

February Fun Facts

Birthstone: Garnet **Flower:** Iris & Violet **Zodiac Signs:** Aquarius & Pisces

Historical Dates:

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 11, 1990 - In South Africa, Nelson Mandela, at age 71, was released from prison after serving 27 years of a life sentence on charges of attempting to overthrow the apartheid government. In April 1994, he was elected president in the first all-race elections.

February 14th - Celebrated as (Saint) Valentine's Day around the world, now one of the most widely observed unofficial holidays in which romantic greeting cards and gifts are exchanged.

February 17, 1865 - During the American Civil War, Fort Sumter in South Carolina was returned to the Union after nearly a year and a half under Confederate control. The fort had been the scene of the first shots of the war.

February 23, 1942 - During World War II, the first attack on the U.S. mainland occurred as a Japanese submarine shelled an oil refinery near Santa Barbara, California, causing minor damage.

February 27, 1950 - The 22nd Amendment to the U.S. Constitution was ratified, limiting the president to two terms or a maximum of ten years in office.

Join Bell Tower Retirement Community for a special Valentine's Day Senior 55+ Community Meal & Bingo on Friday, February 14th at 11:30am. Please RSVP by February 4th at 815-747-6701



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



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FEBRUARY
2020



Bell Tower Community Events in February

All are welcome! Please join us!

Thursday, February 13th

5:00pm to 6:00pm

Alzheimer's & Dementia Support Group

Friday, February 14th

11:30am to 2:30pm

Senior 55+ Community Lunch & Bingo

RSVP by February 4th at 815-747-6701

Save the Date!

Jo Daviess County Health Expo

Thursday, April 23rd

8:30am to 12:00pm



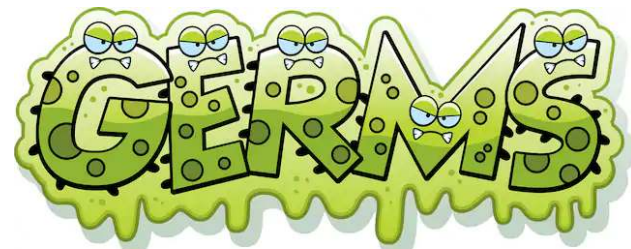
THE MONTH OF LOVE

2020 has already brought some big changes to Bell Tower Retirement. We said goodbye to our Administrative Assistant, Kara and welcomed our new Administrative Assistant, Sherri. As many of you know, Kara has been working on getting her master's degree and as she gets close to her graduation, she had to dedicate all her time to the master's degree. We wish her nothing but the best on her next adventure and thank her for all her years of service to Bell Tower Retirement. If you have not had a chance to meet our new Administrative Assistant Sherri, please stop by and say hello!

With Tracy taking on the role as Building Manager we were able to welcome Kristi as RN Healthcare Coordinator. Kristi brings many years of nursing experience to Bell Tower! Please be sure to welcome Kristi the next time you visit Bell Tower.

We are very excited to have both Sherri and Kristi join our Bell Tower family!

~ Bell Tower Retirement



Where are germs hiding?

Purses: Do not put your purses down onto the bathroom floor. E Coli in spray droplets following a flush may land on it. Hang the purse in the stall with you if possible, and do not be afraid to wipe it down weekly with a sanitizer towel.

Cell Phones: Three out of four cell phones tested have a large dosage of bacteria on them. Try using the sanitizer wipes at least weekly.

Credit Cards and Cash: You might always keep them in your wallet, but the hands that just swiped your card or touched your money could have viruses on them.

Chairs: All the chairs you sit on have germs, especially the areas you touch.

How do you get rid of germs?

- Wash your hands every time before you cook, after using the restroom, blowing your nose, handling garbage, or in public areas.
- The kind of soap that you use to wash your hands is not as important as you washing those germs down the drain!
- Take time to get a good lather going in between your fingers and under your nail beds.
- Rinse and dry thoroughly



Bell Tower resident Karen, showing off some Valentine's Day artwork



Bell Tower welcomes Sherri P. who started in December as Administrative Assistant



Bell Tower welcomes Kristi who started in January as RN Healthcare Coordinator



Bell Tower residents working on making Pine-cone Bird-Feeders.

Bell Tower residents Sallee & Buck are all smiles after enjoying some ice cream.



The East Dubuque Fire Department visited Bell Tower to provide residents with apartment safety tips!



Bell Tower residents (front to back, left to right) Betty, Dee, Ray, Bob, Harold, & Marion playing Bingo



HAPPY BIRTHDAY

Residents:
Shirley E. - February 6th

Staff:
Zoe R. - February 6th
Sidney B. - February 20th

Please wish them a Happy Birthday when you see them!



Alzheimer's & Dementia Support Group at Bell Tower

On Thursday, February 13th at 5pm Bell Tower Retirement Community will be hosting our monthly support group. Join us for educational videos and discussion on living with Alzheimer's & Dementia. Light refreshments will be provided.

We meet monthly at Bell Tower Retirement Community on the second Thursday of the month from 5:00pm to 6:00pm. All are welcome to attend. Those who want to learn about dementia, those who have been affected by dementia, those who are caregivers or those who simply want to support others. Please join us. If you have any questions, please call 815-747-6701.



A big welcome to Buck R. who became a member of the Bell Tower Family in January!



Happy Anniversary to Bell Tower Residents and Staff! We are so happy to have you at Bell Tower!

Residents:
Bob R - 1 year
Gloria - 5 years
Vern - 1 year

Staff:
Amy M. - 1 Year
Amanda T. - 1 Year