

**River Bend July Events
Open to the Public**

Bible Study with Fr. Mark
Every Saturday @ 9:00 AM

Fitness Friday
Every Friday @ 10:30 AM

Worship & Music
July 1st @ 1:30 PM
Hosted by:
Cornerstone Church

“Time to Ship Another Steer”

Library Program
July 9th @ 1:30 PM

**Live Music with
Sarah Boyle**
July 10th @ 1:30 PM

**Live Music with
Janet Lieb**
July 19th @ 1:30 PM

**River Bend Chapel
Catholic Mass Schedule**

Saturday, July 6th @ 2:45 PM
Thursday, July 11th @ 10:15 AM
Saturday, July 20th @ 2:45 PM
Thursday, July 25th @ 10:15 AM

Summer Fun at River Bend



Donna & Patricia show off their 4th of July craft. We have the whole River Bend building decked out in red, white, and blue!



Louise (below) shows her cool treat! Ice cream is a favorite snack around here, especially in the summer!



We enjoyed a Father's Day Happy Hour! Bob L. & his daughter Kathy (above) smiles with the prize she claimed in the putting contest!



Doc. White enjoys the “Cheers to Dads” event with his family.



Resident Birthdays

| | |
|----------------|---------|
| Donna Grawe | July 4 |
| Mark Leonard | July 7 |
| Carl Kurt | July 21 |
| Toots Westhoff | July 22 |
| Mary Mether | July 24 |
| Joan Kauder | July 28 |
| Kelly Sullivan | July 29 |

Employee Birthdays

| | |
|---------------|---------|
| Felicia Ellis | July 6 |
| Audrey Kremer | July 15 |
| Jill Koopmann | July 25 |
| John Beringer | July 28 |

 **Staff Spotlight**

**Ashlea Lowe
Medication Manager/
Universal Worker**



In November of 2023 Ashley joined our River Bend team and we are lucky to have her! She was born in Kansas and was raised in Arkansas. Ashley attended UNI and graduated with a Health Science degree and is currently attending NICC for Nursing working toward her LPN/RN. She lives in Dyersville with her boyfriend Alex and her Australian Shepard, Atlas. Ashley says her hidden talent is crocheting and she also plays the trumpet. "I was in the marching band at UNI for 3 years." Ashley enjoys traveling and has been overseas twice. Once to Italy and then to Ireland, France, and Scotland. She says her favorite sports team is the KC Chiefs and her favorite treat is chocolate covered fruit!

QUILT SHOW! River Bend will be hosting a quilt show on September 8th! You are invited to show your quilt or view our quilts! If you have a quilt to share stop by for a form or get more details from Tori or Jen.



Celebrate Grandparents Day & our 18th Anniversary

Sunday, September 8th, 2024

Meal 12-1 PM & Live Music 1-2 PM

by The Music Men Barbershop Chorus

Quilt Show Open House following music



Resident Corner

Getting to know Mary Jean “Toots” Westhoff

“Where are you originally from?” “I was born and raised in Dyersville but moved to New Vienna after I married my husband Henry.”

Tell me a bit about your family. “I have 7 children: Five boys and two girls and now lots of grandkids too. Many of them live close and I am lucky for that.”

When did you move to River Bend? “In February of this year.”

What do you like about living at River Bend? “I enjoy being around people, the activities, and meals. It’s nice not to worry about cooking and shopping for groceries anymore.”

What games or activities do you enjoy? “Euchre, dominoes, and BINGO too.”

Do you have a hidden talent? “I play the accordion, most people probably would not know much about that. I had a lot of music in my family growing up.”



Toots Westhoff



Bob



Theresa



Rita



Kelli



In June we took two day trips to a local pond. Residents enjoyed some great fishing and a picnic lunch. We were thankful to get out and enjoy the beautiful summer days.

From the River Bend Kitchen

 Like us on Facebook!

Mixed Berry Parfait

Ingredients:

- 1 cup plain Greek yogurt
- 1 cup mixed berries of your choice
- 1/2 cup granola

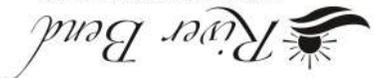


Directions:

- Place 3 spoons of the yogurt in a cup or dish.
- Add a layer of granola and then a layer of the berries.
- Repeat with a layer of yogurt, granola and berries.
- Enjoy!

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