

## Kindness & Compassion








Sometimes the most difficult conversations are the ones that are the most important to have. You have likely experienced this in your life as you've had to have conversations about relationships, emotions, financial matters or even dying and death. Getting things out in the open and talking about bottled up feelings may often be the first step in healing.

A difficult conversation and topic is that of a loved one with memory loss. A few months ago at our volunteer luncheon I shared some ideas around interacting with someone who has memory loss. I thought it would be worthwhile to share some in our newsletter as well. (The term "*dementia*" while it seems outdated is a term that describes memory loss due to a variety of causes.)



*Kris McGarigle*

**Bell Tower Administrator**

-  People with dementia are "*still there*" even if they can't communicate clearly with words. Include them in your conversation and don't talk as if they aren't there.
-  Long-term memories are often more easily recalled than recent events. A person with dementia may enjoy talking about where they grew up, where they worked, childhood friends or pets. These topics may be easier for them to discuss than "*what did you do today?*"
-  Sometimes people with dementia go back to their childhood, and may be looking for or talking about their parents. It is not helpful to remind them that they are an adult and their parents have passed away-instead ease the conversation away with such phrases as, "*tell me about your home*" and then move to other topics.
-  People with dementia may repeat themselves because they do not recall that they just said the same thing a few minutes ago. While it can take a great deal of patience instead of reminding them that they just said that divert their attention to a different activity that they enjoy.
-  Stimulating the senses without overload is often helpful. Allowing someone with dementia to assist with gardening, baking, washing dishes or being around animals are examples of activities that involve the senses.
-  Always treat adults with dementia as adults. While they may need direction or reminders, they deserve the respect and dignity with which we would all expect to be treated.
-  Finally, being with someone with dementia can be challenging. Perhaps it is because we remember how they used to be. Perhaps it is because we have our own fears of memory loss. Maybe we feel awkward around those who have this disability. In addition it can be extremely physically and mentally draining. Acknowledging these feelings honestly is important because in recognizing our feelings we can be more aware and do the best we can. If the challenge becomes overwhelming ask for help. Have someone else step in. If you are at Bell Tower Residence make sure your loved one is safe with staff and then take a break. Get some fresh air or some time away. If you are caring for someone in their/your home seek help through the Aging and Disability Resource Center (ADRC) or a medical provider.

Our loved ones with memory loss still have much to offer to their lives and ours. Through all the challenges may you still be blessed and take each smile as a gift.



## Resident Birthdays

|         |                |
|---------|----------------|
| June 3  | Ruth Schneider |
| June 4  | Pennie Beyea   |
| June 5  | Lois Schindler |
| June 11 | S. Anita Hirt  |
| June 16 | Ruth Rajek     |
| June 22 | John Case      |
| June 30 | Mary Conley    |

## Resident Anniversaries

|                      |          |
|----------------------|----------|
| S. Anita Hirt        | 14 years |
| Pat Rajek            | 11 years |
| Bud Hall             | 8 years  |
| S. Loretta Schreiber | 6 years  |
| Harriet Torkelson    | 4 years  |
| Lois Schindler       | 3 years  |
| Gladys Case          | 2 years  |
| John Case            | 2 years  |
| Marlene Sutheimer    | 2 years  |
| Lillian Janzam       | 1 year   |
| Carl Kellar          | 1 year   |



## Employee Birthdays

|         |                    |
|---------|--------------------|
| June 3  | Lynn Erickson      |
| June 4  | Brandi Fornal      |
| June 6  | Emily Weix         |
| June 10 | Gabriella Litwin   |
| June 11 | Stephanie Durante  |
| June 11 | Wesley Teeples     |
| June 20 | S. Rose Heil       |
| June 23 | S. Kathy Wiesneski |
| June 30 | Kayla Kelly        |

## Employee Anniversaries

|                  |          |
|------------------|----------|
| Troy Cunningham  | 12 years |
| Regina Degner    | 2 years  |
| Brandon Hoffman  | 2 years  |
| Jennifer Lemke   | 2 years  |
| Anna Skoviera    | 2 years  |
| Rebecca Grambort | 1 year   |
| Mariah Recha     | 1 year   |

**Big Welcome To**  
**S. MARY ANGELA SACKMANN,**  
**RICHARD & EVELYN BJORKLUND**  
**AND JUDY & DONALD BUNTROCK**

*Bell Tower Residence is a nonprofit, assisted living community that promotes the physical, mental and spiritual well-being of each resident in a safe, caring environment*



# Hello & Welcome



Lanette Arneson

Marsha Bink

Morgan David

Dameon Deates

Stephanie Durante

Sandy Jurasko

Savanna Randall

Sally Severt

**Lanette Arneson** is a Life Enrichment Aide. She lives in Marathon with her husband. They have four sons and eleven grandchildren, all ten years and under. She loves to play piano and spend time with her grandchildren. Lanette plays piano during church service once a month.

**Marsha Bink** is a Dietary Aide. She was born in California. Family moved to Michigan, then Madison and now she resides in Merrill. She has two brothers and one sister. Marsha has two cats named "Boo and Sneakers". She also likes to collect movies.

**Morgan David** is a Dietary Aide. She heard good things about Bell Tower from a friend and is excited to be here. Marsha is looking forward to volunteering at the Humane Society.

**Dameon Deates** is a Dietary Aide. Dameon lives in Merrill with his family. He has five brothers and two sisters. Dameon enjoys fishing, riding 4-wheelers and driving his car. He is a member of the Merrill Riverbend group.

**Stephanie Durante** is a Certified Nursing Assistant. Stephanie has been a CNA for over 15 years and is related to Jimmy Durante. She loves being outside doing yard projects. Stephanie has a dog named "Rocky" and a cat named "Lucy".

**Sandy Jurasko** is a Dietary Aide. Sandy has lived all over the country and is happy to be here.

**Savanna Randall** is a Personal Care Worker. Savanna has called Merrill her home for the last five years. She lives with husband, Ryan and has two sons and one daughter. Savanna wants to become a CNA and then go to school for nursing.

**Sally Severt** is a Certified Nursing Assistant. Sally moved back to Merrill after living in Illinois. She has two sons, four grandsons and one granddaughter. She has a dog named "Smokey" and enjoys planting her garden. Sally also volunteers at Washington School.

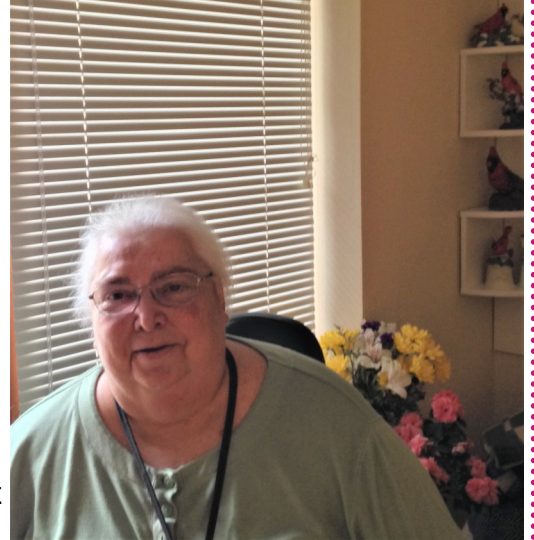




## Getting To Know KAREN KRUEGER

*By Deb Steinfest, Director of Sales and Marketing*

Karen was born on October 27, 1948 at Holy Cross Hospital in Merrill. She grew up on the family farm and enjoyed all the animals and wildlife. She lived with her grandpa, grandma, mother and father. She had a wonderful childhood with many happy times. Karen laughingly recalls a story she was told, *"Grandma was so excited for my birth, she started a bathtub and forgot about it and the water was everywhere!"* Karen was the first grandchild from her grandmother's only child and went to a one-room school house until 7th grade. Her favorite teacher was her 1st grade teacher. She loved school and learning, she still loves to read!



A favorite childhood memory was the family's traditional Scandinavian meal they had every Christmas Eve. They had \*lutefisk, \*lefse and oyster stew. Karen said, *"My mom could cook!"*

I asked Karen how she met her husband Mike and she said, *"We knew each other from childhood. One day he just started showing up and one thing lead to another."* Mike and Karen enjoyed 4-wheeling and would ride from Ashland to Duluth on some of their excursions. They'll be married 42 years on December 18th! She loves to garden and is looking forward to planting the raised gardens Mike has made her. They have one son, one granddaughter and one grandson. In 1996 they created Krueger Plumbing. It was a lot of work, but Karen and Mike were workaholics and loved the business. Eric is running the business now and they're very happy it's still in the family.

I asked Karen what her favorite holiday was and she said, *"Thanksgiving! I love to make Thanksgiving dinner. I cook for 3 days prior and in twenty minutes it's over."* She told me one of the boys favorite meals was homemade macaroni & cheese and meatloaf. One of Karen's favorites was prime rib and she's passed that family recipe down to Eric.

Karen is teaching herself to sew. Her first project was a quilt for her granddaughter. It was made from her grandma's scraps and Hawaiian material from one of her mom's muumuus. How wonderful! She is currently working on a quilt for her grandson. *Thank you for sharing some of your memories Karen, what fun! I can't wait to visit and look at your cook books!*

**\*Lutefisk** codfish (fisk) preserved in lye (lut) is both a delicacy and a tradition among Scandinavian-Americans who serve the chemical-soaked, gelatinous fish.

**\*Lefse** is a traditional soft Norwegian flatbread. It is made with potatoes, flour, butter, and milk or cream. It is cooked on a large, flat griddle.



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*Thank You*

**Holy  
Cross  
Sisters**  
USA PROVINCE

*Welcome*



**WISCONSIN  
ILLINOIS**  
SENIOR HOUSING INC.



**Top Left** S. Mary Ann & S. Peggy with Kris McGarigle.  
**Middle Left:** S. Mary Ann & S. Pam.  
**Below:** WISH CEO Bob Siebel, WISH employees & Kris McGarigle. **Right:** S. Pat & Bob Siebel. **Below:** Community, residents, family and friends celebrate the Holy Cross Sisters and welcome WISH.





# BELL TOWER *Life*

*A Newsletter to Celebrate the Spirit of the Residents, Family and Staff of Bell Tower Residence*



## *captured moments*



**Top Left:** Potpourri making with Ruth J., Dorothy J., Pennie B. and Lillian J. **Below:** Residents Lillian M., Marlene S., Ruth R., Lillian J. and Estelle K. stitching up some beautiful quilts in our Quilting Club.



**Below:** Resident Gladys C. with a 4-corner BINGO win!



**Residents Dorothy B., Kristin S., Pennie B., S. Dolores W., John C. and Dorothy J. enjoying Kings In The Corner.**

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**Above:** Life Enrichment Aide Bill with resident Florence R. **Top Right:** Rosie P. and Darlene K. at IHOP. **Right:** S. Mary Zita with birthday boy John S. **Bottom Right:** Kris McGarigle at Resident Council. **Bottom Left:** Chaplain John with Ruth S.





# Summer Word Search



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

SUNGLASSES  
LEMONADE  
SWEATING  
AUGUST  
BOAT  
HOT

POOL  
JULY  
ICE CREAM  
BIKINI  
SUNBURN  
JUNE

TENT  
FISHING  
BEACH  
FAN  
FUN  
SUN

SANDCASTLE  
SWIMMING  
SUMMER  
SHORTS  
UMBRELLA  
CAMPING

## *Merrill Farmer's Market*

Year after year on Wednesday's and Saturday's from 7:30 in the morning until sold. The Merrill Farmer's Market is open from June through October. Local produce, flowers, honey and maple syrup can be found amongst other necessities at the market.

You might be wondering what's in season for June? I am thrilled to give you the list of ripe fruits and vegetables throughout the month.

Head on down to the local farmer's market pick up some of your favorites and try making a new recipe. With blueberries you could make a floating blueberry cobbler, with peaches you could make a peaches and cream smoothie and with onions you could make a Santa Fe salsa salad. Eating any of these fruits and vegetables plain is always good for your diet too. It's time to get excited about the delicious bounty of summer! *By Ashley Hilgendorf, Life Enrichment Coordinator*

## WHAT'S IN SEASON? *June*

APRICOTS  
BLUEBERRIES  
CANTALOUPE  
CHERRIES  
FIGS  
HONEYDEW  
LEMONS  
NECTARINES  
ORANGES  
PEACHES  
PLUMS  
RASPBERRIES  
STRAWBERRIES  
WATERMELON  
CARROTS  
CELERY  
CUCUMBERS  
GREEN BEANS  
LETTUCE  
ONIONS  
PEPPERS  
POTATOES  
SUMMER SQUASH  
SWEET CORN  
TOMATOES



## *Easy Salsa Recipe*



- 4 large plum diced tomatoes.  
(to yield 2 cups)
- 1/4 cup chopped white onion.
- 3 tablespoons chopped cilantro.
- 2 teaspoons minced jalapeno.
- 1 1/2 teaspoons fresh lime juice.
- 3/4 teaspoon kosher salt.
- 1 small garlic clove, minced.



# Happy Flag Day

Celebrating the Stars & Stripes

**Did you know?**

Bernard J. CiGrand, a school teacher from Waubeka, Wisconsin is credited with the first observance of Flag Day, June 14, 1885.

## Summer Solstice Folklore

The summer solstice has long been celebrated by cultures around the world:

- In Ancient Egypt the summer solstice coincided with the rising of the Nile River. As it was crucial to predict this annual flooding the Egyptian New Year began at this important solstice.
- In centuries past the Irish would cut hazel branches on Solstice eve to be used in searching for gold, water and precious jewels.
- Many European cultures hold Mid summer celebrations at the solstice which include gatherings at Stonehenge and the lighting of bonfires on hilltops.

Maybe you celebrate summer by taking a vacation or spending more time outdoors? Whatever you do, just remember summer officially starts June 21st.



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## Forever In Our Hearts



Susan Hangiandreou passed away on Tuesday, April 23, 2019. Susan had been a resident at Bell Tower since March of 2019. Susan was born on June 5, 1938 in Beloit, Wisconsin. Susan met and fell in love with Gus Hangiandreou and married in 1960. Sadly, he preceded her in death in 1995. Together, they raised three children, Nick, Gabi and Kati. Susan was first and foremost a homemaker and mother. After raising her kids she went on to further her education and earned a degree in elementary education from UW-Marathon and UW-Stevens Point. Susan taught at Maple Grove Elementary School in Merrill. She also sold real estate and worked for Land's End and Hallmark. She was very dedicated to volunteering, whether it was making tie blankets for the Linus Project, stocking shelves at the food pantry or delivering meals for Meals on Wheels or visiting the elderly. She was a world traveler and was always ready for the next adventure. Susan was a proud CASA (court-appointed special advocate) and enjoyed helping those children in need. She was a Master Gardener, assistant tour guide for the Mennonite culture and was always excited to learn and try something new. Susan raised chickens and Scottish Terriers, as well as doing many crafts and was an avid reader. A private Celebration of Life for Susan will be held at a later date. *We extend our heartfelt prayers and support to the family and friends of Susan.*

A decorative border of various colorful dahlia flowers in shades of red, orange, yellow, and pink, arranged in a dense, overlapping pattern along the left and bottom edges of the page.A circular, ethereal image of a white angel with long, flowing hair, standing in a soft, glowing cloud. The angel is looking down, and the overall tone is peaceful and spiritual.

*May you have Heaven in your heart  
Starlight in your soul  
and Angels all around you*



A Non-Profit WISH Community

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*Wishing you a Happy Summer*



# HAPPY FATHER'S DAY!

"A father is a banker  
provided by nature."  
- French Proverb