

May Fun Facts

Birthstone: Emerald **Flower:** Lily of the Valley **Zodiac Signs:** Taurus & Gemini

Historical Dates:

May 4, 1494 - During his 2nd journey in the New World, Christopher Columbus discovered Jamaica.

May 5th - Celebrated in Mexico as Cinco de Mayo, a national holiday in remembrance of the Battle of Puebla in 1862, in which Mexican troops defeated the invading French forces of Napoleon III.

May 9, 1862 - During the American Civil War, General David Hunter, Union commander of the Department of the South, issued orders freeing the slaves in South Carolina, Florida and Georgia.

May 10, 1869 - The newly constructed tracks of the Union Pacific and Central Pacific railways were first linked at Promontory Point, Utah.

May 13, 1846 - At the request of President James K. Polk, Congress declared war on Mexico.

May 14, 1796 - Smallpox vaccine was developed by Dr. Edward Jenner, a physician in rural England.

May 17, 1875 - The first Kentucky Derby horse race took place at Churchill Downs in Louisville.

May 18, 1980 - Mount St. Helens volcano erupted in southwestern Washington State spewing steam and ash over 11 miles into the sky. This was the first major eruption since 1857.

May 20, 1862 - President Abraham Lincoln signed the Homestead Act opening millions of acres of government owned land in the West to "homesteaders" who could acquire up to 160 acres by living on the land and cultivating it for five years, paying just \$1.25 per acre.

May 21, 1881 - The American Red Cross was founded by Clara Barton.

May 27, 1937 - In San Francisco, 200,000 people celebrated the grand opening of the Golden Gate Bridge by strolling across it.

May 30, 1783 - The Pennsylvania Evening Post became the first daily newspaper published in America.

May 31, 1889 - Over 2,300 persons were killed in the Johnstown flood in Pennsylvania.



Bell Tower

RETIREMENT COMMUNITY



MAY
2020

430 Sidney Street East Dubuque, IL 61025 www.belltowerseniorliving.com 815-747-6701



NOVEL CORONAVIRUS (COVID-19) UPDATE

The Coronavirus (COVID-19) threat is now real to people of all ages, not just the elderly. We ask that no matter what your age or livelihood, you protect yourself and others by following what the CDC and state health departments are asking us to do. We ask that you follow our requests as we continue to provide protection to our residents and staff. We understand this is difficult, but the safety and wellbeing of the residents and staff is our top priority. We have no positive test results at this time, let's not be a statistic if at all possible.

We ask that you continue to protect yourself by washing your hands, social distancing at least 6ft. from others including at work, and limiting your trips from home to only things that are essentially needed, such as food and medications.

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 is a great way of meeting your health needs. We hope this next article is about our new normal, "Opening America". Stay Safe!

- Vicki Nemmers, Regional Manager



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





May flowers are in bloom and the grass gets greener every day. We are looking forward to warmer days and sunshine. We are remaining cautious with our residents and are grateful for the support we have received from the residents' families and our community.

As we head into warmer weather the patio is increasingly a busier place. The residents are doing great following our social distancing rules while sitting in the sun.

We have been so grateful for the community in supporting us in so many ways. We look forward to the day we can open our doors and allow visitors to come in.

Brenda, our Activities Coordinator, has been very creative and getting things to the residents that they can do in their apartments. We appreciate her finding new ways to entertain. She's full of surprises and the residents are enjoying her ideas.

Please know that we are here to support the families as well as our residents. Please don't hesitate to ask if you need something. We're happy to help where we can.

Enjoy Springtime and continue to look forward to summer. Sunshine and warm days will soon be here.

Thanks for being part of the Bell Tower Family,
Tracy Connolly, Manager

Staff:

- Alice - 5th
- Olivia P. - 7th
- Kristin M. - 10th
- Becky S. - 18th
- Mary M. - 23rd

Residents:

- Marlin - April 27th
- Dolores A. - 20th
- Betty F. - 30th



Bell Tower had a special visit from the Easter Bunny!



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

Staff:

- Olivia L. - 3 years
- Whitney W. - 1 year

Residents:

- Karen - 4 years

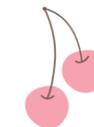


Bell Tower resident, Carol enjoying an ice cream treat in the sun on the patio for her birthday!

As we all continue to spend some more time at home, Bell Tower thought we would share a favorite dessert recipes of the residents to make at home! To the right, is Kitchen Coordinator, Vicky with the Cherry Pretzel Dessert! Please feel free to share your favorite desserts!

Cherry Pretzel Dessert

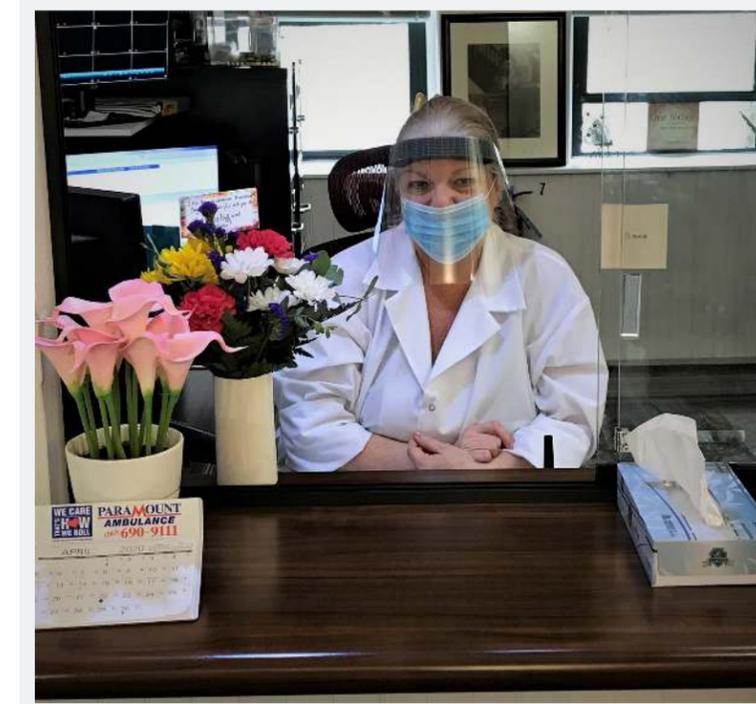
- 2 cups crushed pretzels
- 1/2 cup butter, melted
- 3 tablespoons white sugar
- 1 (8 oz) package cream cheese, softened
- 1 cup confectioners' sugar
- 1 (12 oz) container frozen whipped topping
- 1 (21 oz) can cherry pie filling



1. Preheat oven to 350 degrees F.
2. Mix the crushed pretzels, melted butter, and sugar together in a bowl; press into the bottom of a 13x9 inch baking dish.
3. Bake the crust in preheated oven, about 10 minutes or until lightly browned. Remove to cool completely.
4. Stir cream cheese and confectioners' sugar together in a bowl. Fold the whipped topping with the cream cheese mixture until smooth.
5. Spread the mixture over the cooled pretzel crust and spread cherry pie filling over the cream cheese layer.



Thank you Hailey Adams for your hard work and dedication for the past 7 years. We are so excited for Hailey as she begins her next adventure in Arizona working in Tucson, AZ in security at the airport. We wish you nothing but the best Hailey!



We celebrated Sherri on Administrative Assistant Day on the 22nd. Thank you so much Sherri for everything you do for Bell Tower! We are so thankful for your smiling face!