

# October 2025

813 Tyler Street NE Cascade, IA 52033

www.riverbendal.com

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### **Events Open to the Public**

Bible Study

Every Saturday @ 9:00 AM

#### Worship & Music

Cornerstone Church Monday, Oct. 6th 1:30 PM

Fitness Fridays Chair Exercise w/ Tori Oct. 3rd, 10th, 17th, and 31st

Music by the **Lemon Sisters** 

Wednesday, Oct. 15th 1:00 PM

Trick or Treat at **River Bend** 

Saturday, Oct. 25th 3:00 PM - 4:00 PM

Men's Coffee

Friday, Oct. 31st 9:00 AM

Halloween Happy Hour

Friday, Oct. 31st 1:30 PM

#### Catholic Mass Schedule

Saturday, Oct. 4th 2:45 PM Thursday, Oct. 9h 10:15 AM Saturday, Oct. 18th 2:45 PM Thursday, Oct. 23rd 10:15 AM

#### Hello Fall!

Autumn has arrived, and our building is glowing with festive crafts and colorful fall décor. Outside, the air is crisp, the leaves are golden, and pumpkins are popping up everywhere—it's the perfect season for making memories with family and friends.

#### Fall Fun with Tori!

Our Activity Coordinator, Tori, has plenty of autumn adventures planned!

Residents will enjoy scenic fall drives to soak in the beautiful colors, plus a stop at Breitbach's for a slice of their famous pie. A sweet treat many enjoy!



## **Cascade Community** Senior Wellness Fair learngrowthrive

- FREE LUNCH
- FLU VACCINE CLINIC
- 20+ VENDORS
  DOOR PRIZES

Thursday, October 9th 9 AM - 12 PM

The American Legion Hall 301 Jackson St. NE Cascade, IA

Open to the public ~ No appointment needed Bring your insurance cards for the flu shot. Lunch served from 11:00 AM - 12:00 PM

Brought to you by: River Bend Retirement Community & Mercy One Pharmacy



## October Birthday's

## Resident Birthdays

Ida TrummOct. 7Phillip OwenOct. 16Jerry WilliamsOct. 19



## Staff Birthdays



Ana Landa Grace White Oct. 10 Oct. 28



## Staff Spotlight

## Allison LeConte Universal Worker Caregiver

In October 2023, Allison became part of the River Bend team. She graduated from Western Dubuque High School and is



currently attending NICC for Radiology, with plans to continue her education at the University of Iowa in Nuclear Medicine.

When she's not busy with school or work, Allison enjoys watching movies, spending time with friends, shopping, and traveling. Her favorite trip so far was to Florida, but she hopes to visit Jamaica next! She also stays busy at home with her two Mini Aussie Heelers, Millie and Mollie.

Allison lives in Placid on her family's goat farm and shared, "I live right down the road from Jill, the Manager here at River Bend, and my great-grandma lived here, so that's how I learned about River Bend." ~ We are lucky to have her!





On Friday, September 12th, we hosted our first Vintage Car Show and we were thrilled with the turn out! So many cool cars and trucks for our residents and staff to enjoy. We hope to make this an annual event. We extend a BIG thanks to the drivers. We appreciate you!

## **Resident Corner**

#### Getting to know Phil and Nikki Manternach:

Phil and Nikki Manternach moved to the River Bend community in December 2024. Both are lifelong residents of Cascade who first met during their high school years before later reconnecting. In 1996, they were married, uniting their families. Today, they take great pride in their large blended family, which includes 10 children, 20 grandchildren, and 7 great-grandchildren.

Over the years, Phil and Nikki have enjoyed traveling



Phil & Nikki Manternach

together, with favorite destinations including Hawaii, Las Vegas, and a Caribbean cruise. Nikki spent nearly 20 years working in retail, while Phil built his career as both a mechanic and a farmer.

When asked about their favorite sweet treats, Phil was quick to say banana cream pie, while Nikki's choice is cheesecake—any flavor!

Reflecting on their experience at River Bend, they shared, "The staff is friendly, the environment is comfortable, and we feel safe knowing the staff is always available for us."

We are delighted to have Phil and Nikki as part of the River Bend community and truly enjoy having such

Get your costumes ready and ioin us at River Bend for our Trick-or-Treat event Saturday, October 25th, from 3:00-4:00 PM. This family-friendly celebration is open to the public, and everyone loves seeing the little ghosts, goblins, and ghouls. It's sure to be a spooktacular time for all ages! Our event takes place iust before the City of Cascade's Trick-or-Treat, making it the perfect way to kick off the evening. It's a fun tradition our residents truly enjoy and look forward to each year—so mark your calendars and plan to join the fun!



### Easy recipe for fall...

### 2-Ingredent Pumpkin Bread

#### **INGREDENTS**

1 box Spice Cake mix 15.25 ounces 1 can pure pumpkin puree 15 ounces

Cinnamon sugar or coarse sugar optional





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#### **INSTRUCTIONS**

Preheat oven to 350°F. Grease and line an 8½ x 4½-inch loaf pan. Mix cake mix and pumpkin puree in a large bowl. Spread batter evenly in pan and sprinkle with cinnamon sugar if desired. Bake 50–60 minutes, until a toothpick comes out clean. Cool 20 minutes in pan, then transfer to a wire rack to cool completely.

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