

Upcoming Holidays & Events

- September 6** Labor Day
- September 11** Patriot Day
- September 12** Grandparents Day
- September 15** International Day of Democracy
- September 17** Constitution Day

Wacky Days of the Month

- September 6** National Read a Book Day
- September 17** National Pet Bird Day
- September 18** National Dance Day
- September 26** National Pancake Day
- September 27** National No Excuses Day
- September 30** National Love People Day

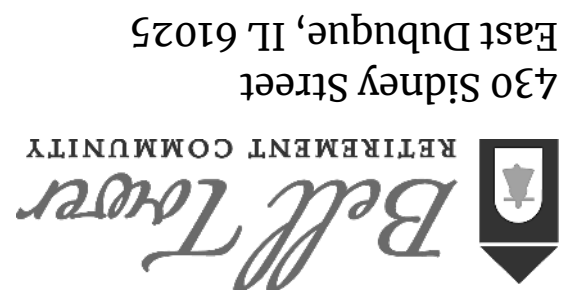
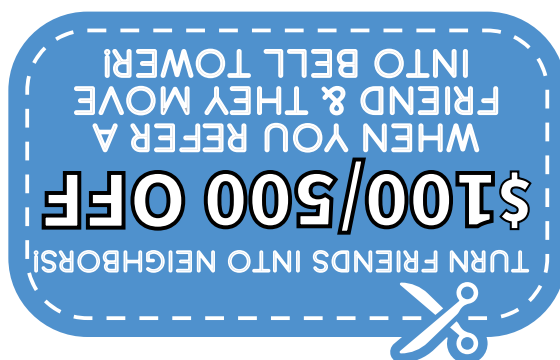
September Fun Facts

The birthstone for September is the sapphire, which is found in many different colors but is well known for being a bright, vivid blue color. The sapphire is known for representing wisdom, good fortune, truth, and power.

The Romans believed that September was looked after by the god of fire. So they always expected fires and volcanic eruptions to occur during this month.

There are plenty of popular tunes with "September" in the title. "September of my years" by Frank Sinatra is a part of this list.

Out of all 12 months of the year, September is spelled with the most letters. It contains nine letters and happens to be the ninth month of the year. No other months have the same amount of letters as their number in the calendar year.



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SEPTEMBER
2021

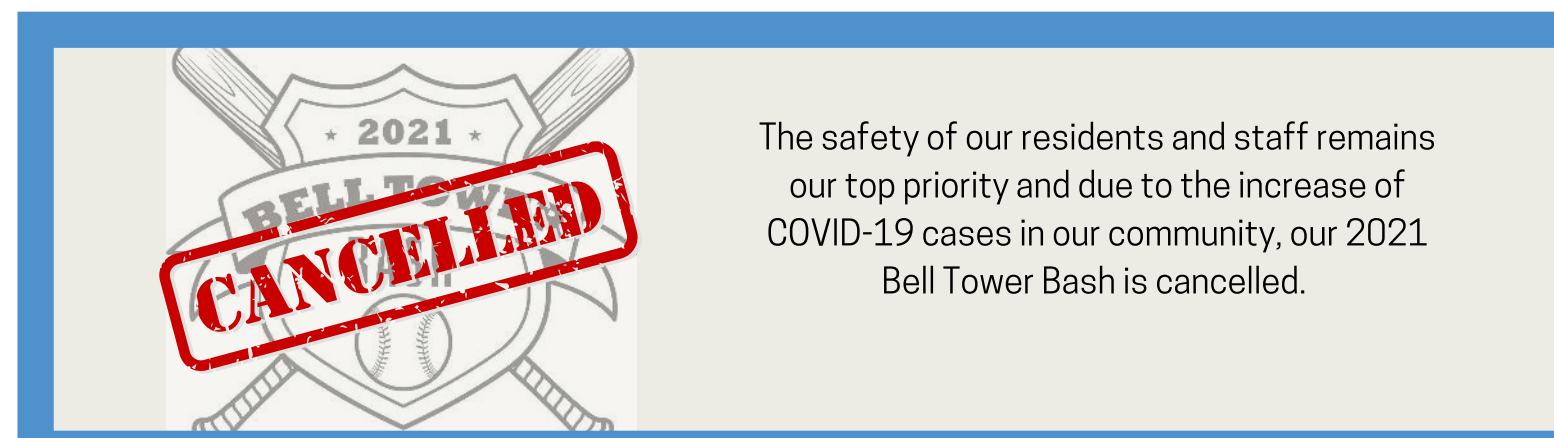
As we turn the calendar from August to September, we will experience the end of summer and the first days of autumn. Living in the Midwest we are prepared for cool nights or a hot Indian Summer, either way, we try to squeeze lots of activities into this beautiful time of year. Unfortunately, we are still in the midst of a worldwide pandemic, and plans change as to what we feel comfortable participating in while doing our best to keep ourselves and our neighbors safe. As the numbers in Jo Davies County are on the rise we are canceling our Bell Tower Bash again for 2021. It is with a heavy heart that we will have another year without celebrating Bell Tower with our families and the community, but the safety of our residents always has been and always will be our first priority.

On a positive note on Monday, September 13th, to kick off Assisted Living Week our residents will enjoy an outdoor concert and picnic lunch here at Bell Tower. In true Bell Tower fashion, we will find a way to celebrate each other, although it will be very much scaled-down. Hopefully, in 2022, we will be able to welcome families, friends, and neighbors back to the Bell Tower Bash as we have known it in the past.

Our residents will be able to get their flu vaccine here at Bell Tower as they have been able to in the past. Please watch for more information as that becomes available. We have also been in contact with Community Pharmacy on the Covid 19 booster. Again, as information becomes available we will pass that onto residents and their families.

We are looking forward to heading into a new season with our Bell Tower family.

-Tracy Connolly, Manager



Assisted Living Week Compassion, Community and Caring September 12-18, 2021

The National Center for Assisted Living (NCAL) founded the first National Assisted Living Week in 1995. Since then, this special week has been observed annually. Assisted living communities all over the country celebrate the residents they serve, and they participate in this special event with activities and celebrations of their choice.

In 2020 and again in 2021 local Assisted Living Communities have not been able to provide the extent of activities that have become the norm prior to the pandemic. However, most Assisted Living Communities are welcoming people for tours and visits utilizing precautions that will keep our residents, families, and staff members safe. Assisted Living Week would be a great time to stop in and ask questions and see for yourself the benefits of living in an Assisted Living Community.

This year's theme is particularly significant because of everything assisted living communities have faced over the past year. The theme, 'Compassion, Community, Caring,' reflects the hard work and dedication of all the essential caregivers in assisted living communities during the pandemic. It's a good time to reflect on all the unknown residents, family members and staff faced each day with compassion in the forefront of their words and actions.

Assisted Living Communities in the area are a wonderful resource for our seniors. The week of September 12-18 is a great time to focus on doing your research or simply to say thank you to those who care for our residents and celebrate those who live there.



Happy ANNIVERSARY

RESIDENTS

EVELYN S. 4 YEARS
 HARLAN & DOROTHY R. 2 YEARS

STAFF

BRENDA M. 3 YEARS
 STACY P. 1 YEAR



Happy BIRTHDAY

RESIDENTS

LORRAINE L. SEPTEMBER 12
 DOROTHY R. SEPTEMBER 15
 MIKE L. SEPTEMBER 18
 JEANETTE S. SEPTEMBER 30

STAFF

STACY P. SEPTEMBER 3
 JJ. K. SEPTEMBER 22



Above: Connie F. and Barb H. doing various strength exercises.

Below: Residents Mary L. and Merla enjoying morning exercise.



Below: Harold F. practicing his golf swing.

Below: Marion F. & Jeanette S. waiting their turn for bean bag toss.



Residents Jeanette and Geneva working on their painting.



Residents enjoying BINGO in the dining room.



Tracy presenting during an Alzheimer's education session for residents in August, she will continue with the stages of dementia on September 17.

