



Notable Quotable

"You're only
as good as
the people
you hire."

- Ray Kroc,
founder of
McDonald's
Hamburgers



October Horoscopes and Birthdays

In astrology, those born from October 1 to 22 balance the scales of Libra. Libra epitomizes fairness and harmony. Sincere, beautiful, and romantic, Libra will work hard to keep all relationships on an even keel. Those born between October 23 and 31 are Scorpios. Scorpios are passionate, deep, and intense, qualities that help them counsel others in deep ways. Resourceful and determined, Scorpios give their all when they follow their hearts.

10/1 - Irene Harris (r)
10/2 - Mickey Nadler (r)
10/6 -Helen Pracon (r)
10/8 - Emily Kennedy (s)
10/9 - Sherry Kerwin (s)
10/10 - Debra LaCoille (s)
10/12 - Veronica Ingbresten(s)
10/14 - Dianne Lawlor (s)
10/26 - Patrick Morel (s)
10/15 - Arpad Toth (r)
10/16 -Irene Miller(r)
10/18 - Megan Scott
10/20 - Helen McElwee (r)
10/20 - Carla Boddie
10/21 - Meghan Cook (s)
10/25 - Charles Belden (r)

Light and Prosperity

Diwali, India's most important holiday of the year, begins on October 19. The Diwali story differs depending on where in India you live. In the north of India, it celebrates the return of the warrior prince Lord Rama to the ancient city of Ayodhya after he defeated Ravana, the king of the demons, by lighting rows of clay lamps. Southern India celebrates it as the day Lord Krishna, the god of love and compassion, defeated the demon Narakasura. In Western India, Diwali marks the day that Lord Vishnu, one of Hinduism's main gods, the Preserver of all earth from

Julie Andrews - October 1, 1935
Chubby Checker - October 3, 1941
Ray Kroc - October 5, 1902
Jesse Jackson - October 8, 1941
Luciano Pavarotti - October 12, 1935
E.E.. Cummings - October 14, 1894
Evel Knievel - October 17, 1938
Mickey Mantle - October 20, 1931
Johnny Carson - October 23, 1925
Pablo Picasso - October 25, 1881
Sylvia Plath - October 27, 1932
Bill Gates - October 28, 1955
John Candy - October 31, 1950

Resident & Staff Birthdays



destruction, sent the evil King Bali, who had conquered the heavens, to rule over the underworld. Each of these three stories highlights the victory of good over evil and of light over darkness. This is why Diwali is known as the Festival of Light. Diwali originally coincided with the last harvest of the year before the onset of winter. On this day, farms and businesses begged for blessings from Lakshmi, goddess of wealth, for the new financial year. This is why the last day of Diwali is still considered the start of the new fiscal year for Indian businesses.

Bentley Banner

October 2017



Bentley Commons
197 Water Street
Keene NH
603-352-1282

Celebrating October

Tad Dreis
10/1

Ethan Stone
10/2

Cindy Duchin
10/8

Fred Marple
Humorist
10/12

Flight Deck
Lunch Bunch
10/13

Ron Banks
10/15

Yankee
Candle
10/17

Lenny Z
10/22

Jim Barnes
10/29

*See more on
The calendar
Insert*



Hilary Seifer - Executive Director

October is here! One of my favorite months. We will be celebrating Halloween. Check the calendar for a fun filled day, we want everyone to put on their costumes and enjoy the Holiday. We will have prizes for several different categories.

September was a great month of community involvement. Thank you to our amazing Marketing Team and everyone who made the Alzheimer's Gala a great success. It is an honor to see our community come together for such a great cause.

Thank you to everyone who came out to support the Clarence DeMar Marathon, Keene is lucky to host such an inspiring event. Thank you to the Bentley BOG (Bentley Outreach Group) for volunteering at the community kitchen. Two of our residents Dan Hall and Bob Hall gave their time to speak at the WWII museum at the Cathedral of the Pines. It is so wonderful to give back to our community.

As you know we are conducting our annual resident satisfaction survey. Please take a moment to fill them out. Your feedback is very important to us. If you did not receive one let us know.

October brings us the Hunter's Moon, which was named by the Native American Indians. The moon rises 20 minutes later each night, which provides more days of bright moonlight at dusk. This enabled the American Indians time to hunt and prepare for winter.



The biggest of Stonehenge's stones are 30 feet tall and weigh 25 tons.

A Curious Holiday

If you're intrigued by the great mysteries of the world—from UFOs to the Bermuda Triangle to the strange statues of Easter Island—then you'll love Curious Events Day on October 9. Here are a few doozies:

Stonehenge remains one of the world's most mysterious places. The structure, made of 100 stone monoliths arranged in a circular pattern, is not only 5,000 years old but also took over 1,500 years to build. Perhaps the most curious puzzle of all is that many of the monoliths are bluestones, the smallest of which weigh several tons, and are believed to have been quarried 200 miles away. How did these prehistoric humans extract and transport these hulking stones? And why? While many have theories as to the purpose of Stonehenge—burial ground, astronomical calendar, ceremonial site, center of magic—there is no evidence as to its purpose.

Under the crystal-clear waters of Bimini Island in the Bahamas lies

a strange sight—a half-mile-long structure composed of rectangular limestone blocks resembling a wall or road. Divers who first discovered the site in 1968 immediately believed that it was manmade. Many scientific explorations have yielded varying results. Despite the insistence that the wall is a naturally-occurring phenomenon, some believe that this underwater causeway is evidence of the lost city of Atlantis.

In 1954, a man landed at the Haneda Airport in Japan and presented his passport to immigration officers. The only problem was that his passport was from Taured, a country the man claimed existed on the border of Spain and France. His Taured passport had been stamped from many countries. The man, distraught when told his country did not exist, was taken to a hotel by local police, but he disappeared overnight, along with his official passport and driver's license.

All Hail the Kale

October 4 of this year heralds the fourth celebration of Kale Day. Kale, sometimes called "the king of leafy vegetables," is full of health benefits. It is also easy to cultivate, growing from spring all the way into winter, when frosts actually make kale sweeter. But kale has become more than a vegetable; it has achieved cult status, complete with T-shirts, bumper stickers, and celebrity endorsements. When did kale become popular? When public relations guru Oberon Sinclair

decided it should, that's when. The savvy PR woman made kale cool when she got the trendiest restaurants and celebrities to endorse the leafy green. She even went so far as to create the fictitious American Kale Association to lend her advertising campaign credibility. But we can forgive Oberon for duping us with such sneaky tactics. Kale, after all, is a healthy vegetable. And she did it not for the money or the fame, but because she loves kale.



Kale was once called "peasant's cabbage."

Straight to the Top



King Tut was buried with a spinning top in his tomb.

For many, the idea of spinning in one place is enough to make them dizzy, but that's the whole purpose behind International Top Spinning Day on October 12. Tops are some of the oldest known toys in the world. Archaeologists discovered clay tops buried in the ruins of the ancient city of Ur in Mesopotamia, dating back to 3500 BC. The gravity-defying spin, known as the *gyroscopic effect*, is

an impressive motion that uses inertia, gravity, momentum, and centrifugal force to stay balanced and upright. Of course, every top falls over eventually, thanks to the friction between its spinning point and the surface it is spinning on. But it was Iacopo Simonelli who made his homemade top spin for over 40 minutes with a single twist of the fingers, establishing a new world record for top spinning.

Nightmares and Moonlight

In the spooky spirit of the Halloween season, the last Friday in October is known as Frankenstein Friday, after Mary Shelley's fictional novel about a mad scientist who created a monster. More interesting than the fiction are the facts surrounding why Shelley set out to write her gothic masterpiece.



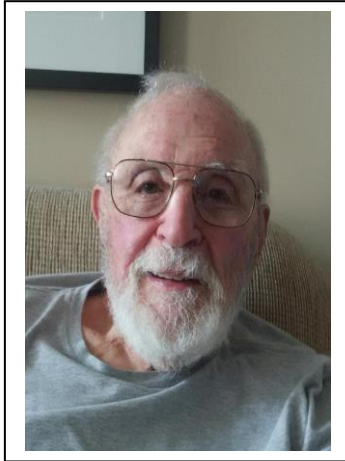
The full title of Mary Shelley's novel is Frankenstein; or the Modern Prometheus.

In June of 1816, the 18-year-old Shelley was invited to Geneva, Switzerland, along with the poet (and her future husband) Percy Bysshe Shelley, her stepsister Claire Clairmont, the poet Lord Byron, and Lord Byron's doctor (and writer of vampire stories) John Polidori. On a rather cliché dark and stormy night, after reading from a volume of German ghost stories, Lord Byron challenged all the guests present to write their own scary tale. It was out of this challenge that Mary Shelley penned *Frankenstein*.

In a preface to her book written in 1831, Shelley wrote about how she suffered from a lack of ideas. After

staying up late discussing "the nature and principle of life," and how one Dr. Erasmus Darwin had attempted to make dead matter move by administering electrical jolts, Shelley fell asleep only to be hounded by a nightmare: a man attempting to breathe life into a terrifying figure. She awoke with a start to find bright moonlight streaming in through her window. She realized that if the dream had frightened her, then it would frighten audiences. On the next morning she began writing *Frankenstein*. Of all the writers present, only Shelley finished her novel.

Mary Shelley's *Frankenstein* has become world-famous and is lauded as the first science fiction story ever written. It is also a philosophical masterpiece, examining the relationship between creator and created, and forcing us to wonder how much knowledge is too much. And of course, it is important to remember that Frankenstein is the name of the doctor, not the monster that the doctor created.



Resident Spotlight -Alan Carter By Larry Barnes

Nothing will make a man look more distinguished or significant than a short, well-trimmed white beard with associated shrubbery. As cases in point I submit Al Burt and Stan Masonberg, as well as our featured Banner star this month. Personal modesty prevents me from identifying at least one other cool, bearded dude in our Bentley Community.

Alan was born in Rochester, New York, up in the North Country where the wind coming in across the lake guarantees lots of snow, if you are into that stuff. He got his early education in Rochester but went to college at the University of Michigan where he majored in Political Science. After graduation he worked in broadcasting where he did announcing, production, and directing.

Alan's main profession was in the Foreign Service of the State Department. He spent most of his career in posts at such places as Pakistan, India, Nepal, and Japan., Mostly as a Public Affairs Officer, also in the mandatory assignments in Washington, D.C.

Sadly, he lost his wife, Marjorie, much too early in their life together. One result of this unfortunate event was that they had but one child together, a daughter, Pamela, who resides in Portsmouth.

Alan has been a resident of Bentley for a little over a year. If I can talk him into coming to Happy Hour, you can meet this charming gentleman there.

Newsletter from The Wellness Center October 2017 – Breast Cancer Awareness Month

Breast cancer is the second most common kind of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point.

The good news is that many women can survive breast cancer if it's found and treated early. A mammogram – the screening test for breast cancer – can help find breast cancer early when it's easier to treat.

National Breast Cancer Awareness Month is a chance to raise awareness about the importance of early detection of breast cancer. Make a difference! Spread the word about mammograms and encourage communities, organizations, families, and individuals to get involved.

- Ask doctors and nurses to speak to women about the importance of getting screened for breast cancer.
- Encourage women ages 40 to 49 to talk with their doctors about when to start getting mammograms.

From Dining Services Fall is here!!

I hope you all enjoyed some of the new recipes that we have been serving, more to come in October. As always please share ideas for other recipes that you think would work well in the dining room. I have had requests and recipes shared with us that have been served. I thank you for taking the time and interest in the planning of the menu. Please feel free to send more ideas.

As a reminder the food panel meets the first Wednesday of the month and if you have anything to be discussed please leave me or one of the other panel members a note. If you have feedback about one of your meals please leave me a note, you can bring it to concierge and they will make sure I receive it.

If anyone has any silverware or dishes from the dining room in your apartments can you please return them as we are always in need of them. Remember to call concierge before 11am if you would like to order plain chicken, plain fish or an omelet for you dinner. Thank you for your patience with our new staff members

Songs about Men

Larry Barnes

Last month I promised that I would write a piece about songs with men's names in the title. Well, here it is.

Easily the winner is John/Johnny. Many I had never heard, but the familiar ones go at least as far back as the Civil War with "When Johnny Comes Marching Home Again." Remember "Johnny One Note?" No one can ever forget Wee Bonnie Baker with her little-girl voice giving us "Oh, Johnny, how you can Love," with its scintillating, "Oh Johnny Oohh."

There was a torch song of the Twenties about "Frankie and Johnny." Disney did a short about "Johnny Fedora and Alice Bluebonnet." Plus "Johnny B. Goode." The list goes on and on.

Does "Ferdinand" count even though he was a bull who never learned to fight? How about "Rudolph the Red-Nosed Reindeer?"

In the Broadway musical Showboat of 1927 one of the many hit songs was "Just My Bill" written in 1917. It was made famous and became the signature song of Helen Morgan.

Much of the above was written mainly off the top of my head. Then I decided to put my computer search engine to work and research the subject. The floodgates sprung open and spit out quite literally hundreds of song titles, most of which I had never heard. There were even a flock of numbers about Larry or Lawrence that I didn't realize existed. Needless to say, they never made it to the Hit Parade.

Digging way back to my extreme youth, I actually remembered "Jack and Jill," still going up that hill. Also "Popeye the Sailor Man," and I guess that "Bill Bailey" never did come home. I suspect that "Red, Red Robin" is still "Bob, Bob, Bobin' Along." I may never find out just how can "Jimmy Crack Corn."

Why don't we "C'mon and hear Alexander's Ragtime Band"? Don't forget "Casey at the Bat" and "Casey Jones." In earlier times we all followed "Mack the Knife," "Ode to Billy Joe," and "Me and Bobby McGee."

I could go on for hours, but we are better to call a halt with "Elmer's Tune" and "Danny Boy"? I have to mention Barney Google (with the Goo-Goo-Googly Eyes), and I can't resist citing "Kick Me, Jesus, (Through the Goal Posts of Life)," which strikes me as stretching one's faith just about as far as it can go.



Residents Al & Meredith Burt were on Stage taking part in the Flower Ceremony at the walk at Keene State College



Last year award recipient, Norma Walker, congratulating Pam Goodell with flowers and a hug!



Author Pam Goodell, speaking after receiving this year's award for her invaluable dedication and service to the Alzheimer's Association. Pam also received a proclamation from the Mayor of Keene and a letter from Senator Jeanne Shaheen.

To make a donation to the Alzheimer's Association please contact Bonnie or Christy in the Marketing Office. Donations can be made until the end of October.

