

## March Fun Facts

**Birthstone:** Aquamarine **Flower:** Daffodil **Zodiac Signs:** Pisces & Aries

### Historical Dates:

**March 1, 1961** - President John F. Kennedy established the Peace Corps, an organization sending young American volunteers to developing countries to assist with health care, education and other basic human needs.

**March 4, 1830** - Former President John Quincy Adams returned to Congress as a representative from Massachusetts. He was the first ex-president ever to return to the House and served eight consecutive terms.

**March 5, 1770** - The Boston Massacre occurred as a group of rowdy Americans harassed British soldiers who then opened fire, killing five and injuring six.

**March 10, 1862** - The first issue of U.S. government paper money occurred as \$5, \$10 and \$20 bills began circulation.

**March 11, 1918** - The 'Spanish' influenza first reached America as 107 soldiers become sick at Fort Riley, Kansas. One quarter of the U.S. population eventually became ill from the deadly virus, resulting in 500,000 deaths. The death toll worldwide approached 22 million by the end of 1920.

**March 12, 1888** - The Great Blizzard of '88 struck the northeastern U.S. The storm lasted 36 hours with snowfall totaling over 40 inches in New York City where over 400 persons died from the surprise storm.

**March 27, 1977** - The worst accident in the history of civil aviation occurred as two Boeing 747 jets collided on the ground in the Canary Islands, resulting in 570 deaths.

**Join Bell Tower Retirement Community for St. Patrick's Day Senior Community Breakfast  
Tuesday, March 17th from 7:30am to 9:00am. Please RSVP by March 10th at 815-747-6701**



430 Sidney Street  
East Dubuque, IL 61025  
BELL TOWER  
RETIREMENT COMMUNITY



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**MARCH  
2020**



### **Bell Tower Community Events in March**

All are welcome! Please join us!

#### **Alzheimer's & Dementia Support Group**

Thursday, March 12th  
5:00pm to 6:00pm

#### **Senior 55+ Community Breakfast**

Tuesday, March 17th  
RSVP by March 10th at 815-747-6701  
Serving from 7:30am to 9am

#### **Save the Date!**

Jo Daviess County Health Expo  
Thursday, April 23rd  
8:30am to 12:00pm



### **THE LUCK OF THE IRISH**

February was a busy month at Bell Tower as we had our Senior Community Meal on Valentine's Day and the Alzheimer's & Dementia Support group. We also celebrated Mardi Gras or Fat Tuesday as a community with a King Cake! The tradition states that a small baby is hidden in the cake and symbolized Jesus. It is said whomever has the baby in their piece of cake has good luck the rest of the year and also is in charge of buying the cake the following Fat Tuesday.

Coming soon to Bell Tower is a place to highlight the 'positive vibes' surrounding our community. This will range from coworker applauding, to residents, families and community members sharing the positive vibes throughout Bell Tower Retirement! So please feel free to share these stories or comments with the Bell Tower Management Team so we can share them with our community! Look for the Positive Vibes board on ground floor outside of the elevator!

~ Tracy Connolly, Manager



# Caffeine Awareness Month



Tea and coffee are an essential part of life for many of us. In fact, the breakfast cup of coffee and mid-morning tea break are so deeply embedded in our daily routine, that they have become automatic and unquestioned cornerstones of the day. This means that it can be difficult to imagine alternatives or doing away with them altogether. Caffeine Awareness Month presents an opportunity to be mindful of the amount of caffeine we consume. The most common sources of caffeine are coffee, tea, kola nuts and cocoa beans. And do you know how much caffeine content can vary from food to food? Turns out it's quite a lot actually, depending on the type and serving size of a food or beverage and how it's prepared.

Caffeine content can range from as much as 160 milligrams in some energy drinks to as little as 4 milligrams in a 1-ounce serving of chocolate-flavored syrup. Even decaffeinated coffee isn't completely free of caffeine. Caffeine is also present in some over-the-counter pain relievers, cold medications, and diet pills. These products can contain as little as 16 milligrams or as much as 200 milligrams of caffeine. In fact, caffeine itself is a mild painkiller and increases the effectiveness of other pain relievers.

Caffeine can cause trouble sleeping if you drink it too close to bedtime, cause withdrawal symptoms if you abruptly stop drinking it. It does not increase the risk of osteoporosis, heart disease, and cancer. It does not help you sober up, has minimal or no health benefit. The main thing is to drink in moderation.



# Welcome home

Welcome Merla, Lavern, Mildred, & Jeanne (not pictured) who all joined the Bell Tower Family in February!



## Alzheimer's & Dementia Support Group at Bell Tower

On Thursday, March 12th at 5pm Bell Tower Retirement Community will be hosting our monthly support group. Join us for support and experience from a family member of someone who lived with Alzheimer's & Dementia. Light refreshments will be provided.



Bell Tower resident Sallee getting some puppy love while enjoying music by Chris Ross.

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.



# CONGRATULATIONS



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

Residents:  
Alice - 2 years  
Sallee - 8 years



Bell Tower resident Mary L. (left) poses for a quick picture with a new furry friend.



Bell Tower resident, John, Jeanette, Karen, Vern, & Mary Lou are working on making exercise fun!



Residents:  
Dee C. - 13th  
Bob J. - 14th  
Lavern - 24th

Staff:  
Pam S. - 7th  
Krista W. - 10th  
Lori H. - 12th  
Sherri P. - 26th



Bell Tower Staff and residents extend their deepest sympathy to the family and friends of Doretta Alger. We will miss Doretta's contagious smile, her witty personality and her gift of music - all of which she shared with all that walked into Bell Tower.