

## June Fun Facts

**Birthstone:** Pearl, Alexandria, Moonstone **Flower:** Roses & Honeysuckle **Zodiac Signs:** Gemini & Cancer

### Historical Dates:

**June 3, 1972** - Sally Jan Priesand was ordained a rabbi thus becoming the first woman rabbi in the U.S.

**June 5, 1968** - Robert F. Kennedy was shot and mortally wounded while leaving the Hotel Ambassador in LA.

**June 6, 1872** - Pioneering feminist Susan B. Anthony was fined for voting in a presidential election at Rochester, New York.

**June 12, 1898** - The Philippines declared their independence from Spain.

**June 13, 1971** - The New York Times began publishing the Pentagon Papers, a collection of top secret documents exposing U.S. strategy in the Vietnam War.

**June 16, 1963** - Valentina Tereshkova, 26, became the first woman in space as her Soviet spacecraft, Vostok 6, took off from the Tyuratam launch site.

**June 18, 1983** - Dr. Sally Ride, a 32-year-old physicist and pilot, became the first American woman in space, beginning a six-day mission aboard the space shuttle Challenger, launched from Cape Canaveral, Florida.

**June 20, 1782** - The U.S. Congress officially adopted the Great Seal of the United States of America.

**June 21, 1964** - Three white civil rights workers - James Chaney, Andrew Goodman and Michael Schwerner - left Meridian, Mississippi, at 9 a.m. to investigate a church burning. They were expected back by 4 p.m. When they failed to return, a search was begun. Their murdered bodies were discovered on August 4th.

**June 25, 1950** - The Korean War began as North Korean troops, led by Russian-built tanks, crossed the 38th parallel and launched a full scale invasion of South Korea.

**June 28, 1862** - During the American Civil War, the siege of the Confederate city of Vicksburg began as Admiral David Farragut succeeded in taking a fleet past the Mississippi River stronghold.

**June 30, 1971** - The 26th Amendment to the U.S. Constitution was enacted, granting the right to vote in all federal, state and local elections to American citizens 18 years or older.



# Bell Tower

RETIREMENT COMMUNITY



## JUNE 2020

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



### **NOVEL CORONAVIRUS (COVID-19) UPDATE**

As our state begins to loosen restrictions, they are trying to do it in a safe manner to protect their people, but even more the seniors that are most vulnerable to the disease. Statistically speaking, seniors have the lowest percentage of those who have contracted the disease, but have the highest percentage of those who are dying from it.

We are all very anxious to be more social, see our families, attend events, go on vacations, and enjoy the things we are prevented from doing. Our residents and staff have been safe from the disease since it started, it is important that we continue our efforts going forth. The staff have been wearing as much protective equipment for the protection of our residents as they possibly can. Residents have been able to roam about the building, getting their mail, visiting with other residents, enjoying some individual activities and being outdoors on the patios. They have only been in contact with the staff and other residents.

If a resident leaves the facility they are compromising their safety and the safety of others in the facility. If a resident leaves the facility for any reason, they must do the following:

- Sign out when you leave the facility and sign back in when you return
- Identify where you are going
- Everyone around you must also wear a mask
- Wash your hands often
- Distance yourself 6 feet from others

\*\*\*\*\*We need you to know if at any time you leave the facility, you will be compromising your safety and the safety of all others in the facility. Because you will compromise everyone's safety, you will be asked to stay in your apartment and not come out for 14 days. This is not something most of you have had to do, nor do we want you to have to do this, so please think twice before leaving the facility.\*\*\*\*\*

As the states begin to loosen social distancing measures we continue to follow those for assisted living. We will continue to screen all residents and employees for COVID-19. We will follow all other plans to slowly open assisted living facilities to visitors as directed by the governor, the Department of Inspections and Appeals, the American Health Care Association, National Center for Assisted Living, Iowa and Illinois Department of Public Health and the Centers for Disease Control and Prevention (CDC).

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



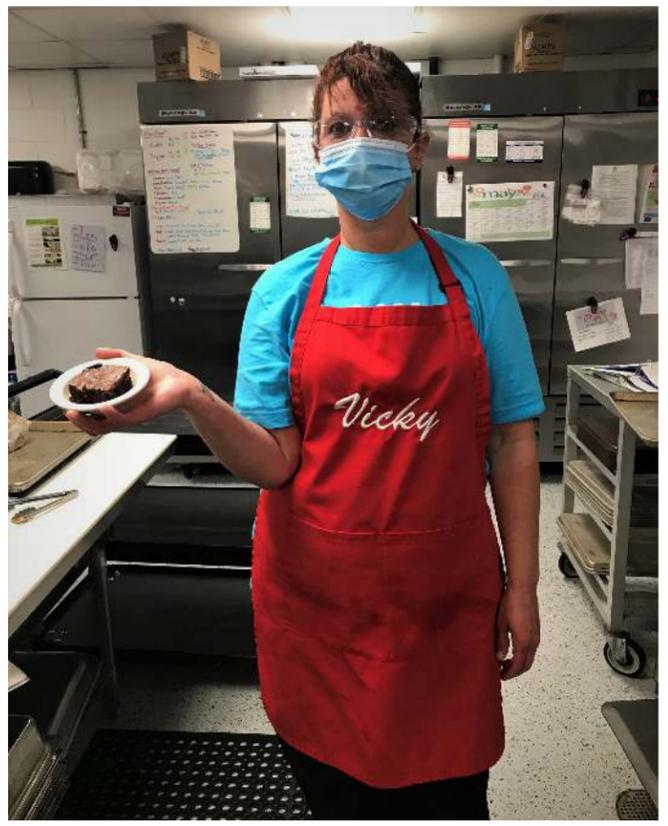
East Dubuque, IL 61025  
430 Sidney Street  
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As we all continue to spend some more time at home, Bell Tower thought we would share another favorite dessert recipe of the residents to make at home! To the right, is Kitchen Coordinator, Vicky with the Ultimate Brownie! Please feel free to share your favorite desserts!

**Vicky's Ultimate Brownies**

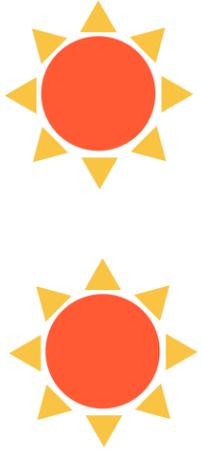
- 3/4 cup cocoa
- 1/2 tsp. baking soda
- 2/3 cup margarine, melted & divided
- 1/2 cup boiling water
- 2 cups sugar
- 2 eggs
- 1 1/3 cup flour
- 1 tsp. vanilla extract
- 1/4 tsp. salt
- 1 cup chocolate chips



June is here already. Remember last summer when you pulled up to Bell Tower and saw the beautiful flowers on our railings? There was a group of residents that planted those flowers and tended to them all summer, it was the most beautiful our flowers have ever looked. This summer the residents are keeping busy with flowers but they are in the back of the building to be sure we can social distance from any visitors who are dropping things off. Unfortunately, our guests are denied the aesthetics of their green thumbs but the residents are gardening and happy. I also want to let you know that our June Bell Tower Bash has been cancelled due to COVID-19. The first time since our current owners have taken over. We are all hopeful that soon, we will be able to be in the same room as our family and celebrate each other. Until then, we are all in this together and I'm hopeful there are better days to come. As always, if you have questions or concerns please feel free to contact me.  
 ~ Tracy Connolly, Manager



Bell Tower Direct Care Worker, Amy has some fun on Cinco de Mayo.



Bell Tower resident Jeanette S. is keeping busy with sewing potholders!

1. Preheat oven to 350 degrees F and grease a 9x13 pan.
2. Stir together cocoa & baking soda in a large bowl.
3. Stir 1/3 cup of margarine in the coca mixture & add boiling water stirring until mixture thickens.
4. Stir in sugar, eggs and the remaining margarine until smooth.
5. Add flour, vanilla, & salt; blend completely
6. Stir in the chocolate chips.
7. Pour in pan & bake 35 to 45 minutes.



Bell Tower Retirement celebrated our wonderful nurses during nursing week this past month! Thank you for all you do Kristi, Ellen, Whitney, Vicki, Lori, & Alice!



Bell Tower resident Jane is all smiles!



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|-------------------|-----------------|
| <b>Residents:</b> | <b>Staff:</b>   |
| Mary F. - 7th     | Jim - 24th      |
| Kenneth W. - 21st | Kelly G. - 28th |
| Geneva M. - 28th  |                 |



Bell Tower resident Mary Lou has been making Baptismal Bibs for her church in Hazel Green!



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

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|---------------------|---------------|
| <b>Residents:</b>   | <b>Staff:</b> |
| Mary E - 6 Years    | Jim - 5 Years |
| Mary Lou T - 1 Year |               |
| Frank H - 1 Year    |               |