



On January 18, 2021 the Bell Tower Retirement Community residents and staff received their first COVID-19 vaccine, manufactured by Pfizer. We are happy to report no one had any reactions and we are very much looking forward to receiving vaccine number two on Monday, February 8, 2021. As the vaccines are being distributed and given to individuals throughout the country we anxiously await news from the CDC along with state and local officials for advice in the coming months to protect ourselves and remain safe. We are still very much in uncharted territory so we will remain in tune with the guidelines the Assisted Living communities are given. We thank you for your patience at this time and will share any new information with you as always.

In February each year we celebrate Black History Month and St. Valentine's Day. With the recent passing of baseball legend and humanitarian Hank Aaron, I'm sure we will all be able to find a good TV show or book read about his dedication to civil rights in our country. St. Valentine's Day is an annual reminder that love is all around. Love doesn't just come in the form of two people who are married, love happens in friendship, extended family relationships, with your neighbors, your children, your co-workers. I'm hoping those whose spouse has passed on or those who have chosen to remain single will feel the love that surrounds them. Remember to wear red or pink on February 14th to celebrate the love in your life.

-Tracy, Manager



Last week group activities resumed! This week included activities such as cards, cookie decorating, bird feeders, crafts, and BINGO. Above are photos of some Assisted and Independent Living residents participating in a few of these activities!

Novel Coronavirus (COVID-19) Vaccine Update:

By the time February rolls around, our residents and staff will have had their second vaccination shot for the virus, and a few will have received their first. We do not have the answer to any resident who was unable to receive the vaccine at our clinics, but I'm sure there will be a way to receive it eventually. Iowa is moving into the 65 and older group getting their first shot starting in February. I am happy to say there have been very few side effects that were minor to getting the vaccine.

A reminder, If you have had COVID-19, there is no guarantee that you won't get it again, or when. We are unsure if you are covered by enough antibodies from contracting COVID-19, or how long you would be covered, therefore everyone is considered to be a carrier of the disease and should protect themselves and others by receiving the vaccine. We have not been given any updated information on changes to the visitation policy. Until such time that we are able to do in person visits, we are encouraging the use of the visitation areas at each facility. A quick call to the facility to reserve your day and time is all we ask. If there is a special request for accommodations, please call the facility to discuss with the manager.

We ask that you continue to protect yourself by washing your hands or using hand sanitizer often, social distance at least 6ft. from others including at work and avoid crowds until such time we have enough people immunized with the vaccine to control its spread. Protect others by staying home if you are not feeling well, wear a mask when out in the public, cover your cough or sneeze, and stay away from crowds. Use telehealth if at all possible.



"It was necessary. Not only does it protect me, but it protects everyone who is around me. It was the right thing to do."

- Resident Beverly K.



"I think it's better to have protection than not. It's the only way we are going to end this. It's best to be protected, for everyone to be protected."

- Resident Geneva M.

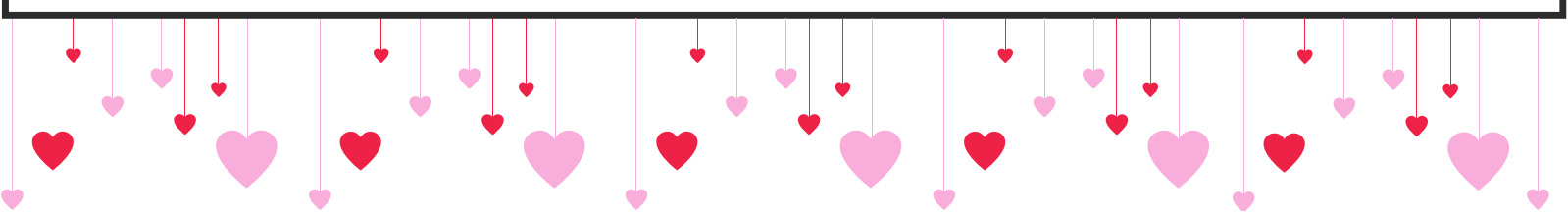


"I've always gotten vaccines when they came out. This was no different. We should all do what we can."

- Resident Jeanette S.

Vaccination Update:

On January 18th, Bell Tower Residents & Staff received their first round of COVID-19 vaccinations. After our residents received their vaccine, we asked a few on why they chose to get it (see above)! We will be receiving our second round of vaccinations on February 8th, 2021!



HAPPY Anniversary

RESIDENTS

BOB R	2 YEARS
JEANNE P	1 YEAR
MERLA C	1 YEAR

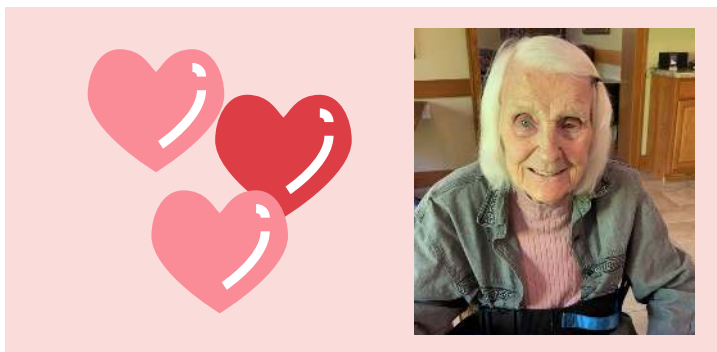
Happy BIRTHDAY

RESIDENTS

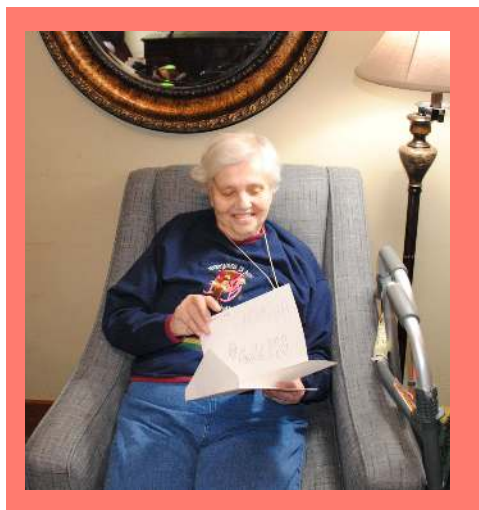
CONSTANCE F	FEB 3
SHIRLEY E	FEB 6
BARBRA H	FEB 6

STAFF

KRISTI T	FEB 6
ZOE R	FEB 6
HEATHER K	FEB 7



Spread The Love



In the past, Bell Tower has used Happy Grams to keep residents connected to their families. In the month of February, Happy Grams terms of services will change, so we will be going back to encouraging hand written letters for the time being, until we find a service to accommodate digital letters.

If you would like to write a loved one or even if you do not know a Bell Tower resident, letters are ALWAYS welcomed! To send handwritten letters please address it to:

Current Resident (or Name)
430 Sidney Street
East Dubuque, IL 61025

Visiting Your Loved One



We have two booths available inside the building, one on the main level and the other on the lower level.

Please call 815-747-6701 the day before you want to visit to make an appointment. Please remember to wear a mask and remind the resident you are coming to see when you will be there.

Currently, both booths are open 7 days a week from 9-11 am, 1-4pm, & 6-8pm.

Upcoming Holidays & Events

Feb 2	Groundhog Day
Feb 14	Valentine's Day
Feb 15	President's Day
Feb 16	Mardi Gras
Feb 17	Ash Wednesday

Wacky Days of the Month

Feb 2	National Tater Tot Day
Feb 7	National Send a Card To A Friend Day
Feb 13	National Cheddar Day
Feb 18	National Drink Wine Day
Feb 28	National Public Sleeping Day

Monthly Historical Facts

February 3, 1870 The 15th Amendment to the U.S. Constitution was ratified, guaranteeing the right of citizens to vote, regardless of race, color, or previous condition of servitude.

February 8, 1910 The Boy Scouts of America was founded by William Boyce in Washington, D.C., modeled after the British Boy Scouts.

February 14, 1929 The St. Valentine's Day massacre occurred in Chicago as seven members of the Bugs Moran gang were gunned down by five of Al Capone's mobsters posing as police.

February 25, 1964 Muhammad Ali [Cassius Clay] wins his first world heavyweight boxing title when Sonny Liston fails to come out for round 7 at the Convention Center, Miami Beach.

February 27, 1991 In Desert Storm, the 100-hour ground war ended as Allied troops entered Kuwait just four days after launching their offensive against Saddam Hussein's Iraqi forces.