

813 Tyler Street NE Cascade, IA 52033

www.riverbendal.com

563-852-5001

**May Events
Open to the
Public**

Bible Study

Every Saturday @ 9 AM

Fitness Fridays

Chair Exercise

Every Friday

@ 10:30 AM

**Worship & Music
Cornerstone Church**

Monday, May 5

@ 1:00 PM

**Live Music
with Chris Ross**

Monday, May 12

@ 1:00 PM

**Rock Around the
Clock Music BINGO**

Wednesday, May 28

@ 1:30 PM

Men's Coffee Group

Friday, May 30 @ 9 AM

**Catholic Mass
in the Chapel**

Saturday, May 3

@ 2:45 PM

Thursday, May 8

@ 10:15 AM

Saturday, May 17

@ 2:45 PM

Thursday, May 22

@ 10:15 AM



*Happy Mother's Day
Sunday, May 11th 2025!*

*We will celebrate here at
River Bend with a tea party on
Wednesday, May 7th*

**Salute to our Graduates! We want to congratulate
these River Bend employees on their graduation from
high school. We wish them all the best!**

Happy
GRADUATION

- Dani Knepper
- Maddie Koppes
- Hannah Breitbach
- Marie Grebner
- Teagan Kelchen





Staff Birthdays

Marie Grebner	May 5
Courtney Fye	May 12
Jen Rhomberg	May 12
Jose Torres	May 15
Tori Callahan	May 17
Mia Ward	May 18
Allison LeConte	May 21
Kylee Klepack	May 26
Faith Schoon	May 29

Resident Birthdays

Daisy May Rickels	May 1
Bob Leonard	May 2
Diane Gehring	May 3
Maureen Menster	May 9
Kenny Neumann	May 18
Steve Schute	May 20
Naomi Hoops	May 27
Mary Neiers	May 29

Happy Memorial Day
May 26, 2025
Remember & Honor



Reminder!
If you plan to keep
birdseed in your
apartment please
store in a airtight
plastic container.
We do not want to
attract indoor
pests! Thank you!



Staff Spotlight

Tori Callahan Activity Coordinator



Tori recently celebrated her sixth year anniversary as River Bend's "Fun Girl!" She brings a refreshing sense of energy and creativity to our building. She's always finding new, interactive, and interesting things for our residents and you never know what she might have up her sleeve next! Tori also plays a big part in planning events and decorating the building. We are blessed to have her on our team! Let's take this opportunity to get to know a little bit more about her...

Where do you live? Where did you grow up?

"I spent most of my childhood in Reinbeck, IA after moving around while my dad was in the Army. I was actually born in North Carolina! Now I live in Cascade with my husband and our two children."

Family details: "Jared and I met while both attending Hawkeye Community College in 2013 and got married in September of 2017. We have two children. Cora is four and looking forward to starting PreK in the fall. Lee is two and loves anything with wheels- tractors, monster trucks, fire trucks, you name it. As a family we enjoy tractor and combine rides, taking walks, grilling supper for a picnic outside, and our yearly trip to the beach in North Carolina! Our most recent endeavor is a total renovation of a 1922 farm house. We look forward to living out in the country and making memories on the farm!"

What are your hobbies? "I love to bake. One of my favorites is my grandma's cut-out sugar cookie recipe with homemade frosting, of course!"

What do you like about River Bend? "There's something special about living and working in the same small town. I love being able to serve the elderly community in such a FUN way! Aging doesn't have to mean you don't exercise, socialize, play, learn, or otherwise engage anymore. We really like to have a lot of fun around here."

Resident Corner

Let's get to know Phil Owen!

“Where are you originally from?” “I was born in 1938 in Maquoketa and spent my childhood on a 240 acre crop/livestock farm adjoining Maquoketa Caves State Park. At age 16 I moved to town. I graduated from Maquoketa High School in 1956 and enlisted in the US Army Reserves. I returned to attend DeVry Technical Institute in Chicago. Then worked four years repairing and selling radios and TVs with my uncle.”

Tell me a bit about your family. “In 1962 I married LaVonne Louis Harms, we raised our children Jenelle and Jeffery in Lisbon, IA. I now have six grandchildren and soon-to-be 12 greatgrandchildren.”

What was your occupation? “I worked lots of farm and city jobs before, during, and after a 34 year career (1960-1994) as Test Technician, Test Equipment Design Engineer, and several Management positions at Collins Radio, later merged to Rockwell International, Now Raytheon-Collins Aerospace. I took early retirement at age 55, we traveled and I've had several part-time business ventures.”

What are your hobbies? “I enjoy reading, writing, and publishing Amazon paperbacks and Kindle books. I write books with topics of interest to me: Childhood memories, family diaries, careers, technology, downsizing, new models for public education, and my latest book now in progress, Artificial Intelligence- Risks and Benefits for Literacy.”



Phil Owen

National Nurses Week

We are very blessed at River Bend to have these two wonderful nurses caring for our community each and every day of the year. We will celebrate National Nurses Week May 6th through May 12th in honor of Florence Nightingale's birthday. Take time to thank the nurses in your life. We want to acknowledge and thank our special nurses at River Bend pictured below.



Valerie Canby, RN, BSN
Director of Nursing



Kelly Olson, RN
Assistant DON

From the River Bend Kitchen....

Grape Salad

Ingredients

8 ounces cream cheese (softened)
1 cup sour cream
1/4 cup granulated sugar
1 teaspoon vanilla extract
4 pounds red seedless grapes chilled
3/4 cup brown sugar
1 cup walnuts or pecans, toasted and chopped

Instructions

In a large bowl, add cream cheese, sour cream, granulated sugar, and vanilla and stir to combine. Carefully fold in the grapes and gently toss until evenly coated. Meanwhile, in a small bowl, mix brown sugar and walnuts. Sprinkle the brown sugar mixture on top of the grapes. Cover and chill at least 1 hour. Serve cold.

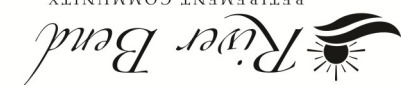


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