

February 2022

Bell Tower Life

Bell Tower Residence | 1500 O'Day Street Merrill, Wisconsin 54452 | 715-536-5575 | www.belltowerresidence.org



Celebrating February

**Worldwide Renaissance
of the Heart Month**

Women Inventors Month

Black History Month

**Chinese New Year:
Year of the Tiger**
February 1

Groundhog Day
February 2

Winter Olympics Begin
February 4

Read in the Bathtub Day
February 9

Valentine's Day
February 14

**World Day for Social
Justice**
February 20

Presidents' Day (U.S.)
February 21

Digital Learning Day
February 22

Tooth Fairy Day
February 28

YOUR BEST VALENTINE

February is a month full of hearts, and care and love. Be My Valentine, boxes of chocolate candy hearts. In the middle of the winter months, how can you be your own best valentine? Here are some tips for seniors to take care of their health during these cold winter days.

- ♥ Stay hydrated. Even though you're not out in the hot summer sun, it is still important to drink enough fluids. If water isn't your thing, remember that tea, juice, gelatin, and even popsicles count! Make it fun to get your fluid intake.
- ♥ Stay active. While the cold weather or icy conditions might make it more difficult to keep moving, exercise helps you stay strong and strengthens your immune system. Walk around your house, or up and down the halls of your apartment building. Do arm or leg raises as you watch TV. You can even do some gentle stretching or exercises right in your bed. Keep it moving, and keep it strong!
- ♥ Get some sunshine. Bundle up and go outdoors if it is safe to do so, or throw the curtains open and enjoy the natural light. Northern winters tend to be dark, and we need the sunlight to help us make vitamin D. Vitamin D helps strengthen our bones, and there are studies that show that vitamin D is also helpful for fall prevention.
- ♥ Stay warm. Seniors tend to lose heat from their bodies easily. Dress in layer when indoors so that you can feel comfortable no matter where you are. If outdoors, make sure to have a hat, scarf, gloves and a warm coat.
- ♥ Eat well. A good balanced diet will provide the vitamins and nutrients you need to help promote your health.
- ♥ Have a support system. Friends and families look in on each other and make sure everyone is ok. They help pass the time. Use technology such as Facebook, Facetime or video calls, or electronic devices to easily stay in touch.

At Bell Tower Residence, we help seniors stay healthy all year long. Good meals, socialization and exercise sessions are just some of the ways we help pass the time during the winter. We wish you a very healthy month ahead, and invite you to read more in our newsletter to learn what's happening at Bell Tower.

Resident Birthdays

Laverne Baumgart	February 12
Betty Hodgson	February 13
Norma Hanson	February 15
Lorraine Raddatz	February 25



LIVE on NBC



LVI

**TV Channel 12 @ 5:30 p.m.
Sunday, February 13**

Resident Move In Anniversaries



Cub Fischer	16 years
Mary Kramer	9 years
Nancy Natzke	7 years
Kathy Sanford	6 years
Charlette Swope	5 years
S. Joelle Mauer	2 years
Tom Lindquist	2 years
Laverne Baumgart	1 year
Joyce Woller	1 year





Arliss Kruit moved in on December 21st. Arliss was born in Rhinelander and spent most of her life in Birnamwood on a farm. Arliss worked on the farm with her husband for over 40 years. Some leisure interests were travel, deer hunting, bowling, crosswords, game shows and spending time with grandchildren.

Arliss has 5 children, 23 grandchildren and 46 great-grandchildren. Arliss says her greatest accomplishment in life is her family. Arliss and her husband would host an annual pig roast and over 225 people would come.

Arliss was an active member in the community by serving at her church for 50 years. Arliss says the hardest part about moving to Bell Tower was adjusting to a new place and knowing she is getting older.



Joyce Huntington moved in on December 23rd. Joyce was born in Clintonville and spent most of her life in the Rib Mountain area. Joyce worked for an insurance company until she retired. Joyce has 2 children, 2 grandchildren, 3 great-grandchildren and 4 great-great-grandchildren. Joyce loves to read and do crossword puzzles.

After retiring, Joyce wanted to learn how to play the auto harp and started taking lessons. After many lessons, she was finally able to play for others. Joyce attended college after retirement and loved spending time volunteering. The hardest part about moving to Bell Tower is getting used to a new place, however she is a people person and is excited to make new friends.

**I LOVE YOU
FOR ALL
THAT YOU
ARE
ALL THAT
YOU'VE
BEEN
AND ALL
THAT
YOU'RE
YET TO BE**



JoAnn Joost moved in on January 6th. JoAnn was born in Berwyn, Illinois. She then resided in St. Germain, Wisconsin where she spent most of her life. JoAnn worked as a cook and housekeeper. JoAnn has one daughter, 4 grandchildren and 4 great-grandchildren.

JoAnn loved spending time sewing, going for walks and traveling. One of her favorite trips her and her family took was to Disneyland. JoAnn still enjoys spending her free time with family, reading and playing bingo.

She is excited to be at Bell Tower but losing some of her independence and having more distance from her family is the hardest part.

Sweetheart Cupcakes

Prep: 20 mins
Cook: 20 mins
Additional: 1 hr
Total: 1 hr 40 minutes
Servings: 24
Yield: 2 dozen cupcakes

Ingredients:
1 (18.25 ounce) package white cakemix
1 1/4 cups water
1/3 cup vegetable oil
3 egg whites
8 drops red food coloring
2 drops raspberry candy oil



Directions:

1. Preheat an oven to 350 degrees F. Line a standard muffin tin with paper cupcake liners.
2. Beat the cake mix, water, vegetable oil, and egg whites together on low speed for 30 seconds, then on medium for 2 minutes, until smooth. Fill cupcake liners 1/3 full with white batter; set aside.
3. Stir 4 drops of red food coloring into the remaining bowl of batter to make the batter pink. Stir in the raspberry oil. Pour 1/3 of pink batter into a resealable plastic bag and set aside.
4. Mix more food coloring into the remaining bowl of pink batter until it is orange/red color and pour the batter into a resealable plastic bag. Cut a corner off the bag, stick the open tip into the center of each cup of white batter and squeeze in about two tablespoons of red batter.
5. Cut the corner off the bag with the pink batter, stick the open tip into the center of the red batter and squeeze about 1 tablespoon pink batter into each cup.
6. Bake the layered cupcakes in the preheated oven until a toothpick inserted into the center comes out clean, 15 to 20 minutes. Cool completely before frosting.

DOROTHY JAEGER

In the Spotlight



How old are you?
I am 96 years old.

How long have you lived at Bell Tower? *I've lived here for 5 years.*

Where were you born and where did you grow up?
I was born in the Township of Berlin and grew up in the same house I was born in.

How many children, grandchildren, and great-grandchildren do you have? *I have three sons; Dan, Bill and Tom. I then had twin girls eight years later, Cheryl and Carol. I have twelve grandchildren and sixteen great-grandchildren.*

What was your education? *I attended the first eight grades of school in a one room school. Due to work on the farm and helping with my seven brothers and sisters, I didn't finish high school.*

What was your occupation? *I worked on the farm, as a homemaker and also as a custodian in our local church for many years.*

What is one of your favorite memories? *Attending a one room school and growing up with seven brothers and sisters.*

What is your favorite activity to do? *Playing bingo, word searches, exercising, watching movies, taking bus trips, coloring and playing Zombie.*

What is your favorite food? *Meat, vegetables, fruit and gluten free ice cream.*

What might someone be surprised to know about you? *I love to dance and play card games.*

What I like most about living here? *Friendly people and I have 5 cousins and several former neighbors living here.*

NEW to the CREW



Melissa Woller is a Certified Nursing Assistant (CNA). She has lived in Merrill most of her life. Attended Merrill High School and her late mother, Patsy Woller was a resident at Bell Tower. Melissa says what prompted her to work for Bell Tower was people say it is a great place to work. Melissa enjoys hunting, fishing and art.



Amber Florczak is a Certified Nursing Assistant (CNA). She has lived in Minnesota and Wisconsin. Amber was a bartender at Winding Trail Bar & Grill. She is currently enrolled at the University of Wisconsin-Milwaukee. Amber enjoys traveling, her cat named Pig and her dog named Harley.



Grace LePage is a Receptionist. She lives in the Town of Pine River. Graduated from Merrill High School. Grace has two brothers, two horses and a spunky dog named Scarlet. Grace enjoys riding horses, ice fishing, bluegrass music festivals, spending time with family and cooking.



Makenzie Kufahl is a Certified Nursing Assistant (CNA). She has lived in Merrill her whole life. Makenzie has a sister who is 11 years old and a brother who is 17. What prompted Makenzie to apply at BTR was how kind everyone was when her grandmother was here. She has a dog named Marley and he is 11 years old and loves to play outside. Makenzie enjoys four wheeling, fishing and shopping.

Thank you For Coming



IN LOVING *memory*



Sarah J. Kastner-Warren joined the heavenly angels on Wednesday, January 5, 2022, at Bell Tower Residence, Merrill, under the care of her family, Compassus Hospice, and the Bell Tower Residence staff. Sarah's recent cancer diagnosis along with her Parkinson's was difficult on her body, but she fought hard.

Sarah was born on June 13, 1934, in Hibbing, Minnesota to the late William and Elfie (Strand) Parish. She married her first husband, Frederick Kastner In 1954, he preceded her in death in 2008. In 2012 Sarah married Charles Warren and he survives.

After graduating high school, Sarah went on to a secretary school. During her working years she was a secretary at a local church and was later a manager at several different banks. Sarah was a strong woman with a strong faith in God which helped her to persevere through some exceedingly difficult situations in her life. She consistently showed compassion, kindness, generosity, and selflessness throughout her actions everyday putting others first. Sarah was very nurturing, affectionate, and empathetic. She always encouraged her children to problem solve and figure things out on their own but was always there to pick them up if they needed it with her encouraging words, a beautiful smile, or a hug.

One of Sarah's greatest talents was being a seamstress, one of her joys was sewing quilts. The love she gave is wrapped in those beautiful creations through the work of her hands. Sarah's humor, sweet demeanor, and kind spirit will live on in those who knew and loved her. Sarah enjoyed reading, playing cards, crocheting, and being surrounded by family and friends.

Sarah is survived by her husband, Charles Warren of Overland Park, Kansas; her children, Bill (Gail) Kastner of Greeley, Colorado, Paul (Jill) Kastner of Sherman, Illinois, Steve Kastner of Rhinelander, Beth (Kenny) Brown of Katy, Texas, Debra (Stephan) Gardner of Appleton, and Sue (Geno) Steffen of Merrill; grandchildren, Whitney, Kyle, Tyler, Tasha, Steven, Jared, Casey, and Cole; eight great-grandchildren; sister-in-law, Dorothy Parish of Virginia, Minnesota; special family member, Peggy Kastner; beloved life-long, friends Marge and Jo; and her new found friends at Bell Tower, especially her table family. Sarah was preceded in death by her first husband, Frederick Kastner; parents William and Elfie Parish; brother, William Parish; and special friend, Ellis Erb.

A memorial was held on Saturday, January 8, 2022, at Saint Francis Xavier Catholic Church, Merrill. Taylor-Stine Funeral Home & Cremation Services, Merrill, is assisting the family.

The family would like to thank the staff at Bell Tower Residence, Compassus Hospice, and Deacon John from Marathon for their love and care of Sarah. They believe she is already dealing cards for contract rummy with her mother in heaven. Sarah was very loved and will be greatly missed.

IN LOVING *memory*



Judine 'Judy' A. Schield, age 82, of rural Merrill, passed away on Friday, January 21, 2022, at Aspirus Merrill Hospital.

Judy was born on February 26, 1939, in Fond du Lac, Wisconsin, daughter of the late Clarence and Irene (Kohn) Kroll. She married Bruce Schield on July 21, 1979, at Trinity Lutheran Church, Merrill. He preceded her in death on November 29, 2021. Judy was a 1957 graduate of Goodrich High School in Fond du Lac. She was a life-long member of St. Francis Xavier Catholic Church. Judy worked as a bookkeeper in automotive and furniture sales during her working career. After retiring from bookkeeping, she opened her own doll shop, Schield's Shed, which she loved. In her younger years, Judy played tennis and took long walks with her husband, Bruce. Judy enjoyed attending Green Bay Packer games, NASCAR, taking long rides on their Gator and spending time with her family. She will always be remembered by her family for her gentle nature, love of dolls and holiday meals.

Judy is survived by two daughters, Kristen (John) Schefdore of Merrill, and Sarah (Matt) Thomas of Chanhassen, Minnesota; two sons, John Thiel of Irma, and Michael Thiel of Wausau; grandchildren Katie (John) Heuer, Brian (Felicia) Fruend, Terra (Nick) Holdridge, Jason (Ashley) Thiel, Jesse, Caryn, ShyAnne, Ben, Madison, Nate, and Owen; great grandchildren Alphonse, Miles, Conner, Hanna, Lexi, Evalynn, Rosie, Anthony, Harrison, Charlotte, Brett, Taylor, and Jaden; siblings, Joan Reschke of Las Vegas, Nevada, Janelle (Wilmer) Mueller of New Holstein, Jeffrey (Linda) Kroll of Van Dyne, and Joel (Barb) Kroll of Fond du Lac; and brother-in-law and sister-in-law, Dennis and VerJean Schield and their son, Brent, all of Tomahawk. Judy is preceded in death by her husband, Bruce Schield; her parents Clarence and Irene Kroll; grandson, Mitchell Fruend; sisters, Janice (Daniel) Achter, and Jalayne Kroll; and brother-in-law, Glen Reschke.

The Mass of Christian Burial for Judy was held on Wednesday, January 26, 2022, at St. Francis Xavier Catholic Church, Merrill. Father Maridas Vallabhaneni will preside. Burial will follow in Faith Lutheran Cemetery-West, Town of Scott, Lincoln County.

In lieu of flowers, the family wishes any memorials would be made to Bell Tower Residence or St. Francis Xavier Catholic Church.

BE MY VALENTINE

K O A E P T S S S C F L R X C
 R L T D D D A W R A S N K A S
 M U W Y N A O E E N O T R X K
 C G H E B P W E W D N D F J K
 N D I P U C O T O Y S J V I J
 E R A N Y K R H L S R A R H G
 F Y H L J T R E F O L T L E T
 X B R W S T A A P E L O V E D
 H T N A I F N R N K I S S E S
 Z Y R K U Q E T A L O C O H C
 Q T N E L R I X V K Z C F S A
 G I X F A N B T P P D I A Z J
 P Y S T E T U E O D T A K I J
 A I E C F S S H F N A H V K E
 P T C S K J E Y O W J W U I N

ARROW

CANDY

CARDS

CHOCOLATE

FEBRUARY

FRIENDS

KISSES

PINK

SWEETHEART

TREATS

VALENTINE

CARDS

CUPID

FLOWERS

GIFTS

LOVE

RED



LOVE

is patient
 is kind
 it does not envy
 it does not boast
 it is not proud
 it is not rude
 it is not self-seeking
 it is not easily angered
 keeps no record of wrongs
 does not delight in evil
 rejoices with the truth
 always protects
 always trusts
 always hopes
 always perseveres
 never fails

1 Corinthians 13:4-8

stay
 connected

AMAZON ECHOSHOW NOW AVAILABLE!

Bell Tower Residence recently received 6 Amazon Echoshow's to be given to residents who would like to participate, free of charge, to be able to connect to your family and friends, through video capabilities, just by voice command saying, "Alexa call (name of family or friend)!" If you or you would like your loved one to try this Amazon Echoshow, please contact Ashley Hilgendorf, Life Enrichment Coordinator with questions and for help setting up the new device.