River Bena

**RETIREMENT COMMUNITY** 



813 Tyler Street NE Cascade, IA 52033

www.riverbendal.com

563-852-5001



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

> Worship & Music Cornerstone Church Monday, Oct. 7th 1:30 PM

**Fitness Fridays** Friday, Oct. 4th Friday, Oct. 11h Friday, Oct. 16th

Music with Dave Mehrl Monday, Oct. 14th 1:30 PM

Men's Coffee Group Friday, Oct. 25th 9:00 AM

**Trick or Treat** Saturday, Oct. 26th 3PM - 4PM

**Catholic Mass Schedule** Saturday, Oct. 5th 2:45 PM Thursday, Oct. 10th 10:15 AM Saturday, Oct. 19th 2:45 PM Thursday, Oct. 24th 10:15 AM

## HAPPY FALL Y'ALL!



The crisp fall air has arrived! We've already started to make fall crafts and decorated our building with autumn colors. Outside the leaves are turning, farmers are in the fields, pumpkins are popping up everywhere and weekends are spent watching football! This is a great chance to get out and make memories with your loved ones. Maybe visit a pumpkin farm, carve a jack-o-lantern, or grab your camera and head outside for photos. It's also time to switch out closets and pull out the warmer

sweaters and coats, making sure we are set for the next season that will be here before we know it too.

### TRICK OR TREAT

Mark your calendar and save the date! We invite you to bring your little ones to River Bend for our trick or treat event. This is open to the public and will take place on Saturday, Oct. 26th from 3:00-4:00PM. Everyone always enjoys seeing the little ghosts and goblins. It's sure to be fun for all ages!



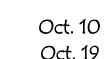


# October Birthday's

### Resident Birthdays

John Tracey	Oct. 6
Ida Trumm	Oct. 7
Jerry Williams	Oct. 19
Theresa Stecklein	Oct. 24
Joan Otting	Oct. 24
<u>Staff Birthdays</u>	

Anna Landa Grace Miller





# **Staff Spotlight**

### Valerie Canby

### Director of Nursing

On September 13th, 2023 Valerie joined the River Bend team. We were happy last month to celebrate her One



year Anniversary here at River Bend.. Valerie lives in Peosta, IA. She likes to spend her free time with her family and her puppies. Valerie has 3 children, 4 grandchildren, and two adorable small dogs; Milo and Maizie. Valerie says she has enjoyed the family atmosphere of River Bend and likes to get to know more and more residents families. Some fun facts about Valerie: she says in the past she has enjoyed white water rafting, she loves to cross-stitch and sometimes can be found joining the residents in our "sewing circle." Valerie's weakness and favorite treat is chocolate!

# **Community Bingo at River Bend**





On Wednesday, September 12th we hosted Community BINGO. We love any chance we get to welcome friends and family to River Bend. Be watching for more events like this in upcoming months.

# **Resident Corner**

#### Getting to know Naomi Hoops

**Where are you originally from?** I was born and raised in Ohio and lived there through high school and then beauty school.

**Where else have you lived?** I have lived in Arkansas, Florida, and Colorado. I have been in Iowa now for over 20 years.

**What was your occupation?** I was a beautician, and then later I worked as a custodian at a collage in Colorado.

Tell me a bit about your family. I have one daughter, one grandson, 2 great granddaughters.

What are your hobbies? "Sewing and quilting."

When did you move to River Bend? "In April of 2024."

What is your favorite dessert? "Cherry pie and Pumpkin pie. Really I like most any pie!"



To avoid potential falls consider cleaning up your home and removing hazards to keep your surroundings safe:

- Remove boxes, newspapers, electrical cords and phone cords from walkways.
- Move coffee tables, magazine racks and plant stands from high-traffic areas.
- Secure loose rugs with double-faced tape, tacks or a slip-resistant backing or better yet, remove loose rugs from your home.
- Repair loose, wooden floorboards and loose carpeting right away.
- Store clothing, dishes, food and other necessities within easy reach.
- Immediately clean spilled liquids, grease or food.
- Use nonslip mats in your bathtub or shower. Use a bath seat, which allows you to sit while showering.

Light up your living space. Keep your home brightly lit to avoid tripping on objects that are hard to see. Also:

- Place night lights in your bedroom, bathroom and hallways.
- Place a lamp within reach of bed in case you need to get up in the middle of the night.
- Turn on the lights before going up or down stairs.
- Store flashlights in easy-to-find places in case of power outages.



Naomí Hoops

### Recipe from the River Bend Kitchen ...

### Easy Pumpkin Pudding (Ready in 5 minutes)

#### **INGREDENTS**

- 1 (15 ounces) can pumpkin purée
- 1 (12 ounces) can low fat evaporated milk
- 1 large box (5.1 ounces) instant vanilla pudding mix
- 1 teaspoon pumpkin pie spice

#### **INSTRUCTIONS**

- 1. Add the pumpkin purée, evaporated milk, instant vanilla pudding mix, and pumpkin pie spice to the blender jar of your blender.
- 2. Place the lid securely on the blender jar. Then, blend the ingredients until the mixture is fully incorporated and thick.
- 3. Transfer the pudding to individual sized serving bowls. If desired, place a dollop of whipped cream on top of each serving.
- 4. Store in the fridge until ready to eat.



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