

Celebrating May

May Day
May 1st

Star Wars Day
May 4th

Cinco de Mayo
May 5th

National Nurse's Day
May 6th

Mother's Day
May 14th

Armed Forces Day
May 20th

National Wine Day
May 25th

Memorial Day
May 29th



Let's Keep Moving

With warmer weather approaching, it's the perfect time to shake off the "winter blahs" and enjoy the fresh air. Fresh air, sunshine, and exercise. Yes, exercise!

Exercise is important at any stage of life, and there are very valuable benefits of exercise for those over 60 years of age.

- Exercise helps strengthen bones, which is important for balance, avoiding falls, and preventing fractures.
- Lessening the pain of arthritis. Check with your medical provider for exercises that are "arthritis-friendly." Low impact, arthritis-friendly exercises can strengthen muscles and take pressure off of aching joints. Exercise may help with weight loss, which can also be good for arthritic joints.
- Balance and flexibility. Regular exercise helps maintain your body's flexibility and balance, and keeps you moving.
- Mood. Exercise can help improve your mood, decrease anxiety and depression, and help you feel better about yourself.
- Overall well-being. Ask your provider about a recommended exercise program to help manage diabetes, heart disease, hypertension or other conditions.

There are excellent exercise programs that are specific for older adults. Listen to your body and follow your provider's advice. Some recommendations from the Center for Disease Control (CDC) include:

- 150 minutes/week of cardiovascular activity such as brisk walking.
- 2 days a week strength training, doing exercises that focus on strengthening your arms, legs, back, or core.
- Activities and exercises to improve your balance.

Even if a person is unable to exercise to the degree recommended by the CDC, every bit helps. A walk around the yard on a beautiful spring day to enjoy the budding flowers gives us more exercise than looking out the window. Take that first walk, and enjoy all the world has to offer.

Kris McGarigle
Administrator

Staff Birthdays

4th—Allison B.
5th—Hana B.
7th—Holly B.
18th—John B.
23rd—Cheyenne L.
25th—Akeela C.
26th—Jourdyn L.
31st—Cynthia H.



Staff Anniversaries

1 year—Patricia B.
1 year—Amanda F.

Chaplain's Corner

A monthly installment written by John Bourke

Waiting for the SUN and the SON

It's probably safe to say that the weather this Spring has not quite met our expectations. After a long snowy Winter, most of us have been looking forward to higher temperatures and a chance to enjoy the warmth of the SUN. Yes, we have been teased with a few nice days, but we have not yet experienced the prolonged days of sunshine and blue skies our memories associate with Spring. The few nice days we have enjoyed, however, left us with a feeling of hope for better days ahead, when we can leave Winter behind us and enjoy a season of longer days and fresh new growth.

In many ways, our wait for the SUN *to arrive* can be compared to the wait of 2000 years ago as the world waited for the SON *to rise*. The darkness of Christ's crucifixion had been like a Winter pall causing feelings of sadness, despair and fear. While his disciples had heard Jesus tell them that he must first die and then rise, they did not fully comprehend what those words meant. Soon they would understand that the initial feelings of despair would be followed by surprise and then by pure joy upon realizing that the SON had never really left them but had returned to conquer sin and death.

As we wait for the SUN to arrive to take away our feelings of darkness and sadness, now, during this Easter Season is the perfect time to reflect on how fortunate we truly are that Christ the SON has risen. As the appearance of the SUN in the sky gives us hope for better days to come, we can find true joy in the knowledge that the risen SON gives us hope that the very best for each of us is yet to come.



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BELL TOWER RESIDENCE

ANNUAL GERANIUM SALE

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Welcome to The Bell Tower Family!



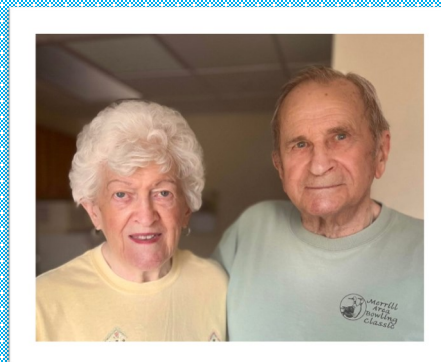
Faith Z.
Culinary Aide



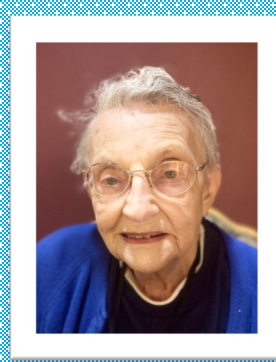
Isabelle H.P.
Culinary Aide



Alexa V.D.W.
Culinary Aide



Jean & Joe F.
New Residents



Betty M.
New Resident

Resident Birthdays

- 1st—Kris S.
- 2nd—S. Loretta
- 7th—John S.
- 12th—Dorothy J.
- 13th—Kathy S.
- 15th—S. Mary Angela
- 18th—Allen K.
- 20th—Rex B.
- 20th—Phil C.



Resident Anniversaries

- 1 year—S. Mary Thomas
- 2 years—Faye B.
- 2 years—Jay Ellen B.
- 2 years—Mark D.
- 2 years—Mitzi K.
- 3 years—Betty H.
- 4 years—Ev B.
- 4 years—Judy B.



Assisted living & memory support

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715-536-5575
info@belltowerresidence.com

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For more information or to schedule a tour, please reach out to our Admissions Coordinator, Mikaela Meier.

Phone : 715-536-5575

Email : mmeier@carriagehealthcare.com

