



# Bell Tower

RETIREMENT COMMUNITY

NOVEMBER  
2020

430 Sidney Street East Dubuque, IL 61025

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[www.belltowerseniorliving.com](http://www.belltowerseniorliving.com)



[Facebook.com/belltowerretirementcommunity](https://www.facebook.com/belltowerretirementcommunity)



[Instagram.com/belltoweril](https://www.instagram.com/belltoweril)

The good news is, as of the date of this printing Bell Tower has remained Covid negative. I feel the success has been because of the teamwork between staff, residents and families. We appreciate the fact that you have been following the guidelines and doing your part to keep our residents safe. As the holidays approach and the number of cases in our area continue to rise we must remain steadfast with our guidelines. For at least the next two weeks we will be following these guidelines. Visitations from 1-3pm are suspended, however we will review individual needs. Residents who leave the building will be quarantined to their room for 14 days. Visits through the residents closed window are allowed to continue. Hair appointments at Bell Tower will continue. After two weeks we will evaluate and update you on any changes. Bell Tower will be serving a traditional Thanksgiving meal on November 26th for our residents. During these unprecedented times please identify things to be thankful for. We should all continue to support each other and be kind. This is the season to reflect and count your blessings. I for one am so thankful to be part of the Bell Tower Family.

-Tracy Connolly, Manager

**TO THOSE WHO HAVE SERVED, AND THOSE WHO CONTINUE TO SERVE..**

*Thank you!*



**A special thank you to Bell Tower Residents John B, Russ R, and Bill C for their service in the United States Military .**



## NATIONAL CAREGIVERS MONTH

November is the month where we take time to recognize and give praise and support to the 78 million people who dedicate their time, often unpaid, caring for a family member in need. Particularly as we continue through the COVID-19 crisis when the focus is placed on families finding quality time in trying to be safe for them and their loved one. It is important that we show our appreciation for those who recognize and work to provide care and support for all elders. We must never underestimate the strength that caregivers have for providing this support to those people who need it the most, nor the toll that it can take both emotionally and physically upon them. The devotion and love that these people show to their loved ones therefore to the greatest extent rightly ought to be celebrated.

A Presidential Proclamation declaring November as National Family Caregivers Month provides much recognition for these devoted family members and acts as a backdrop for many national and local organizations to structure events, raise funds, provide support networks and most of all celebrate these wonderful people. Perhaps you know someone or are yourself that care giver for a family member, because most events are not taking place this year, we would still like to thank you!



### NAVIGATING THE HOLIDAY SEASON DURING A PANDEMIC

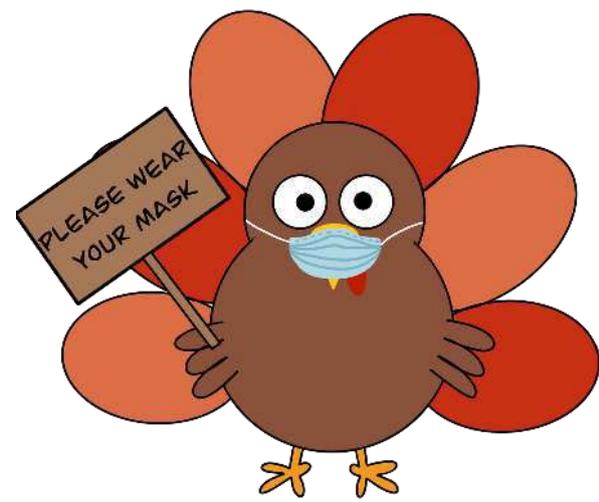
Holiday's can be stressful even during normal circumstances. With the current pandemic, celebrating holidays with family and love ones seems like an impossible feat.

How to make it work:

- Make a Plan - Begin having the conversation with your loved ones as soon as possible what you want to do. If hosting a holiday, be sure to lay out clear expectations and ground rules in advance.
- Consider- If you or others plan on skipping a gathering, express your regrets, but don't negotiate your stance. Understand that not everyone will be comfortable with a family gathering, and don't take it personally.
- Make New Traditions - In the 21st century, technology has become an easily accessible tool. Utilize video chat during dinner over Zoom or Facetime. For family members who don't have access to video, a phone call before or after the meal could be a great way to stay connected.
- Stay Safe - No matter how you decide to celebrate the upcoming holidays, keep everyone's safety in mind. Instead of a large family gathering, consider a small group of immediate family members. Encourage everyone to use masks and practice social distancing. Open windows and doors to increase air flow inside. And if you are sick, please stay home.



Geneva M. "My pumpkin has a mask, those are important right now."



# HAPPY Anniversary

Residents:

Beverly K	1 year
Mary F	1 year
Ellen R	3 years

Staff:

Liz H	1 year
Hayle J	1 year

Thank you all for being apart of the Bell Tower community. We are so grateful you're here.

# Happy BIRTHDAY

Residents:

Neldia Jane F	Nov 8th
Robert R	Nov 11th
Harlan R	Nov 17th
Evelyn S	Nov 25th
Frank H	Nov 28th

Staff:

Melinda H	Nov 14th
Angeline M	Nov 16th
Eva S.-M.	Nov 24th



## WELCOME TO THE BELL TOWER FAMILY!

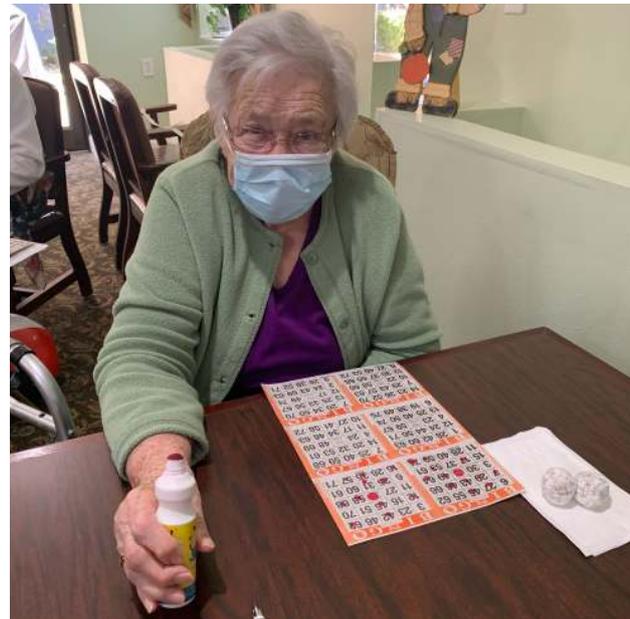
Bill C



Beth E. participating in one of the many daily activities offered here at Bell Tower by Activities Coordinator Brenda.



Marion F. showing off her winning numbers after a round of Tuesday morning bingo!



## Upcoming Holidays & Events

**Nov. 1** - Daylight Saving Time Ends

**Nov. 1** - All Saints Day

**Nov. 3** - Election Day

**Nov. 11** - Veterans Day

**Nov. 14** - World Diabetes Day

**Nov. 26** - Thanksgiving Day

## Wacky Days of the month

**Nov. 3** - National Sandwich Day

**Nov. 13** - World Kindness Day

**Nov. 14** - National Pickle Day

**Nov. 19** - World Toilet Day

**Nov. 25** - National Jukebox Day

**Nov. 28** - National French Toast Day

## Monthly Historical Facts

**Nov. 2, 1957-** A dog was launched into orbit as the first animal in space on board Sputnik 2.

**Nov. 12, 1954-** The federal government shutdown Ellis Island. From 1892 to 1924, the station processed over 12 million immigrants. After 1942, Ellis Island switched to a detention and deportation center, a hospital during World War 2, and a Coast Guard Training center.

**Nov. 18, 1951-** Chuck Connors of the Los Angeles Angels became the first player to oppose the MLB draft so that he could remain in Los Angeles and pursue a career in acting. Connors later went on to become the star of the television show "The Rifleman".

**Nov. 22, 1963-** President John Fitzgerald Kennedy (JFK) was assassinated in Dallas, Texas, while riding in a motorcade at 1 p.m. At 2:39 pm Vice-president Lyndon Baines Johnson (LBJ) was sworn in as the 36th President of the United States on board Air Force One. That afternoon, Lee Harvey Oswald, a suspect in the assassination was captured by Dallas police.

East Dubuque, IL 61025

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