

Historical Facts for October

- **October 2, 1967**- Thurgood Marshall (1908-1993) was sworn in as the first African American associate justice of the U.S. Supreme Court. He served until 1991 and was known for opposing discrimination and the death penalty, and for championing free speech and civil liberties.
- **October 3, 1974** - Frank Robinson was hired by the Cleveland Indians as baseball's first African American major league manager.
- **October 14, 1964** - Civil Rights leader Martin Luther King, Jr., became the youngest recipient of the Nobel Peace Prize. He donated the \$54,000 in prize money to the Civil Rights movement.
- **October 26, 1881** - The shoot-out at the O.K. Corral in Tombstone, Arizona, occurred between the feuding Clanton and Earp families. Wyatt Earp, two of his brothers and "Doc" Holliday gunned down two Clantons and two others.
- **October 31, 1941** - Mount Rushmore National Memorial was completed after 14 years of work. The memorial contains 60-foot-tall sculptures of the heads of Presidents George Washington, Thomas Jefferson, Abraham Lincoln and Theodore Roosevelt - representing America's founding, political philosophy, preservation, and expansion and conservation.
- **October 31, 1961** - The body of Joseph Stalin was removed from the mausoleum in Red Square and reburied within the Kremlin walls among the graves of lesser Soviet heroes.

October



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2020

430 Sidney Street East Dubuque IL 61025 815.747.6701 www.belltowerseniorliving.com

Last month we celebrated Assisted Living Week. Throughout that week we highlighted some of our staff on our Facebook page with a photo and a quote of why they like working at Bell Tower. Brenda, our Activities Coordinator asked residents why they like living at Bell Tower. Throughout this month's newsletter you will see some of their responses. I appreciated their feedback because during the pandemic we often wonder if we are doing enough. We are grateful our residents are safe and healthy. We all need to keep working together to make sure we remain safe and healthy.

We miss our community events, we miss seeing family and friends coming through the door at all hours, we miss our pre-covid time. We are hopeful that we can return to our normalcy sometime soon, until then we need to be mindful of our residents and the rules we are following to keep them safe.

In the past we celebrated the fall season with our annual Chili Supper, Pumpkin Painting and Trick or Treating, this year we will not be able to invite the community in but rest assured we will be painting the pumpkins and enjoying other autumn activities within our Bell Tower Bubble. Please keep sending positive vibes our way, we appreciate it.

-Tracy Connolly, Manager, Bell Tower Retirement Community

Bell Tower's Visiting Procedures at the time of this printing.

- Visiting Hours at Bell Tower are seven days a week 1:00pm to 3:00pm.
- Visitors must have an appointment. Please call Bell Tower at 815.747.6701, preferably 24 hours in advance.
- These visits are for social emotional support or end of life.
- Please use hand sanitizer when entering the building
- Visitors and residents must wear a mask the entire visit. No eating during visits.
- Visitors must check in and go directly to the apartment they are visiting. Apartment door must remain open during the visit.
- Only one visitor per apartment
- Please exit through the second floor door no later than 3:00pm.
- All information is subject to change as directed by our governing bodies.



Bell Tower's Flu Shot Clinic for Residents is Thursday, October 15th.



Please make sure your nose and mouth are covered for your protection and the protection of others.



HAPPY HALLOWEEN



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

Prevention of Respiratory Influenza

Respiratory Influenza (flu) is a contagious disease that spreads around the United States every winter, usually between October and May. Flu is caused by influenza viruses, and is spread mainly by coughing, sneezing, and close contact. People with health problems have a higher chance of getting sick with the flu virus. Symptoms can include: fever/chills, sore throat, muscle aches, fatigue, cough, headache, and runny or stuffy nose.

It is possible to have flu, as well as other respiratory illnesses, and COVID-19 at the same time. Health experts are still studying how common this can be. Some of the symptoms of flu and COVID-19 are similar, making it hard to tell the difference between them based on symptoms alone.

Prevention should include:

- CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.
- Good hand washing every time before and after you eat and after blowing your nose, handling garbage, going to the bathroom, or are in public areas.
- Try to avoid close contact with any people, but especially those who show symptoms. If you are unable to socially distance yourself, then wear a mask..
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)
- While sick, limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Clean and disinfect surfaces and objects (purses, cell phones, credit cards) that may be contaminated with germs like the flu.

Visit CDC's website at www.cdc.gov/flu for more information



Jeanette S. "I've made good friendships with the staff and residents."



Frank H. "There's always fun at Bell Tower."

Beverly K. "Bell Tower is a Community. Both residents and staff are a family."



Residents:
Lorraine L. 8 years
Dan R. 4 years
Jane F. 2 years
Dan L. 1 year

Staff:
Pam S. 1 year

Thank you for choosing Bell Tower, we're so grateful you're here.

Pam, Thank you for serving being part of our staff, we look forward to many more years.



Residents:
Marion F. October 10th
Elle R. October 7th
Merla C. October 21st
Beth E. October 24th
Buck October 27th

Staff:
Asia W. October 3rd
Jon V. October 12th
Hayle J. October 21st
Ellen B. October 22nd



on Sunday, November 1st. Set your clocks ahead on Saturday, October 31st before you go to bed.



Kathleen L. "I truly enjoy Bingo, and you, Brenda."



Marion F. "I enjoy being able to get out of my apartment and move around to go to activities."
Harold F. "Being able to sleep in my own recliner when I want to."

