

## July Fun Facts

**Birthstone:** Ruby **Flower:** Larkspur **Zodiac Signs:** Cancer & Leo

### Historical Dates:

**July 1, 1862** - President Abraham Lincoln signed the first income tax bill, levying a 3% income tax on annual incomes of \$600-\$10,000 and a 5% tax on incomes over \$10,000.

**July 1, 1863** - Beginning of the Battle of Gettysburg during the American Civil War.

**July 3, 1775** - During the American Revolution, George Washington took command of the Continental Army at Cambridge, Massachusetts.

**July 4, 1776** - The Declaration of Independence was approved by the Continental Congress.

**July 6, 1885** - Louis Pasteur gave the first successful anti-rabies inoculation to a boy who had been bitten by an infected dog.

**July 10, 1973** - The Bahamas gained their independence after 250 years as a British Crown Colony.

**July 16, 1945** - The experimental Atomic bomb "Fat Boy" was set off at 5:30 a.m. in the desert of New Mexico desert, creating a mushroom cloud rising 41,000 ft.

**July 25, 1909** - The world's first international overseas airplane flight was achieved by Louis Bleriot in a small monoplane.

**July 27, 1953** - The Korean War ended with the signing of an armistice by U.S. and North Korean delegates at Panmunjom, Korea. The war had lasted just over three years.

**July 28, 1943** - During World War II, a firestorm killed 42,000 civilians in Hamburg, Germany. The firestorm occurred after 2,326 tons of bombs and incendiaries were dropped by the Allies.

**July 31, 1790** - The U.S. Patent Office first opened its doors.



# Bell Tower

RETIREMENT COMMUNITY

430 Sidney Street East Dubuque, IL 61025 [www.belltowerseniorliving.com](http://www.belltowerseniorliving.com) 815-747-6701



## JULY 2020



### COVID-19 PHASED APPROACH REOPENING

We appreciate your patience and the sacrifice you have made to help protect our residents during the COVID-19 crisis by not visiting in person. **We are pleased to report that we are now implementing a phased approach to safely reopen for visitation as directed by Governor Reynolds, IDPH, and DIA.** The purpose of this phased approach is to provide as safe a pathway as possible to resident and family visits. There are three recommended phases for transitioning to reopening. Each phase affects changes in each of the following areas:

- **Visitation** - Residents will have the ability to have limited visitation.
- **Essential/Non-Essential Healthcare Personnel** - All healthcare personnel are screened upon entry and additional precautions are taken.
- **Non-Medically Necessary Trips** - Telemedicine should be utilized whenever possible. Non-medically necessary trips outside the building should be limited to prevent unnecessary exposure.
- **Communal Dining** - Residents may be able to eat in the same room provided social distancing (limited number of people at tables and space by at least 6 feet) can be maintained. A limited number of individuals in a dining area at one time also has to be maintained.
- **Screening** - Resident, staff and visitor screening questionnaire and (temperature checks) will be done every day.
- **PPE and Universal Source Control** - All residents are to wear a cloth face covering or face mask while out of their apartment and when there is a visitor in their apartment. All visitors are to wear a cloth face covering or face mask while in the facility. All community staff and essential healthcare personnel are to wear a face mask, face shield/eye protection and lab coat. Residents who are a new admission/readmission will be required to quarantine in their room for 14 days.
- **Group Activities** - Small group activities may occur with social distancing, hand hygiene and use of a cloth face covering or face mask with no more than 10 people per activity.

#### Phase Regression:

The community will continue to progress through the different phases of adjusting the restrictions unless one staff or resident is confirmed positive for COVID-19 and another has symptoms, at which time, the community will return to Phase 1 when visitation will be generally prohibited.

- Vicki Nemmers, Regional Manager, RN

Note: Article written on June 22, 2020, all information is subject to change as directed by our governing bodies.



East Dubuque, IL 61025  
430 Sidney Street

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Bell Tower





**Bell Tower Retirement celebrated our Direct Care Workers for Certified Nurses Assistant Week this past month! Thank you for all you do!**



**Residents:**  
 Mary Lou T - 4th  
 Dan L - 5th  
 Mary E - 5th

**Staff:**  
 Amanda - 19th  
 Liz - 23rd



As we all continue to spend some more time at home, Bell Tower thought we would share another favorite recipes of the residents to make at home! To the right, is Kitchen Coordinator, Vicky with the Tomato Salad! Please feel free to share your favorite recipes!

**Vicky's Tomato Salad**



- 4 tomatoes
- 1 green pepper
- 1/2 onion
- Raspberry Vinaigrette



1. Clean and dice up tomatoes
2. Clean and dice up green pepper.
3. Cut onion and mix together with tomatoes and green pepper.
4. Add Raspberry Vinaigrette to taste and mix.
5. Refrigerate until serving.

**Above, Direct Care Worker Jess (left) & Direct Care Worker Mikayla (right) & resident, Dee enjoying the fresh air.**



**Right, resident Lorraine & Direct Care Worker, Kristen enjoying the sunshine & music by Chris Ross.**



**Bell Tower Resident, Mary L (above) & Geri (below) enjoying the music.**



**Bell Tower Staff and residents extend their deepest sympathy to the family and friends of Vern L who passed away on June 12**

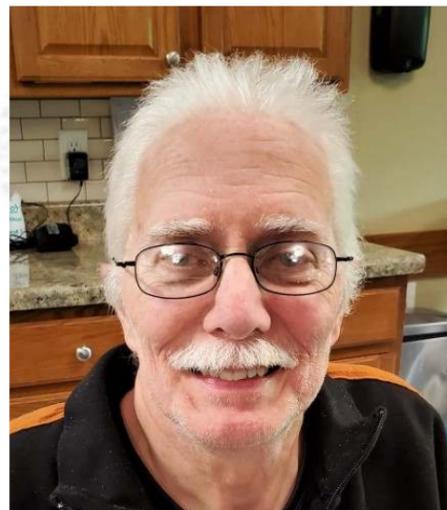


**Bell Tower Resident, Beth enjoying some fresh air.**

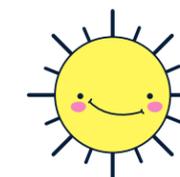
**Thank you Chris Ross (right) for coming to play for our summer kickoff parking lot party! It was so wonderful to hear some live music and be together again even if 6 feet apart!**



**Connie(left), Clay (middle) and Bruce (not pictured) joined the Bell Tower family! We are so happy to have you here!**



**Bell Tower Resident, Lorraine getting ready for lunch.**



**HAPPY Anniversary**

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

- Residents:**  
 Marion F - 1 Year  
 Harold F - 1 Year  
 Mary L - 1 Year  
 Betty - 1 Year

- Staff:**  
 Tracy - 3 Years  
 Kelly - 3 Years  
 Lori - 3 Years