



August Events Open to the Public

Bible Study

Every Saturday @ 9:00 AM

Fitness Fridays

Aug. 1st, 8th, 22nd, & 29th

Live Music w/Dave Smith

Monday, Aug. 4th @ 10:30 AM

Worship & Music

Hosted by:

Cornerstone Church

Monday, Aug. 4th @ 1:30 PM

Fraud Prevention with Ohnward Bank

Wednesday, Aug. 6th @ 1:30 PM

Live Music w/Darlene Meyer

Monday, Aug. 18th @ 1:30 PM

Catholic Mass Schedule

Saturday, Aug. 2 @ 2:45 PM

Thursday, Aug. 14 @ 10:15 AM

Saturday, Aug. 16 @ 2:45 PM

Thursday, Aug. 28 @ 10:15 AM

Join us in celebrating 19 wonderful years at River Bend! We're excited to mark a major milestone – 19 years since we first opened our doors in 2006. What began with just 31 Assisted Living apartments has grown into a thriving community. In 2014, we added on eight additional Assisted Living apartments. Then, in July of 2018, we completed our third phase, adding 17 Memory Care units, 5 Assisted Living studios, and our beautiful chapel. It's incredible to reflect on how far we've come!

Sunday, September 7th marks not only our anniversary but also National Grandparents Day and the kick-off of National Assisted Living Week—so there's plenty to celebrate! This family-friendly event is open to the public. We'll be serving lunch from Noon to 1 PM, followed by live music from 1 to 3 PM. This year, we're thrilled to feature two incredibly talented singers, Sarah Boyle and Zoey Kleitsch.



Sarah Boyle & Zoey Kleitsch

Celebrate Grandparents Day & our 19th Anniversary
Sunday, September 7th, 2025
Meal 12-1 PM & Live Music 1-3 PM

River Bend
RETIREMENT COMMUNITY
813 Tyler St. NE Cascade, IA 52033
(563)852-5001
www.riverbendal.com



Is it time? If you or someone you know needs more information about Assisted Living or Memory Care contact Jen Rhomberg with any questions. We can set up a tour of our community.



Call (563)852-5001

Email : marketing1@riverbendal.com



Resident Birthdays

Bill English Aug. 4
Louise Anderson Aug. 18

Staff Birthdays

Samanatha Wright Aug. 14

“Anyone who stops learning is old, whether at 20 or 80. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.” ~ Henry Ford

Staff Spotlight



Hannah Breitbach
Universal Worker
Medication Manager



In January 2024, Hannah began as a Universal Worker and has since also been added as a Medication Manager. Hannah is a 2025 graduate of Cascade High School and is now attending Northeast Iowa Community College to pursue a career in nursing. She is the daughter of Tom and Jennifer Breitbach. She grew up south of Cascade near Temple Hill and now lives in Peosta. Hannah works at River Bend full-time. On her days off, she enjoys going shopping and hanging out with her friends. She spends time swimming in the river in the summer, and she hits the slopes in the winter, snowboarding. When we asked Hanna what her favorite thing is about River Bend, she said, “the residents!”

**We're
HIRING**

**The River Bend Community has
grown and we are hiring!**

Join our team!

-Caregivers

Apply online

www.riverbendal.com/careers/

Or call River Bend

(563)852-5001

August is National Immunization Awareness Month

Some vaccinations to consider are:

- Flu shot every year
- Tetanus & diphtheria booster shot every 10 years
- Varicella (Shingles)
- Pneumonia
- COVID-19



Other vaccines according to individual health history. Talk to your doctor to make sure you are up to date on your vaccinations and to see what is recommended for you.

Resident Corner

Getting to know Dick Aitchison

Where are you originally from? "I grew up in Cascade, Iowa about three miles north of here on Aitchison Rd. My dad and 2 of my uncles had farms along the same road."

A bit about your family: My wife Kay and I lived right on 1st Avenue (Main Street) in Cascade and that is where all 4 of our kids grew up. I have two daughters; Mandy and Angie and two sons; Scott and Tony. I have many grandchildren and great-grandchildren too."

What are some of your hobbies, past and present? Biking, hiking, golf, traveling, rollerblading, skiing, and tennis.

What is a fun fact about you? "I've spent many winters in Mesa, Arizona. I have a house there, and it's one of my favorite places to be. I've created so many wonderful memories with my friend, Eileen, during our winters there. I love hiking and sightseeing in the area, and it's a great escape from the cold Iowa winters."

What are some of your favorite things about River Bend?

"I know so many people, everyone knows my name, and I have a lot of friends who live here. My kids and grandkids come a lot to visit since many of them are near by."



Dick Aitchison



Phil O.



Many of us at River Bend agree that it wouldn't be summer without getting a chance to enjoy some Iowa sweet corn fresh from local fields. Residents even helped by husking the corn.



Next month we will be celebrating National Assisted Living Week with many special activities for our staff and residents. More details to come in our September newsletter and on our Facebook page!

Broccoli Salad

Ingredients

8 cups of broccoli florets cut into bite-sized pieces

1/3 cup diced red onion

1/2 cup dried cranberries

1/4 cup sunflower seeds

1/2 cup bacon bits or chopped bacon

Dressing

1 cup mayonnaise

3 tablespoons apple cider vinegar

2 tablespoons granulated sugar

Salt and pepper to taste




Instructions

Whisk together dressing ingredients in a medium bowl and set aside. In a large bowl combine broccoli, onion, cranberries, sunflower seeds, and bacon. Pour the dressing over and mix well. Refrigerate for at least one hour before serving.

“RETURN SERVICE REQUESTED”

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