



Assisted living & memory support

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

Bell Tower Wish List

Thank you for your donations!
<https://a.co/eiAYOWM>

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



Celebrating March

1st– Employee Appreciation Day

4th– March Fourth Day

7th– Wear Plaid Day

10th– Day light Saving “Spring Forward”

14th– Pie Day

17th– St. Patrick's Day

24th– Palm Sunday

29th– Good Friday

31st– Easter Sunday

The Season of Luck

Our Journey Through Changes

“Change is the law of life. And those who look only to the past or present are certain to miss the future.” –John F. Kennedy

If there is one thing certain in our lives, it is that we will experience change. Change may be difficult, uncomfortable, exciting, good, not-so-good, or all of these. Helping those we love adapt to change can make the difference as change impacts their lives. Here are some tips to help our older loved ones (and well, all of us) deal with change.

- Allow them to express their feelings. Changes, large or small, can be difficult, and even scary. As we desire control over our lives, changes may upset the balance. It's not uncommon to feel anxious or frustrated, or even to go through stages such as denial, anger, bargaining or acceptance as all the implications of the change are processed.
- Identifying gratitude. While some things in life may be changing, there is still much to be thankful for. Starting every day, or closing every evening remembering what we are grateful for and the blessings in our lives may help keep the changes in perspective.
- Take daily action. If change is going to happen, don't sweep it under the rug thinking it will go away. Identify the steps that can be taken to deal with the change as smoothly as possible. While taking action is important, avoid overwhelming your loved one with multiple other issues or decisions. Focus on what's important at the time.
- Allow your loved one to retain as much independence and decision making as possible. This will help them continue to see their ability and worth.
- Get some “fresh air,” literally or figuratively. Focus on something else for some time each day. Find ways to laugh, take walks, spend time with pets, go places, visit friends or family, or volunteer to help others.
- Seek support. Either find support through a trusted network of friends and family, or seek the services of a professional counselor or support group.
- Plan ahead. You can see some changes coming. When this happens, have the difficult conversations, talk about options, and make plans. Planning in advance is generally much easier than trying to take unplanned action in a crisis.

Bell Tower Residence has decades of experience in helping our residents adapt to changes in lifestyle, health, and living arrangements. We invite you to come visit us to talk about what Bell Tower Residence has to offer, to tour apartments, and take the first step toward planning an experience that offers both joy and support. - *Kris Mcgarigle*

Staff Birthdays

Jess K– 2nd
Mikaela M– 3rd
Merrilee M– 6th
Sheri H– 17th
Rebecca R– 27th
Alexis E– 29th
Paige H– 31st

Staff Anniversaries

Talie Y– 2 years
Amanda K– 3 years
Jess K– 4 years
Sherry C– 4 years
Paula S– 8 years
Jourdyn L– 10 years
Lynn E– 25 years

Resident Birthdays

Ruth K– 1st
Joan B– 3rd
Vera L– 7th
Ev B– 15th
Joe B– 19th
Gerry L– 24th
Shirley O– 24th
Larry P– 27th
Romayne B– 31st

Resident Anniversaries

Kenny G– 1 year
Betty M– 1 year
Joe Z– 2 years
Mary W– 3 years
Ruth R– 6 years
Vera L– 10 years

Welcome to Bell Tower!



Raeanne Walker
PCW



Jennifer Matz
Life Enrichment Aide



Daniel Miller
PCW

PAC Certified Trainer and Coach!



Congratulations to our very own Lynn Erickson for getting certified as PAC Certified Trainer and Coach. Lynn will be able to guide our staff here at Bell Tower using the Positive Approach to Care techniques (created by Teepa Snow) for our Memory Care Program. Please join us in congratulating Lynn on her accomplishments.

Bell Tower Residence Bonus Program!



Would you like \$1000 off of an upcoming one months rent at Bell Tower? If you or your family refer someone to live at Bell Tower Residence, you will receive \$1000 off your rent when that new resident moves in! We love our residents, let's expand our Bell Tower family even more! Contact administration for details!

Chaplain's Corner

Easter is Sunday, March 30th. It is not the earliest this holy day can be, but it may feel early.

In some Christian traditions there are many more worships between March 1 and March 30 that lead up to Easter, whether those are midweek Lenten worships or Holy Week. You may even recall many of your family rituals or events, tapping the maple trees for syrup, Easter egg hunts, that lead up to Easter.

One family tradition that I had growing up is watching the movie "The Ten Commandments" with Charlton Heston. I just introduced the whole movie to my girls last year. You may even recall watching it when it was first released in 1973. On a side note, did you know that it has been broadcasted on television every year since then?

Even in this year, 2024, many families will watch the movie on their TVs.

The movie is based on the pieces of scripture in the book of Exodus that tells the story of the prophet Moses and how he led the people of Israel from the land of Egypt to the promised land.

They wandered the wilderness depending on God and their leader, Moses. They went to unfamiliar places that they had never been to and were going to end up in a different location. Throughout the wandering they complained, gave thanks to God, made mistakes, and picked up the pieces of their lives to continue following God, the pillar of cloud by day and the pillar of fire by night.

This piece of scripture from Exodus is also an important part of the worship of the Easter Vigil, the evening, night, before Easter. It always seemed fitting to me to read and hear this scripture because during Holy Week and right up to Easter. We just finished keeping a holy Lent and we ask the question, "Now what?" In our life of faith, we may feel like we are wandering, just like the Israelites, and do not know what direction to go.

What we are called to glean from the movie and the scripture is that through it all, God is faithful and will see us through. There can be many instances in our life that make us feel lost when it comes to God. Always remember that we are not alone, and we are all in this pilgrimage on Earth.

What we see at the end of the movie is that Moses is on the Holy Mountain watching the Israelites passing through to the promised land. What comes at the end of the Easter Vigil is Jesus' resurrection from the dead to give salvation and new life to the world.

In the journey, in this month of March, and in the end, may we all remember that we have life and have it abundantly through Jesus Christ. Happy traveling and Easter

Blessings. **Chaplain Phyllis Smoot**

MARCH EMPLOYEE

— OF THE MONTH —



Rebecca Rasmuesen

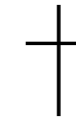
Nominated by Lynn Erickson-
“Becca demonstrates wonderful leadership values and loves to mentor new staff. She teaches new staff with such patience and accommodates their needs so they can be successful. Becca goes out of her way to be a team player and always puts her best efforts forward!”



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In loving memory of

S. Loretta Schreiber



Sister Loretta Schreiber, a Sister of Mercy of the Holy Cross, age 95, died February 13, 2024, at Bell Tower Residence Assisted Living in Merrill, Wisconsin.

Irene Schreiber was born May 2, 1928, in Athens, Wisconsin, to Bernard and Hattie (Soucek) Schreiber. She entered Holy Cross Convent in Merrill, Wisconsin, on August 12, 1947, and professed her vows on July 2, 1949. Sister Loretta was in her 74th year of ministry at the time of her death.

She attended Our Lady of the Holy Cross High School, Merrill, Wisconsin graduating in 1947. She received her practical nursing certificate from St Joseph's School of Practical Nursing in Dickinson, North Dakota on September 29, 1953. Sister Loretta was a staff nurse (8 years) at St Joseph's Hospital, Dickinson, ND, Holy Cross Hospital (2 years) Merrill, WI, and St Joseph's Hospital (27 years) Breese, IL. When she retired from nursing, she continued her service to patients and employees in the Heath Information Services (17 years) at St. Joseph's Hospital in Breese, IL. In 2013, she moved to Bell Tower Residence in Merrill, WI and joined the small community of sisters living there.

Sister was involved in visiting the elderly in their homes and in nursing homes, bringing communion to the sick in their parishes in the Breese area as well as St. Joseph's Hospital. In her later years she enjoyed yard work and tending to the birds who came to her bird feeder.



Celebrating The Life of

KATHLEEN SANFORD

05.13.1950 - 02.02.2024

IN LOVING MEMORY OF KATHLEEN "KATHY" SANFORD. SHE WILL BE
MISSED DEARLY BY OUR BELL TOWER FAMILY.

