

Celebrating August

2nd
Ice Cream
Sandwich Day

4th
Water Balloon
Day

24th
National Burger
Day

25th
Wizard of Oz Day

Let's Get Social!

There is no shortage of activities and things to do at Bell Tower Residence! Exercise, games, music, outings, social hour—our calendar is full. At Bell Tower Residence, we believe it is important to offer our residents the opportunities to stay active, engage their minds and bodies, make friends, and be part of each other's lives.

The benefits are clear! Exercise helps keep minds and bodies strong while fighting off depression. Games and crafts sharpen mental capabilities, help maintain fine motor skills, and offer an opportunity for socialization. Socialization may help older adults maintain and improve their self-esteem and sense of worth, while also building memory recall, improving mood and cognition, and minimizing isolation. Each activity scheduled at Bell Tower Residence is planned not only with these benefits in mind, but in addition, we want to have FUN! Our Life Enrichment program has grown beyond measure as our friendly staff put their heart and soul into enriching the lives of our residents.

How do we pay for these activities? Donations! That's right, a good portion of our expenses are covered by the generous donations of our Bell Tower Residence "family." Donations might be supplies for a particular project, a specific item from our "Wish Trees," a bottle or two of spirits for happy hour, or a cash donation designated for an hour of music or other activities (tax deductible). Some donate by volunteering their time or talent. We are so very thankful to everyone who has donated—we truly are a family and together we make Bell Tower a better place for our residents and staff.

If you're interested in donating now, we have a need for our **Dream Flights** event on Wednesday, August 16th at 9am. We could use bottled beverages (such as water, soft drinks, or juice), individual bags of chips, donuts, or money to go towards burgers or sandwiches. Our Wish Trees have multiple suggestions, and you can always donate dollars and indicate how you would like them used. Please call Allison at 715-539-1403 if you'd like to arrange a donation for Life Enrichment.

Thank you to all of you in our Bell Tower Residence family! We are proud and honored to journey this life with you.

Kris McGarigle
Administrator



Staff Birthdays

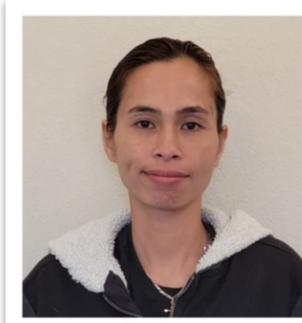
- 4th—Isabelle H.P.
- 10th—Sherry C.
- 13TH—Theresa M.
- 22nd—Emily M.



Staff Anniversaries

- 1 year—Grace E.
- 1 year—Cindy H.
- 1 year—Emily M.
- 3 years—Roxy E.
- 6 years—George M.

Meet Our New Staff!



JoJo D.
Culinary Aide



Tracy W.
Culinary Aide



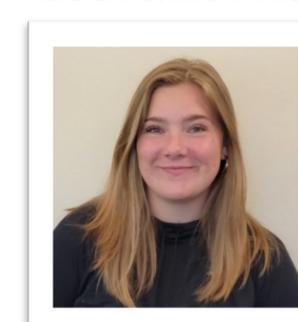
Theresa G.
Life Enrichment Aide



Ali A.
Culinary Aide



Tyler
Culinary Aide



Chelsea W.
Certified Nursing Assistant



Welcome to Bell Tower!
Jeff M.
New Resident

UPCOMING MEETINGS

- RESIDENT COUNCIL—WEDNESDAY, AUGUST 2ND AT 11:00
- DIETARY DISCUSSION— THURSDAY, AUGUST 17TH AT 2:00

PLEASE NOTE BOTH MEETINGS WILL BE IN THE 2ND FLOOR ACTIVITY ROOM

Chaplain's Corner

A monthly installment written by Chaplain Phyllis Smoot



In July, I was asked by my friend to lead a spiritual wellness workshop for her corporation. This was a neat adventure and something new that I have not done in a while.

My focus was spiritual practices for a daily routine. Now, you may read the word "spiritual" and define it differently than what I would, the central focus is how are you connecting with God, the religious and or faith tradition that you have on a daily basis? Connecting with our faith does have beneficial impacts on your life and health.

Practicing spirituality and our faith does not need to be long or exhaustive but it can be quite easy. One fun and easy example that I gave was eating a banana. You may have eaten a banana recently, but did you take time to experience it? For example, using our senses to the best of our ability, look at the banana. How yellow is it? Are there some places where the banana skin is green? Are there some brown spots? Now, onto touch. How does the banana feel? Is it smooth all over? Are there some rough parts of the banana? Then there is smell. When you open the banana, what do you smell? Does it smell ripe? Does it smell sweet? Notice what you smell. Is it pleasant? Does it remind you of a memory? Next, taste the banana. Really focus on the texture. Is it smooth? Does the banana taste sweet? Does it have a starchy taste like when it is not ripe? Now, you may not be able to hear a banana talk to you, but you may hear or notice the sound you make when we chew or eat your banana. What does that sound like?

This is just one exercise in spiritual practices that can help you understand that what we have and do daily is a part of something bigger. When we notice this, we can value what we have and ourselves even more.

For August, I will be placing some common table prayers on cards. You can use these while you wait for your food and connect with God right before you eat. I hope this engages you on a spiritual and faith level with something you do daily.

Did you know that in Martin Luther's Small Catechism he wrote prayers for people to pray before a meal AND after a meal? Let us give thanks to God for all the connections with have with the blessed Trinity.

What are your faith practices you do daily that you enjoy? What helps you understand who you are?

Peace and Joy!

Chaplain Phyllis Smoot

Resident Birthdays

- 1st—Julie B.
- 7th—Joe F.
- 8th—Berm S.
- 12th—Mary Ann B.
- 14th—Totsy K.
- 18th—Jean F.
- 23rd—Mark W.
- 25th—Kenny G.
- 28th—Brad B.
- 30th—Barb W.



Resident Anniversaries

- 2 years—Rex B.
- 2 years—Ruth K.
- 3 years—Julie B.
- 4 years—Lorraine R.
- 4 years—Tom S.

In Loving Memory



LaVine Woller

August 26th, 1926 - July 2nd 2023

LaVine Valera Woller, age 96, of Merrill, Wisconsin peacefully passed away on Sunday, July 2, 2023 at Bell Tower Residence Assisted Living in Merrill, Wisconsin. She was born on August 21, 1926 to the late William and Hertha (Sturm) Neumann in the Town of Berlin, Wisconsin.

LaVine married her first husband, Charles Bartelt, on June 6, 1946, he preceded her in death on May 5, 1977. She married her second husband, Raymond Ohrmundt, on November 2, 1979, he preceded her in death on February 29, 1984. On July 12, 1987, LaVine married Leonard Woller, he preceded her in death on June 12, 2017.

LaVine used to farm with her first husband, Charles, and went along on the "pig route" as a pig hauler with him for 15 years. She was a homemaker and an excellent seamstress, who put her talents towards working at her sister-in-law's bridal salon. LaVine was always well dressed, ensuring her outfits and jewelry would match and her nails and hair were always done. She loved gardening, going on trips, polka dancing, and feeding the birds. She was a fantastic cook and was an excellent shot with the gun, when it came to unwanted critters. She also enjoyed spending time with her family.



ROXY EGGERSGLUESS
BUSINESS OFFICE MANAGER



EMPLOYEE OF THE MONTH
AUGUST 2023

"I NOMINATE ROXY FOR EMPLOYEE OF THE MONTH FOR TEAMWORK. ROXY IS AMAZING. BESIDES HER JOB IN ACCOUNTING, SHE PASSES MEDICATIONS AND SERVES MEALS, OFTEN COMING IN ON HER USUAL TIME OFF. SHE IS KIND & COMPASSIONATE ASKING OTHERS HOW THEY ARE DOING AND REALLY LISTENS. SHE HELPS OUT A LOT, SAYING "THERES A NEED. WE ALL HAVE TO WORK TOGETHER." ROXY IS DESERVING OF EMPLOYEE OF THE MONTH."

-KRIS M., ADMINSTRATOR



Assisted living & memory support

1500 O'Day Street
Merrill, WI 54452
715-536-5575
info@belltowerresidence.com

Set on 12 beautifully landscaped acres with over 68,000 square feet of living and common spaces, Bell Tower is a friendly assisted living community where residents feel at home and live life well with purpose and dignity. We offer private apartments, religious services, activities, outings, delicious home-cooked meals and our caring and compassionate staff are always nearby to help.

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



BELL TOWER PRESENTS

RESIDENT COOKOUT LUNCHEON

It's National Burger Day, National Potato Chip Day & National Peach Pie Day! We figured what better way to celebrate than a cookout for ALL residents in Assisi Hall!

This event is open to a limited number of guest reservations for \$7 per person. To make a reservation, please contact Allison at 715-539-1403.

THURSDAY, AUGUST 24TH

LIVE MUSIC WITH CARL JACKSON 11-1
LUNCH SERVED AT 12