



# BELL TOWER *Life*

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

January 2020



## HAPPY New Year



*Kris McGarigle*  
Bell Tower Administrator

Happy New Year! With Open Hearts We Welcome 2020!

At Bell Tower Residence and in our lives the New Year brings a chance for fresh beginnings and stories waiting to unfold.

We look back with fondness at the past year at Bell Tower Residence. We said hello to new friends and bid farewell to others. Through a multitude of daily activities we were able to enrich the lives of those who live here. There were parties and picnics, music and movies. Our Trishaw arrived and we explored the world outside of Bell Tower Residence.

A new chapter began as sponsorship of Bell Tower Residence transitioned from the Holy Cross Sisters to Wisconsin Illinois Senior Housing. It was a busy, wonderful year full of new beginnings and some surprises.

We know that 2020 will be just as bright. We look forward to upcoming events such as the 12th Annual Artisan Showcase. We welcome those who will in 2020, join the Bell Tower Residence family and are thankful for all of our residents, family members and staff.

Look forward to 2020 and a fresh new page on which to write your story. In 2020, may your blessings be more than your worries and your joys more than your sorrows. May you have enough to meet your needs and extra to give to others. May you know the love of family and true friends, share that love with others and let kindness light your way.

*Kris*



## Resident Birthdays

January 4	Charlotte Peters
January 6	Halcy Kasmarek
January 13	Nancy Natzke
January 23	Cliff Maluegge
January 24	Elaine Hinke
January 28	Ann Ravn
January 31	Betty Hulke

## Resident Anniversaries

Lillian McGurn	5 years
Roger Ollhoff	4 years
Leroy Ott	3years
Mike Springer	3 years
Pennie Beyea	2 years
Marti Hall	1 year

## Employee Birthdays



January 8	Abby Smith
January 8	Shayne Winter
January 13	Cheyenne Block
January 24	Chelsea Marcoux
January 25	Nelimi Jirschele
January 31	Rachael St. George

## Employee Anniversaries

Betty Reinke	22 years
Bev Vandervoort	17 years
Holly Burgener	8 years
Tammy Wessling	2 years
Allison Becker	1 year
Annette Mills	1 year
Amanda Walters	1 year



**Big Welcome To Carol Sczygelski & S. Kathy Wiesneski**



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# Welcome To The Team



Andrea Clark



Kristin Marshall



Samantha Pierce

*Andrea Clark* is a Certified Nursing Assistant. Andrea received her training at Northcentral Technical College. She enjoys snowmobiling, playing the piano, the outdoors and fishing. Andrea volunteers at Appalachia Service Project. ASP is a Christian ministry, open to all people that inspires hope and service through volunteer home repair and replacement in Central Appalachia. She has gone to Kentucky and Tennessee to build homes for the poor.

*Kristin Marshall* is a Dietary Aide. She has lived in Merrill for the past 15 years. She previously worked at Pine Crest as a cook. Kristin has two children and a dog. She enjoys photography, music, being outdoors and spending time with her children, boyfriend and her dog.

*Samantha Pierce* is a Dietary Aide. She was born and raised in Merrill and graduated from Merrill High School in 2018. She loves to go bowling and is an animal lover. Samantha is happy to be here.

**TEAMWORK**  
*makes the dream work...*



# WELCOME TO THE NEIGHBORHOOD



## Carol Sczygelski

Carol was born on March 15, 1924 in Nebraska. She's spent the last 32 years at her current farm house that the family built. She worked in the office at Lincoln Hills for many years.

Carol usually spends her winters in Florida and was a member of the Masonic Eastern Star in Florida. She is a world traveler and has visited Korea, Germany, China, Mexico, the Caribbean and has traveled throughout the United States.

Carol loves to watch birds and feed them. She enjoys reading, playing cards and watching a little TV and game shows, especially "Wheel of Fortune". She enjoys being busy and likes to be around other people. She has a very beautiful warm, inviting smile.

***"We're so happy you're here! Thank you for making Bell Tower your new home!"***



## Happy New Year Word Scramble

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osifwrekr \_\_\_\_\_

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aytpr \_\_\_\_\_

arypt ath \_\_\_\_\_

loylahd \_\_\_\_\_

Tsmie Saequr \_\_\_\_\_

herces \_\_\_\_\_

ihitnmdg \_\_\_\_\_

leectcrabe \_\_\_\_\_

Times Square   holiday   party hat   cheers   clock   noise maker   midnight   party   celebrate   fireworks

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12th Annual  
MERRILL  
**Artisans**  
SHOWCASE

Saturday  
February 8  
Noon - 4:30pm

Assisi Hall  
at Bell Tower

1500 O'Day Street • Merrill, WI

Admission \$7

Enjoy live piano music with wine, cheese and appetizers.



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## *captured moments*



**Above:** Christmas angels from our Christmas Eve Service :)  
**Right:** Resident Lillian M. with Life Enrichment Aide Amber getting festive.



Resident Elaine H. with beautiful family at Christmas Eve Service.



Resident Janet B. decorating for Christmas.

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**Top Left:** Resident bakers Cliff M. and Pennie B. making yummy Christmas cookies. **Top Right:** Resident Ann R. and family with Santa. **Center Left:** Resident brother and sister Ruth R. and Cliff M. **Bottom:** Bell Tower residents, staff and volunteers having a great time playing Bell Tower BINGO:)





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Resident Lillian J., Santa and family



Resident S. Rita P., Santa and resident S. Loretta S.



Resident Vera L. and Santa



Resident Maria S., Santa and family



Resident Pat R. and Santa



Santa and resident Berm S.

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# **R**esolutions to Reduce Your Dementia Risk

By Deb Steinfest, Director of Sales and Marketing



The new year brings promise, hope and often a commitment to a healthier lifestyle. There is no cure for Alzheimer's disease yet, but research shows that our everyday lifestyle choices are the most important factors when it comes to Alzheimer's prevention.

- 1. Reduce stress.** A recent study showed that people who had mild cognitive impairment and reported high levels of anxiety were 135% more likely to develop Alzheimer's.
  - 2. Commit to regular exercise.** Regular exercise may preserve hippocampal volume which is the first part of the brain attacked by Alzheimer's.
  - 3. Laugh more.** Playing, laughing and being active helps to engage the brain, grow new brain cells and ultimately prevent Alzheimer's.
  - 4. Consume more fruits.** Fruits containing a compound called fisetin has Alzheimer's fighting properties. Commonly found in strawberries and mangos.
  - 5. Eat more fish.** Fish is high in omega-3 fatty acids which can control blood clotting, build cell membranes in the brain, protect against heart disease, protect against brain atrophy and slow Alzheimer's.
  - 6. Quit smoking.** Smokers have a 45% higher risk of developing dementia than non-smokers.
  - 7. Learn early Alzheimer's symptoms.** Learning and recognizing symptoms as they first appear means that more treatment options are available. Early signs and symptoms of Alzheimer's can include losing track of dates, vision problems and trouble completing familiar tasks.
  - 8. Sleep better.** Lack of sleep has been linked to many health problems including stress and increased cortisol, both of which are risk factors for Alzheimer's.
  - 9. Limit sugar intake.** Diabetes has been closely linked to Alzheimer's with some researchers even calling the disease a third type of diabetes.
  - 10. Learn a second (or third or fourth) language.** Adding another language to your vocabulary may delay the onset of Alzheimer's by 4 years.
- 



## **A New Year Begins With a Little**

# **Wiggle Giggle & Shake**

**By Ashley Hilgendorf, Life Enrichment Coordinator**

Welcome to the year 2020! I hope everyone enjoyed the holiday season with family and friends. Looking ahead for what's to come this year is a fun and exciting new program that will unite our older and younger generations' right here at Bell Tower.

I am proud and excited to introduce this new program, Wiggle, Giggle & Shake. Starting in February (February 10), Children's Hospital of Wisconsin and Bell Tower will host this program on the second Monday of every month in Assisi Hall for one hour, from 10am to 11am. The program will consist of families throughout the community and our Bell Tower staff with young children coming in to do fun activities through music and movement.

You might be thinking how did this new program come about? Well, I can tell you that I was approached by a staff member from Children's Hospital of Wisconsin back in November of 2019 and she asked me if this would be something the residents and I would be interested in partnering and doing. I said absolutely! I've been wanting to start a program that involved young children and have been asked many times from Bell Tower staff to get something started and I saw this as a great opportunity to make the idea into a reality.

Many times Bell Tower staff on a daily basis are asked by residents if they have kids, how many, funny stories, etc. about them while working. Now our residents will have the opportunity to interact with these children they hear so much about.

Singing different childhood songs, reading of favorite childhood storybooks and lite exercise movements, while sitting with scares and shakers are just a few of the different activities this program will be offering. Quarterly, there will be special event programs offered. Our first special event program will be in April. Planning an Easter egg hunt with the children and Bell Tower residents!

I've come to find that activities involving children, music and animals go over extremely well with our Bell Tower group of residents. This program is offering two out of the three, so I am hopeful it will be a success here!

If at any point there are questions about this new program or you yourself have an idea you'd like to do, please let me know. I welcome new programming ideas always and accommodate as much as I can. I'm looking forward to seeing all the kiddos here and our resident's interactions with them.

# In Loving Memory of



**Charlotte Strehlow** passed away on Friday, December 6, 2019. Charlotte had been a resident at Bell Tower since March of 2019. Records indicate Charlotte was the oldest living person in Wisconsin, the 22nd oldest person in the United States and the 76th oldest living person in the world at the time of her death. Charlotte was born on July 18, 1908 in Stanton, Nebraska, the daughter of Rev. Emil and Marie Zaremba. She was baptized, confirmed and married in services officiated by her father. She spent her childhood in Nebraska where her father served as pastor of St. Paul's Lutheran Church in Norfolk. They moved to Norwalk in 1921 when Rev. Zaremba received a call to St. James Lutheran Church. In 1931 her family moved to Wausau

where her father was installed as pastor to Grace Evangelical Lutheran Church, Village of Maine. Charlotte married Bill Strehlow on her 27th birthday in 1935. They worked the Strehlow farm and later started the Polar Freeze Locker Service business. They had one son, Gerald. Charlotte and Bill were both active members of Grace Evangelical Lutheran Church. Charlotte was blessed with the gifts of music and art. She was a founding member of the sewing circle and ladies guild. She was also a member of the altar guild where she made altar cloths for the various church festivals and provided floral arrangements from her flower garden. She was a member of the church choir and played violin in the church orchestra. Charlotte loved to tend her flower gardens, design and sew her own suits and blouses as well as draw and paint. She loved to plan, decorate and host family holiday meals which she always served in the dining room. Funeral services were held on Saturday, December 14, 2019 at Bell Tower Residence in the Holy Cross Chapel.

*We extend our heartfelt prayers and support to the friends and family of Charlotte Strehlow.*

"Surely God is my salvation; I will trust and not be afraid. The LORD, the LORD himself, is my strength and my defense; he has become my salvation."

**ISAIAH 12:2**



1500 O'Day Street  
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[www.BellTowerResidence.org](http://www.BellTowerResidence.org)



A Non-Profit WISH Community



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## My new year's wish for you.

May God grant you 12  
months of Happiness,  
**52 weeks** of Fun,  
**365 days** of Success,  
**8760 hours** of good health,  
**52600 minutes** of Good  
Luck, and **3153600**  
seconds of joy.  
**Amen.**

