun planned for our residents. Our nurses would like to encourage good health by reminding everyone to wash their hands frequently to keep the cold and flu at bay! Let's stay healthy together as we look forward to the warmer months ahead.



Mary B.



Tom



Kay



**Resident Birthdays**

<b>Patricia Trenkamp</b>	<b>February 5</b>
<b>Earl Mc Dermott</b>	<b>February 11</b>
<b>Mary (Boots) Martin</b>	<b>February 16</b>
<b>Bob Rummens</b>	<b>February 18</b>

**Staff Birthdays**

<b>Devon Scheffart</b>	<b>February 2</b>
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**Staff Spotlight**



**Kelly Olson**  
**Assistant Director of Nursing, RN**



Kelly joined our team here at River Bend on December 6, 2023. She is a mom to two beautiful children. Her son Wyatt is seven and her daughter Emma is four years old. Kelly's hobbies include softball, camping, spending time with family and friends, horseback riding, hunting and anything outdoors. She loves to travel whenever she can and she's been to Disney World (twice), SeaWorld, and has rode horses in the Rocky Mountains of Montana. She currently lives just outside of Dyersville but grew up on a farm in Bankston very close to the Field of Dreams movie site. Kelly attended Western Dubuque High School and Northeast Iowa Community College where she received her Associates Degree in Nursing (RN). She says her favorite drink is Diet Pepsi and she loves both Reese's Peanut Butter Cups and Snickers when it's time for a sweet treat!



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Phone (563)852-5001  
[www.riverbendal.com/careers](http://www.riverbendal.com/careers)

Congratulations to Helen Koopmann who has been with River Bend for over 15 years! Last month at our staff holiday party Helen received a plaque to celebrate the 15 year milestone. We are so blessed to have Helen as part of our staff as a PRN Caregiver. She shows her huge heart to our residents and her fellow staff members in many ways. Thank you Helen!

Pictured to the Right:  
Joel Callahan, Jill Koopmann,  
Helen Koopmann, and Cindy Callahan.





## Resident Corner

Your chance to get to know Trudy Kurt, a River Bend Resident since March of 2022.

**Hometown:** “I grew up in Dubuque, IA and attended school at St. Collumbkille then Mercy School of Nursing.”

**Previous Occupation:** “I was Registered Nurse working at Manor Care, in Dubuque, for over 20 years. Then, I worked as much time or more at Shady Rest. I received my BSN while raising my five children.”

**Family:** “My husband was Leon Kurt and together we had five children; Kris, Katy, Kerri, Kim, and Kevin. I now have 13 grandchildren and three great grandchildren”

**Favorite Snack:** “Snickers or homemade cookies!”

**Favorite kind of music:** “I like both Classical and Country.”

**Favorite part of living at River Bend** “I really enjoy the activities and I have made many great friends here.”



**Trudy Kurt**



## NATIONAL HEART MONTH

### HEALTHY HEART TIP

Eat less sodium. Don't add extra salt to your meal. Be cautious of pre-packaged food as they contain excessive amounts of salt for flavor and preservatives.

### Fitness Fridays at River Bend!

We will host Chair Exercise at River Bend every Friday in February! Join in the fitness fun!



Open to the Public!

## February 2nd Groundhog Day



Five Fun Groundhog jokes to bring you a chuckle....

What is a groundhog's favorite drink? Hole milk.

Why is it annoying to watch TV with a groundhog? They hog the remote.

What does Punxsutawney Phil call his laundry? Hogwash

What did the French groundhog see when he woke up? His chateau.

Why did the groundhog donate so much to charity? He was Phil-anthropic.

## Cheeseburger Sliders

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### Ingredients

1 teaspoon olive oil  
1/2 onion (diced)  
1 pound ground beef  
1 packet onion soup mix powder  
2 tablespoons mayonnaise  
12 slices of cheddar cheese  
salt and pepper (optional)  
12 pack of dinner rolls




### Instructions:

Preheat oven to 350°F. Grease or line the baking sheet with baking paper. Heat the oil in a nonstick frying pan over medium heat, add onions and cook to soften. Add ground beef and cook fully. Remove from heat & drain. Mix in the onion soup packet and mayonnaise. Add salt & pepper for seasoning. Cut the buns in half. Place the bottom half of the rolls onto the tray, and add a layer of cheese, then top with an even layer of ground beef. Cover the meat with another layer of sliced cheese. Place the tops of the buns with the cut side down on the tray and brush the tops with melted butter. Bake for 15 - 20 minutes or until the cheese has melted and the tops are golden. Enjoy!

..RETURN SERVICE REQUESTED..

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