

Bell Tower Residence NEWSLETTER

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-  Find us on Facebook



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 at mmeier@carriagehealthcare.com

Important Information

- As the construction on O'day street continues, please continue to keep a safe distance away from the road for your safety.
- The Headwaters Christian Youth Group will be joining us on July 15th and 17th from 10:00-12:00 pm for various activities and one on one visits!
- We are going green! If you are interested in receiving your invoices or Newsletter via email, please reach out to Alison at the front desk or call (715)-536-5575.

Upcoming Events

- July 3rd-** Resident Council
- July 11th-** Live Music with Tom Burt in the Lobby
- July 18th-** Dietary Discussion
- July 19th-** Birthday Celebration

Wish List

- Sponsor a Monthly Birthday Party Celebration - \$40
- Sponsor a Zumba Class - \$20
- Sponsor Live Music - \$50
- Bingo Prizes
- Happy Hour Supplies

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

Life

July 2024

A Newsletter for Residents and Friends
at Bell Tower Residence

Celebrate your Independence

Celebrating July

**1st- International
Joke Telling Day**

**4th- Independence
Day**

**5th- Fun in the Sun
Day**

**7th- Strawberry
Sundae Day**

**12th- Family Feud
Day**

**15th- Christmas in
July**

**16th- River Dancing
Day**

**20th- Man on the
Moon Day**

**23rd- Get outside
Day**

**26th- Summer
Olympics Day**

28th- Parents Day

**29th- Documentary
Day**

**30th- Day of
Friendship**

Independence Day and celebrations of our freedom are here. We are thankful not only for the freedom we find in our country, but the independence we may experience in our daily lives. As our seniors get older, doing things independently may become more difficult, but staying as independent as possible is important.

Maintaining independence is important for physical and mental health. It can boost self-esteem, give a sense of purpose, and decrease the fear of being a burden on other people. Balancing independence with safety can be a challenge, but taking some simple steps will allow the senior to maintain as much independence as possible.

- Allow your loved one to set their own schedules and routines. Having control over what they do and when they do provides a sense of satisfaction.
- Plan meals together. If your loved one needs help with meal planning or preparation, encourage them to suggest meal items or menus, and help with food preparation. If preparing nutritious meals is difficult, consider meal options through social services or a church.
- Learn something new. It's never too late to learn a new hobby or develop a new interest. Keeping the mind active is good for mental health.
- Socialize. Attending social functions or visiting with others provides a means and a purpose for maintaining independence.
- Use assistive equipment. Long-handled grabbers, toilet-seat risers, shoes with elastic laces, long shoehorns, medications in a planner and other items may help your loved one maintain their independence longer.

At Bell Tower Residence, we continue to promote the independence of our residents every day. We strive to keep everyone safe while maintaining their highest level of independence in the least restrictive environment possible. We know that mental, physical and spiritual health and well-being are important, and are promoted by a healthy sense of doing as much for oneself as possible.

Join Bell Tower Residence in celebrating each and every person and all they share with us! -Kris Mcgarigle

Staff Birthdays

6th– Jerzie R
9th– Steven A
12th– Elanor H
20th– Sierra M
25th– Sierra L
29th– Macy W

Staff Anniversaries

1 year– Theresa G
1 year– Tyler C
3 years– Rebecca R
19 years– Abby S
24 years– Daniel H
29 years– Nicole G

Resident Birthdays

1st– Estelle K
9th– Anna K
12th– Mark D
15th– Sophie B
19th– Janet K
21st– Annette K
22nd– Mitzi K
30th– Marlene S

Resident Anniversaries

2 years– Dolores O
3 years– Joan B
3 years– Jean F



Assisted Living & Memory Care

Welcome to Bell Tower!



Sierra Lane

PCW



Lily Hagemeister

DA



Shelby Harris

PCW



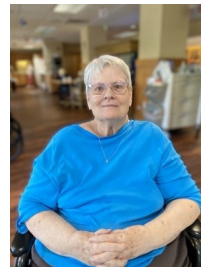
Tatiana Anderson

Housekeeping



Jim W

New Resident
on Third Floor



Carolyn W

New Resident
on Third Floor



Rowynn Groth

CNA



James Taunton

Housekeeping

Congratulations Graduates!

Hats off to our 2024 High School and College Graduates:

College Graduate: Rebecca Rell received her Bachelor's Degree in Biomechanics!

High School Graduates: Addison, Adeline, Alexa, Ian, Macy, Isabella, Jerzie, Morgan, Tyler, Malakai

We are so incredibly proud of our Bell Tower Staff and their accomplishments!

A Friendly Reminder:

As the weather gets warmer, please remember the importance of staying hydrated!



MOVIE MATINEE'S COFFEE COUNTER

"Wonder" July 8th
Show Time- 2:00 pm

"Footloose" July 22nd
Show Time- 2:00 pm

3RD FLOOR

"Walk, Ride, Rodeo" July 3rd
Show Time- 6:30 pm

"Home Team" July 10th
Show Time- 6:30 pm

"Wonder" July 17th
Show Time- 6:30 pm

"SmoKey and the Bandit" July 24th
Show Time- 6:30 pm

"The Wedding Planner" July 31st
Show Time- 6:30 pm

Chaplains Corner

Happy Summer! July is a time that the summer season gets rolling. The heat comes in, the sun is out and, we hope, that the fields are growing. Many communities will be celebrating the holiday of the 4th of July. The time to celebrate this country's independence, the start of a new nation.

By celebrating this holiday, celebrating independence, it is ironic that for hundreds of years the way we celebrate this holiday is through family or community. Families may get together for a bar-b-que. Communities may have parades, festivals, and community firework displays. All these gatherings involve people and not independence but dependence. Overall, even though we are celebrating the nation's independence, we need people! We need people for the parade. We need pyrotechnic experts for the firework display, people. We need people to watch the parade and vendors for the festivals. Again, people.

With all the irony, when we celebrate our faith, it's not independent either. Faith is communal and interdependent on each other and God.

God created the community and the world in which we live. In our own individual independence, we are called to take care of our world and community. That means celebrating when needed and being a place of care and help the other times. We are dependent, in our independence, in God's love, grace, and mercy for us.

Our beginning of faith is not set on an individual at all. When we are baptized, we are surrounded by a great cloud of witnesses, those who are physically right there beside us and even those who have gone before us. When we attend worship or even a Bible study, we do this together and seldom independently.

July may be the month that our nation celebrates its independence, but it is also a time to be grateful to be a community, celebrate the beautiful country we live in, and to even make it a better one for years to come.

Happy celebrating!

-Phyllis Smoot





JUDITH ALFT

12/28/1943 - 6/3/2024

Judith A. 'Judy' Alft, 80, of Merrill, died Monday, June 3, 2024, at Bell Tower Residence in Merrill.

Judy was born December 28, 1943, in Merrill, daughter of the late William and Marie (Arnett) Knispel. She married Terry Alft on October 30, 1965, at St. Stephen's United Church of Christ, Merrill. He preceded her in death on August 8, 2011. Judy worked at Weinbrenner Shoe Company as a secretary and Semling and Menke as a laborer. She spent time volunteering at St. Stephen's and the food pantry. Judy loved visiting and bringing baked goods to the shut ins at Pine Crest and Bell Tower. She enjoyed camping, playing cards, baking, spoiling her grandchildren and great-grandchildren, and most importantly, taking care of her family.



Janet Hagen

12.15.1943 - 6.16.2024

Janet Marie Hagen (Fredenburg), age 80, longtime Tomahawk resident, passed away peacefully on June 16, 2024, in Merrill, WI, with her family by her side. Janet was born on December 15, 1943, in Edgeley, ND, to the late Wesley and Viola (Kipp) Fredenburg. She married the love of her life and best friend, Larry Hagen, on June 23, 1963, in Crosby, ND.

Janet attended Crosby High School and the University of North Dakota. She worked with Larry managing his Optometry practice until their retirement in 2007. They remained in Tomahawk, active at Grace Lutheran Church and within the community until 2019.

Janet loved her family and friends. She was an exceptional cook and loved to host and attend get-togethers. Together, Janet and Larry complemented each other building a beautiful life. Janet's real passion was her family and she especially loved to spend time with her four grandchildren. Janet also loved to play golf with her friends, creating the Hagen Open. She spent many hours on the golf course with Larry after their retirement. Janet was an avid supporter of Tomahawk athletics and the school system.



Mary Kufahl

DECEMBER 21, 1939- JUNE 17, 2024

Mary E. "Bingo" Kufahl, 84, of Merrill, passed away peacefully, Monday, June 17th, 2024, while under the care of Aspirus Hospice and her family at Bell Tower Residence.

Mary was born December 21, 1939, in Merrill to the late C. L. Bud and Jean (Walsh) Caylor. She graduated from Our Lady of the Holy Cross High School and then continued her education first at the Lincoln County Normal school and then at the University of Wisconsin Stevens Point where she graduated with a Bachelor's Degree in elementary education.

On August 20, 1960, she married Eldred "Bim" Kufahl at St. Robert's Catholic Church in Merrill, he survives.

Mary worked in elementary education teaching generations of students at both Merrill Catholic Schools and Merrill Area Public Schools. Although she retired in 1995, she continued to substitute teach until 2017.

Mary and Eldred along with their family and friends traveled extensively preferring warmer climates and fishing in Canada. She also enjoyed over 60 years on the Wisconsin River, first at the Caylor family cabin and then at their own cabin in the Town of Rock Falls and camping at campgrounds in northern Wisconsin. Many a summers night Bingo and Bim spent watching ball games of their children and grandchildren and the Milwaukee Brewers. She also enjoyed attending concerts, especially the ones in the park and taking their regular drives through town and all over the countryside.



Thank you for your donations!
Our 2024 Longest Day Fundraiser went
incredibly well! We cannot thank each
and everyone of you enough for your
kind donations.



JULY EMPLOYEE

— OF THE MONTH —



Phyllis Smoot

Nominated by Allison Blaubach—
“ Phyllis strives to demonstrate the Bell Tower Core Values each and every day. She has such a warm heart and compassion for all the residents at Bell Tower. Phyllis never fails to bring light and sunshine into our building, which creates a wonderful environment for our residents and staff. We are truly grateful to have her on our team. “



Assisted living & memory support

Fourth of July

Word Search Puzzle



R	U	Q	O	G	Y	K	J	Q	E	K	R	O	I	Y	F	V
E	N	T	G	G	P	A	T	R	I	O	T	I	C	O	T	A
V	H	O	L	I	D	A	Y	S	C	C	Q	Q	A	T	L	P
O	I	H	U	U	M	Z	S	O	F	R	E	E	D	O	M	E
L	I	N	D	E	P	E	N	D	E	N	C	E	A	H	Y	S
U	Q	C	T	Y	R	L	X	S	O	Z	E	N	M	O	T	U
T	D	O	Q	G	G	J	D	R	Y	A	L	P	S	T	P	M
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ADAMS
AMERICA
BARBECUE
CELEBRATION
COLONIES
CONGRESS
FAMILY
FIREWORKS

FLAG
FOURTH
FREEDOM
HOLIDAY
HOT DOGS
INDEPENDENCE
JEFFERSON
JULY

LIBERTY
MUSIC
PARADE
PATRIOTIC
PICNIC
REVOLUTION
STATES
SUMMER