

April Fun Facts

Birthstone: Diamond **Flower:** Daisy & Sweet Pea **Zodiac Signs:** Aries & Taurus

Historical Dates:

April 4, 1968 - Civil Rights leader Rev. Dr. Martin Luther King was shot and killed by a sniper in Memphis, Tennessee.

April 6, 1896 - After a break of 1500 years, the first Olympics of the modern era was held in Athens, Greece.

April 8th - Among Buddhists, celebrated as the birthday of Buddha (563-483 B.C.). An estimated 350 millions persons currently profess the Buddhist faith.

April 11, 1970 - Apollo 13 was launched from Cape Kennedy at 2:13 p.m. Fifty-six hours into the flight an oxygen tank exploded in the service module. Astronaut John L. Swigert saw a warning light that accompanied the bang and said, "Houston, we've had a problem here." Swigert, James A. Lovell and Fred W. Haise then transferred into the lunar module, using it as a "lifeboat" and began a perilous return trip to Earth, splashing down safely on April 17th.

April 12, 1945 - President Franklin D. Roosevelt died suddenly at Warm Springs, Georgia, after suffering a cerebral hemorrhage.

April 14, 1828 - The first dictionary of American-style English was published by Noah Webster as the American Dictionary of the English Language.

April 22, 1864 - "In God We Trust" was included on all newly minted U.S. coins by an Act of Congress.

April 30, 1789 - George Washington became the first U.S. President as he was administered the oath of office on the balcony of Federal Hall at the corner of Wall and Broad Streets in New York City.

Bell Tower Retirement hopes to continue community events in May!



Bell Tower
RETIREMENT COMMUNITY
430 Sidney Street
East Dubuque, IL 61025

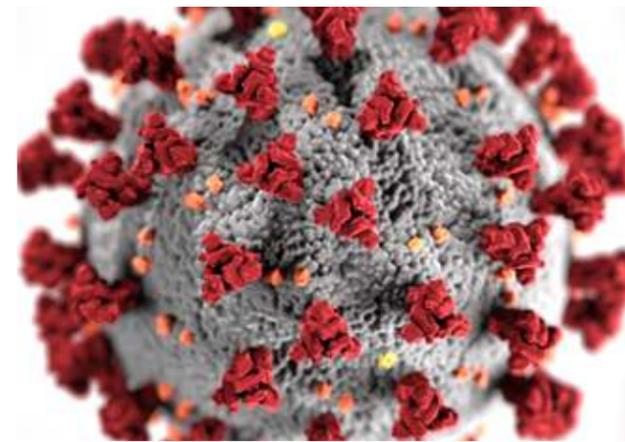


Bell Tower
RETIREMENT COMMUNITY

430 Sidney Street East Dubuque, IL 61025 www.belltowerseniorliving.com 815-747-6701



APRIL
2020



COVID-19
CORONAVIRUS DISEASE 2019

NOVEL CORONAVIRUS (COVID-19)

Coronavirus (COVID-19) poses a serious threat to older adults (especially 80 years old and older) and those with underlying health conditions. This is why the federal government and many state governments are restricting visitors to nursing homes and assisted living communities. We understand this is difficult, but the safety and wellbeing of the residents is our top priority.

Here's how you can continue to stay in touch with residents, and how you can help:

1. Communicate with the resident through alternative ways for the time being, whether by phone, video, social media, or other methods. Ask the facility about ways they can help with this.
2. Make sure the facility has your emergency contact information. The facility may need to communicate with you about any developments regarding your loved one or about the facility as a whole.
3. If you must come to the facility, such as a loved one is near end-of-life, coordinate with the staff ahead of time.
 - a. They may ask you some questions before or when you arrive. This is to make sure you do not pose as a potential risk to residents and staff.
 - b. If you are asked to not enter the building, please understand this is for the safety of your loved one and everyone else in the building. Nursing homes and assisted living communities are following direction from the government to prevent the spread of this virus.
 - c. If you are permitted in, please wash your hands or use alcohol-based hand sanitizer immediately upon entering and throughout your visit. Go directly to the room you are visiting, avoid touching anyone in the building, and stay at least six feet away. Again, we know this is difficult, but the virus is very contagious and social distancing is important at this time.

Protect yourself:

1. Follow everyday preventive actions such as:
 - a. Washing your hands or using alcohol-based hand sanitizer
 - b. Covering your cough and sneezes, using a kleenex or your sleeve
2. Ask other individuals (including staff) to avoid touching you with handshakes, hugs or kisses. Ask them to wash their hands. Do not be shy! It's okay to remind people.
3. If you begin to experience a sore throat, coughing, sneezing or a fever, tell a staff member immediately.

- Vicki Nemmers, Regional Manager



Residents:
 Mary L. - 1st
 Vern L. - 3rd
 Carol - 21st

Staff:
 Sherry B. - 16th
 Vicky R. - 22nd



Bell Tower resident Merla getting some exercise in playing catch.

Bell Tower Staff and residents extend their deepest sympathy to the family and friends of Dorothy V. who passed away on March 6th and Kenny K. who passed away on March 9th

The staff at Bell Tower is pretty amazing all the time. At this time of uncertainty they need an extra thank you. They have stepped up to be nothing short of superheroes. I appreciate the extra time and comfort our residents are receiving since their families aren't allowed to visit face to face. I am grateful for the understanding of our families and residents we look forward to the days when our doorways are busier than our phones once again.

-Tracy Connolly, Manager



Bell Tower resident Mary L and Manager Tracy video-chatting with a family member. If you would like to video chat with a loved one reach out to us on Facebook, via email at marketing1@belltowerseniorliving.com or call us at 815-747-6701 to schedule a time!



Bell Tower residents (left) Mary Lou, Jeanette, Karen, Kitchen Coordinator Vicky, and Mary celebrating St. Patrick's Day by sporting green!



If you are on FaceBook you may have seen the page called Heart Hunters. It was established at the beginning of the COVID-19 outbreak. It was designed to give parents an activity to do with their children since schools have closed. It has since grown into a wave of participants showing support for our health care workers and providing an activity for children. Bell Tower residents have embraced the idea and you will see many windows at Bell Tower with hearts in them. If you get a chance to look at Heart Hunters on Facebook, it will bring a smile to your face. The creativity is amazing.



Administrative Assistant Sherri, and Bell Tower resident Mille, watch as her grandson gets married.



A big thank you to Bell Tower resident Dee's, family Jim & Nile for spreading some love and joy at Bell Tower!



Geri (left), Marlin (middle) and Beth (right) joined the Bell Tower family in March! We are so happy to have you here!



Happy Anniversary to Bell Tower staff member Becky S who celebrates 2 year at Bell Tower this month! We are so happy to have you at Bell Tower!

