

**April Events  
Open to the Public**

**Bible Study**

Every Saturday @ 9:00 AM

**Fitness Fridays**

**Chair Exercise with us!**

April 4, 11, & 18 @ 10:30 AM

**Worship & Music**

Hosted by:

Cornerstone Church

Monday, April 7th @ 1:30 PM

**Live Music**

Todd Hagen

Tuesday, April 21st @ 1:30 PM

**Catholic Mass Schedule**

Saturday, April 5th @ 2:45 PM

Thursday, April 10th @ 10:15 AM

Saturday, April 19th @ 2:45 PM

Thursday, April 24th @ 10:15 AM



Our Easter Bunny event held on March 30th, 2025 was a hit with residents, families, and friends! Lots of smiles were captured. Check out our Facebook page to see more photos of the fun!

**Spring has Sprung!**

These crafty ladies brought lots of color to our hallways! These flower wreaths were their March craft project.



**Karen**



**Irma**



**Susan**



**Kay**



### Resident Birthdays

|                 |          |
|-----------------|----------|
| Rita Kleitsch   | April 4  |
| Thomas Oeschger | April 8  |
| Rita Kauder     | April 9  |
| Bob Eilers      | April 25 |

### Staff Birthdays

|                |          |
|----------------|----------|
| Kelly Olson    | April 7  |
| Jamie Blosh    | April 7  |
| Vicky Roepke   | April 22 |
| Chelsie Neenan | April 24 |
| Sherry Menke   | April 27 |

### **April ~Stress Awareness Month**

Since April of 1992 Stress Awareness month has been recognized.

Tips for coping with stress no matter your age...

~**Take care of yourself.** Eat healthy, exercise regularly, get plenty of sleep, give yourself a break if you feel stressed.

~**Discuss your problems.** Talk with a parent, friend, or another trusted source.

~**Avoid drugs and alcohol.** Brain research now indicates that people exposed to stress are more likely to abuse alcohol or other drugs, or to relapse into drug addiction.

**Recognize when you need more help.** Know when to talk to a psychologist, social worker, or counselor if things continue or worsen.



## **Staff Spotlight**

### **Jen Rhomberg, Marketing Coordinator**

Jen celebrates six years at River Bend this month! If you know Jen, you know she has a heart for hospitality and a passion for helping people. You might see



Jen lending a hand at crafts, taking photos to share on social media or decorating our building for holidays. She is the girl responsible for our newsletter and getting information to anyone interested in learning about assisted living. Jen has worked with hundreds of individuals and families over the years helping their loved ones find a new home where they feel safe, and receive the care they need. Jen likes to ensure that visitors feel welcomed and supported at River Bend.

**Let's learn a little more about Jen...**

**Where do you live? Where did you grow up?**

"My husband Dave and I both grew up in Dubuque. We moved our family to Cascade in 2006 to raise our kids in a smaller town."

**Family details:** "My husband Dave and I celebrated our 25th wedding anniversary in February. We have four daughters. Madeline, is married and currently in Med School at the University of Iowa. Rachel will graduate this May from the University of Arizona. Grace is a Sophomore at the University of Iowa. Our youngest, Issie, is a Senior at Cascade High School and will graduate in May. Our nest is getting very close to being empty. Makes me sad actually."

**What do you like about River Bend?** "I love meeting the new residents and their families and helping them get settled in here at River Bend. It is a very rewarding job"

**On behalf of all the staff, congratulations on six years Jen! Thank you for your dedication and compassion! We are so grateful to have you on our team! ~ Jill Koopmann, Manager**





# Resident Corner



**Your chance to get to know Mary Ann Clemen**

**Where are you originally from?** “I grew up in Worthington and then when I married Herb, my husband, we moved to Dyersville and that is where we raised our family.”

**What was your occupation?** “I owned a clothing and accessory store in downtown Dyersville for many years. The store was called Mac’s Fashions. I loved that time of my life.”

**Any children or grandchildren?** “We have five kids, three girls and two boys. Nine grandchildren and two great-granddaughters.”

**What are your favorite games and pastimes?** “I enjoy Euchre, crocheting, and jewelry making.”

**When did you move to River Bend?** December 2024

**What were your past or present hobbies?** “Reading, cooking, and baking.”

**What are your favorite TV shows?** “Wheel of Fortune, news, and talk shows.”

**What activities do you enjoy most at River Bend?** “I play bingo, card bingo and enjoy crafts too! I really like being around people.”



**Mary Ann Clemen**



**Our Community  
has Grown!  
We are hiring  
Caregivers - Part Time**

Apply online at [www.riverbendal.com](http://www.riverbendal.com) or  
or for more information please stop in or call  
563-852-5001

## Is it time to start thinking about senior living?

Review this list to assess your level of safety:

### 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 easily accessible in all rooms?

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## INGREDIENTS

1 lb. dried Great Northern Beans  
1 ham bone (2–4 lbs.) or 2-3 cups diced ham  
1 onion, diced (about 2 cups)  
1 cup diced celery (2–3 stalks celery)  
2 cloves garlic, minced  
1-2 bay leaves  
6 cups chicken broth  
1 cup milk  
Salt & pepper to taste

## Slow Cooker Ham & Bean Soup



## DIRECTIONS

For the best results, soak the beans in advance. Sort and rinse the beans in a colander, then transfer to a large bowl. Cover the beans completely with several inches of water. Refrigerate in the bowl for 4-12 hours or overnight. Then, drain and rinse them, and they're ready to use!

Add Ingredients To the slow cooker. Add the ham bone to the crock of your slow cooker. Add the beans, along with onion, carrots, and celery. Add garlic, and bay leaf. Cover with broth and gently stir to combine. Cover & cook. Cover the slow cooker with the lid and cook on HIGH for about 4-5 hours for a more broth-y soup or 6-8 hours for a creamier/thicker soup.

“RETURN SERVICE REQUESTED”

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