

Olympic Fun Facts:

Athens, Greece hosted the first modern Olympics.

The Olympics have been hosted by 19 different countries since 1896.

Gold, silver and bronze medals were not awarded until 1904. During ancient Olympics, the winners were awarded with a olive wreath.

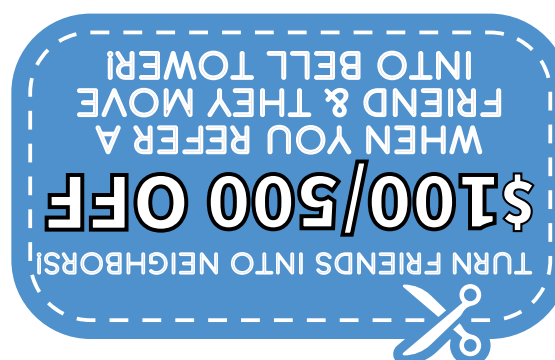
The United States has won more than 2,800 medals. Entering the 2021 Games, no other country has won more than 1,000.

Originally, the Games were only in the summer. The Winter Olympics began in 1924.

Golf made its Olympics debut in 2016. Baseball/softball, karate, skateboarding and sport climbing will be debuting in 2020.

The United States has hosted the Summer Olympics four times: twice in Los Angeles (1932 and 1984), St. Louis (1904) and Atlanta (1996).

Residents Geneva, Sallee, Connie, and Merla participating in Bell Tower's 2020 Olympic Games.



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AUGUST
2021

August is here, where has the summer gone? I want to be sure you all know that we will be having our Annual Bell Tower Bash this year. After taking a break from this celebration in 2020, we will be celebrating again on Saturday, September 18, 2021 from 11:00am -1:00pm. We look forward to seeing everyone at Bell Tower for great food, great music and making great memories. The theme this year is Take Me Out to the Ballgame, dig out your baseball jerseys and come join us. There will be more information to come in next month's newsletter.

We are grateful to have family and friends in our building visiting. Remember, if you have been fully vaccinated you do not need to wear a mask, but you do need to be screened at the front desk when you arrive. We appreciate you all respecting these guidelines, as things change we will let you know. Staff members are still wearing masks as we work closely with our residents, we continue to be cautious to keep everyone safe. As always if you need anything or have questions please ask.

-Tracy Connolly, Manager

Save The Date!



Saturday, September 18, 2021
11:00 AM - 1 PM

Join us for Bell Tower's 8-year
celebration with live music, food, and
more!

August is National Immunization Month

Vaccines (shots) help prevent dangerous and sometimes deadly diseases especially in the very young and elderly. National Immunization Awareness Month is the perfect time to get caught up on those shots.

Vaccine recommendations for adults are based on a variety of factors including age, overall health status, and medical history. To help you understand what vaccines you might need, you should discuss them with your doctor or health care professional next time you make an office visit.

Some vaccinations to consider are:

- COVID-19
- Flu shot every year.
- Tetanus and diphtheria booster shot every 10 years
- Varicella (Shingles)
- Pneumonia
- Other vaccines according to individual health history

Talk to your doctor or nurse to make sure that you are up to date on your vaccinations. Receiving vaccinations can possibly prevent an unnecessary illness, hospitalization, and even death.

Happy ANNIVERSARY

RESIDENTS

MIKE L. 3 YEARS

STAFF

ELLEN B. 8 YEARS



Happy BIRTHDAY

RESIDENTS

SALLEE B. AUGUST 4
BEVERLY K. AUGUST 20

STAFF

ALEXANDERIA E. AUGUST 1
OLIVIA L. AUGUST 13



Summer Fun!



Mike smiling for the camera!



Residents enjoying BINGO in Moments.



Resident Lorraine and Direct Care Worker Hayle.

Below: Residents Jeanette and Beth finishing up their paintings.



Resident Karen and Nurse Kristi.



Residents and staff have planted and grown a variety of produce that Bell Tower will eventually be incorporating into Residents' meals when the produce is ready. Flowers have also been planted and taken care of throughout the summer. Thanks to the residents and staff who have made Bell Tower's garden bloom!



