



**April Events
Open to the Public**

Bible Study

Every Saturday @ 9:00 AM

Worship & Music

Hosted by:

Cornerstone Church

Monday, April 1st @ 1:30 PM

Music by the

The Lemon Sisters

Tuesday, April 2nd @ 1:30 PM

What is Palliative Care?

Hospice of Dubuque

Monday, April 8th @ 1:30 PM

Music with Dave Smith

Wednesday, April 17th @ 1:30 PM

Catholic Mass Schedule

Saturday, April 6th @ 2:45 PM

Thursday, April 11th @ 10:15 AM

Saturday, April 20th @ 2:45 PM

Thursday, April 25th @ 10:15 AM



**March
Madness**



We are loving the MADNESS!

Basketball is a well loved sport at River Bend! Many residents have taken special interest and have entered a bracket to our "pool!" This is our third year and the excitement has grown. We are enjoying watching both men's and women's tournaments and then find out who our big winners are in the brackets too!



Jerry

Blooming FUN!

River Bend residents enjoyed craft time and the chance to get creative! Painting is always a favorite for our residents! Every creation was unique and beautiful, many of them are pictured below.



Rita



Betty



JoAn



Trudy



Resident Birthdays

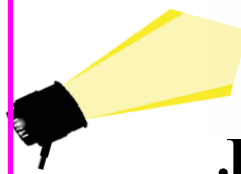
Rita Kleitsch	April 4
Thomas Oeschger	April 8
Rita Kauder	April 9
Robert Eilers	April 25

Staff Birthdays

Kelly Olson	April 7
Vicky Roepke	April 22
Sherry Menke	April 27



Thank you JMJ Irish Dancers



Staff Spotlight

Josey Frasher

**Universal Worker
Medication Manager**



Last month Josey celebrated her first year anniversary at River Bend. We love having her as part of our team! Josey is the daughter of Joyce and Randy Frasher. She has one sister, Samantha, and a dog named Roo. Josey grew up right here in Cascade and attended Aquin Catholic School and is now a Senior at Cascade High School. Next year Josey plans to attend Kirkwood Community College. Her favorite part of working at River Bend is the community we have and her coworkers. Josey says her hidden talent is juggling. She says if she could learn to do anything she'd love to be able to speak other languages. Josey likes to spend her days off relaxing while watching TV or reading. Her favorite snack food is Flamin' Hot Cheetos with cream cheese.

This month we celebrate Earth Day on April 22nd.

Be a Planet Hero! Did you know...



- One reusable bag can prevent the use of up to 600 plastic bags.
- Recycling one aluminum can will save enough energy to power a TV for 3 hours.
- Shutting down a computer when it's not in use cuts energy consumption by 85%
- Turning off the faucet when you brush your teeth can conserve up to eight gallons of water a day.

Resident Corner

Getting to know Kay Wessels

Where are you originally from? “I grew up in New Vienna, IA. I grew up on a farm just two miles outside of New Vienna that was my Grandfather's farm first. Later in life my husband and I bought that same farm from my parents. Our son took over and as of today it's owned by my grandson. So it's a five generation farm at this point.”

Tell me a bit about your family. “I married Louis Wessels and together we had 4 children. Two girls and two boys; Sandy, Mary, Bill, and Jeff. I have 12 grandchildren and 18 great-grandchildren.”

What is your favorite type of music? “Country music.”

What is your favorite treat? “My favorite dessert is pecan pie but my favorite treat or snack is a root beer float. I make them in my apartment often!”

What is your favorite drink? “Moscato wine”

What was your occupation? “I raised my children on the farm and then later became a Cook at the Dyersville Hospital. When I was about 51 years old I attended a Home Interior party and liked it so much I decided to join as a consultant to sell Home Interior myself. I really enjoyed it and even earned many free trips as prizes. One was to Europe and one to Hawaii.”

When did you move to River Bend? “In November of 2022.”

What are some of your favorite activities at River Bend? “Wheel of Fortune, and chair exercise. I know the exercise is good for me and Tori does a great job leading the class!”



Kay Wessels

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Is it time to start thinking about senior living?

Bathroom Safety

- Are you able to find the bathroom at night?
- Is the bathroom without clutter?
- Does the bathroom/shower have grab bars?
- Does the bathroom have a walk-in shower?
- Is there a non-slip bath/shower area?
- Is a shower chair being used?

Home Safety

- Are the entries/exits to the home well lit?
- Is the trash being emptied when full?
- Are there working night lights throughout the home?
- Are there handrails located for all stairs including outside the home?
- Is there access to a phone or emergency call system in all rooms?

Use up the Easter Ham...

INGREDIENTS

- 20oz. Pkg. hambeens Great Northern Beans with Ham flavoring (save the ham flavor packet for the end of cooking)
- 2 cups diced ham leftover ham works great
- 1 yellow onion diced
- 3 carrots peeled and diced
- 3 celery ribs diced
- 2 tsp. dried thyme
- 1/4 tsp. pepper
- 8 cups chicken broth
- Salt to taste



Ham & Bean Soup in the Crock Pot

DIRECTIONS

Sort through the beans and discard any debris. Place the dry beans in a colander and rinse in cold water. Add the beans to a 6-quart or larger slow cooker. Add the diced ham, carrots, onion, celery, dried thyme and pepper with the beans in the slow cooker. Pour over the chicken broth. Wait to add the ham flavor packet. Place the lid on the slow cooker and cook on HIGH for 6-7 hours without opening the lid during the cooking time. After the cooking time is up add the ham flavor packet, stir. Add salt if desired. Serve and enjoy!

“RETURN SERVICE REQUESTED”

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