

January
Events
Open to
the Public



Bible Study
With Fr. Mark

Every Saturday @ 9:00 AM

Worship & Music

Hosted by:

Cornerstone Church

Monday, Jan. 8 @ 1:30 PM

Live Music

Todd Hagen

Tuesday, Jan. 23 @ 1:30 PM

Hospice Myths Presentation

Thursday, Jan. 25 @ 5:30 PM

Catholic Mass Schedule

Saturday, Jan. 6 @ 2:45 PM

Thursday, Jan. 11 @ 10:15 AM

Saturday, Jan. 20 @ 2:45 PM

Thursday, Jan. 25 @ 10:15 AM



We wish you a HAPPY 2024 with new beginnings, fresh starts, rekindled relationships, and promises for a brighter future all come to mind as we ring in a New Year. Many people resolve to get in shape, lose weight and such once they ring in the new year. Then, some will make heartfelt promises to others, whether aloud or in our minds. We want to care more, express love more, reverse bad feelings in old relationships or seek out new friendships. Though New Years can be a time of celebration and cheer, there are many people who are facing some difficult circumstances. They may be entering the new year with apprehension or anxiety. If that's the case for anyone in your circle of friends or family, you can reach out and be an encouragement by wishing them the best for the upcoming year. If your loved ones are experiencing pleasant circumstances, you can wish them continued success and happiness. Whether you live nearby or far away it's nice to send heartfelt wishes for happiness, health, and prosperity to those who mean the most to you at this special time of year. A new year is like a fresh page, and the pen is in your hands. It is your chance to write a beautiful story for yourself. Happy New Year and blessings to all for a wonderful 2024.

Happy
Anniversary



Rollie & Theresa Stecklein
Married January 3, 1955



Dave & Kay McNally
Married January 24, 1959



Resident Birthdays

Audrey Miles	January 3
Tom (Doc) White	January 6
Elaine Tracey	January 8
Kenny Trenkamp	January 8
Shirley Curoe	January 11
Mary Dunleavy	January 19
Kay McNally	January 24

Staff Birthdays

Cindy Lynch	January 5
Liz Kress	January 6
Donna Wood	January 18
Lisa Manternach	January 30



Staff Spotlight

Zuleika Nodal Universal Worker



Zuleika is a Senior this year at Cascade High School. Zuleika is the daughter of Monica and Omar Nodal. She has two younger brothers Ozel and Izaias. The Nodal family currently lives in Cascade but, Zuleika has lived in Galena and Hazel Green as well. Zuleika joined our River Bend team one year ago in January of 2022 as a part time universal worker. In her free time she enjoys baking, hanging out with her friends, or just relaxing. She also enjoys country music, cheesecake, and dark chocolate. One thing she likes about Cascade and River Bend is the small town feel and that everyone knows each other. A fun fact about Zuleika is that Spanish was her first language.

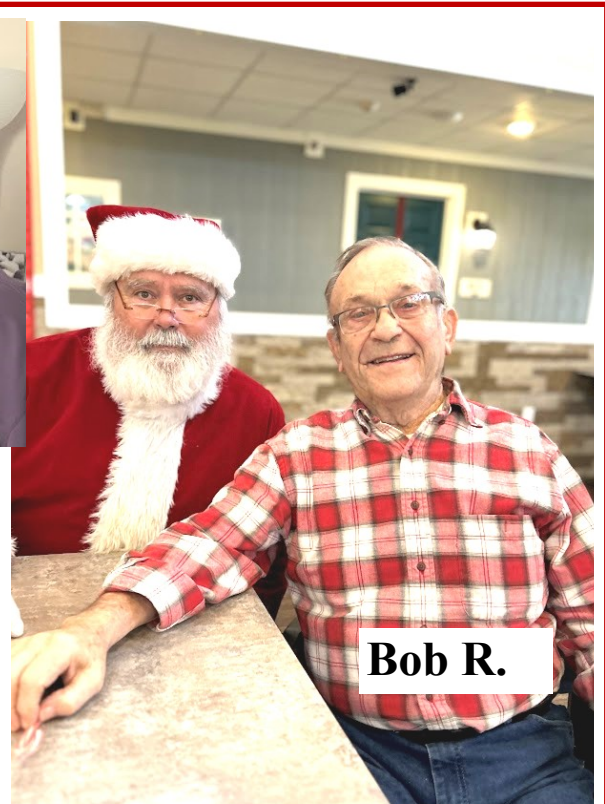


Mary M.



Karen J.

On Sunday Dec. 10, 2023 Santa made a stop at River Bend. We enjoyed the visit and Santa made his way around to visit young and old to hear their wish lists.



Bob R.

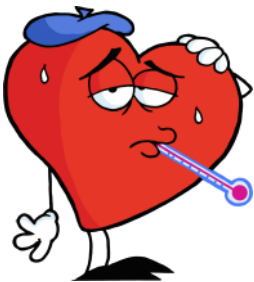
Resident Corner

Mary Neiers has been a River Bend resident since August of 2022. Mary keeps very active at River Bend participating in many of the daily activities offered. She says she enjoys attending live music, mass and rosary the most. Mary was one of nine children. She grew up with three brothers and five sisters. Today she has just one brother and one sister living. Mary says her family is one thing she is very proud of! Mary's husband was Fred Neiers and together they had four children who all continue to live in Cascade; Gale, Kym, Mark, and Ted. Mary is blessed with nine grandchildren and twelve great-grandchildren and she says "there is another on they way!" Mary has lived in Cascade her whole life. She went to St. Mary's Grade School and High School where she played four years of varsity basketball, and played softball. She says that a highlight of her senior year of high school was when she played Jo in the school's performance of Little Women. Her past hobbies include sewing quilts but these days she says she enjoys crossword puzzles and watching shows like Jeopardy on TV. She has been a member of a choir of some sort for over eighty years and says music is in her blood. Her mother taught Mary and all eight of her siblings how to play the piano and that is where her love for music comes from.



Mary Neiers

Fight Off Winter Sickness!



We are more vulnerable to catching a cold or flu in the winter due to spending more time indoors and around others who may be sick. The most common way to pass on sickness is through hand contact, contaminated surfaces, and contact with an infected person's mucus or saliva.

Practice healthy habits to prevent illness:

- Wash your hands often, especially after using the bathroom & before eating.
- Avoid touching your eyes, nose, or mouth with unclean hands.
- Drink water throughout the day, every day.
- Eat a balanced diet and stay active.
- Take walks in the halls or join an exercise class!

If you do become ill, increase fluids and take time to rest. Cover your mouth with your sleeve or a tissue when you cough or sneeze to prevent spreading illness. It is recommended you stay in your apartment for 24 hours after having a fever, vomiting, or diarrhea. Notify the nursing staff as soon as you have symptoms.



A Favorite From the River Bend Kitchen...

Simple & Easy

3 Ingredient

Lemon cake mix cookies

Ingredients

15.25 ounce lemon cake mix (1 box)

2 large eggs

½ cup vegetable oil

Powdered sugar optional

Instructions

In a large bowl, mix well to combine cake mix, eggs, and vegetable oil.

Place dough in the refrigerator for 30 minutes to chill.

Preheat oven to 350 degrees. Line cookie sheets with or parchment paper.

Form dough into 1-inch balls. Roll in powdered sugar, if desired. Place dough balls on baking sheets at least 2 inches apart.

Bake 10 to 12 minutes. Cool on cookie sheet for 3 minutes before transferring from cookie sheet to cool completely.



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