



Notable
Quotable

“Laughter is
America’s most
important export.”

- Walt Disney,
animator



December Horoscopes and Birthdays

In astrology, those born between December 1–21 are Archers of Sagittarius. Sagittarians are travelers, open-minded, and constantly in search of meaning. Archers seek change and take concrete steps to achieve their goals. Those born between December 22–31 are Capricorn’s Goats. Goats are practical, determined, and focused on ambitious goals. They persevere with grit and honesty.

Bette Midler – December 1, 1945
Walt Disney – December 5, 1901
Dave Brubeck – December 6, 1920
Eli Whitney – December 8, 1765
Rita Moreno – December 11, 1931
Nostradamus – December 14, 1503
Dave Clark – December 15, 1942
Ty Cobb – December 18, 1886
Joe Paterno – December 21, 1926
Humphrey Bogart – December 25, 1899
Maggie Smith – December 28, 1934
Tiger Woods – December 30, 1975
Donna Summer – December 31, 1948

Resident Birthdays

12/2 Jen Garner (s)
12/3 Wendy Joslyn (s)
12/3 Mike Saunders (r)
12/3 Margery Champion (r)
12/4 Julius Hof (r)
12/5 Richard Countaway (r)
12/11 Ethan Pfeifle (s)
12/11 Marcia Beaumont (r)
12/15 Dan Hall (r)
12/16 Judy Hall (r)
12/16 Connie Kenney (r)
12/22 Rachel Powers (s)

12/26 Mary Kelley (r)
12/29 Jess Gruda (s)
12/30 Barbara Lamoureux (r)
12/31 Bob Hall (r)



When Brown Is Best

On December 4, it’s time to add a new color of footwear to your shoe closet—it’s Wear Brown Shoes Day. Most men play it safe when dressing and opt for black shoes. Black is versatile and goes with most any outfit. But sometimes black just won’t do, and brown shoes are the perfect finishing touch.

When choosing a pair of shoes, one must always first consider the colors of the outfit. Are you wearing a smart, suave ensemble for a night out in the city? You may want to play it safe and follow the maxims “No

brown in town” or “No brown after six.” Black is likely best. But are you wearing earth tones like khaki, tan, or green? Then dare to go brown. Brown even pairs well with varying shades of red, white, and navy. Are your shoes brown suede? Brown brogues? Antique brown patina oxfords? As you can see, brown shoes can be just as fancy as black. So on December 4, don’t play it safe. Ditch the black, take a fashion risk, and wear a pair of brown shoes. If you’re particularly stylish, pair those brown shoes with some colorful shoelaces.

Bentley Banner

December 2017



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

**Celebrating
December**

**Holiday at
The Commons
12/2**

**Lenny Zarcone
12/3**

**Cheshiremen
12/5**

**Jack Dunham
12/10**

**Ron Banks
12/17**

**Ethan Stone
12/18**

**William
Ogmundson
12/20**

**Music is Love
Duo
12/24**

**Walt Sayre
12/31**

*See Calendar for
many more events*

Hilary Seifer – Executive Director



Happy Holidays! We are looking forward to a wonderful month of celebration this holiday season.

Thank you to all of you for participating in the resident satisfaction survey. We had a phenomenal response rate of 77% of our community completing surveys.

The comments were very positive, informative, and helpful.

We had an overall score of 4.5 out of a possible 5 rating for the building. The area in need of improvement was our services. As many of you know we work hard to improve dining services consistently. We will be working with a licensed nutritionist in the near future. She will be coming in on a quarterly basis to consult with our chefs, and provide an educational group for all of you.

Cheshire Medical does offer personal nutritional consults, however for insurance reasons they need to be done at Cheshire Medical.

We continue to look at our menu and make changes and try new ideas on a regular basis. We have our food panel that meets monthly, and is wonderful about sharing everyone’s ideas.

The comments and suggestions box can be found at the Concierge desk. Please share your suggestions with us. We are always looking at ways to ensure we are the best community we can be.

Winter Solstice will be on December 21, 2017. This marks the shortest day of the year. The full moon this month will be on December 3rd, 2017 and we will have a New moon on December 18, 2017.

I wish you all a joyous holiday full of warmth and happiness.

Resident Spotlight : Charles “Charlie” Belden



Almost every imaginable profession is included among Bentley residents. However one of the sparsest is, no doubt, that of farmer, the most basic of all. After all, the reason we work is so that we may partake of the product of the reason they work.

Charlie was born on the family farm in Hatfield, Mass. , the middle one of three boys. They grew mainly potatoes, corn, and hay andt also raised sheep. The hay was principaly to feed the sheep as well as the horses and other animals over the winter. They employed mainly Polish immigrants on the farm, hiring them almost as soon as they got off the boat. They had been farmers back in Poland, but once a farmer, always a farmer.

Charlie married Mary Lue. The couple settled down (Where else?) on the farm. It was during WW II and they employed several German PWs. They were good workers and there was no danger of them making a run for it. Where would they go? Besides they were just happy to not be where people were shooting at them. Besides, why fight for a cause they knew was already lost? They kept the farm running for another ten years after the war.

They grew primarily tobacco, a shade-grown, high-quality leaf used principally as the wrapper, the final cover, on cigars. The couple also had four children, three girls and, the youngest, a boy who eventually became an MD. All their children were given every opportunity to become, as they did, happy and successful individuals. They also have a granddaughter, Shanti, who was adopted by their daughter as an infant from India, and one of my favorite people. She is a frequent visitor to Bentley, and one of the most charming young ladies you could hope to know.

Charlie was always active in his Farm Bureau, serving as an officer much of the time. He and his wife traveled throughout this country and in Canada. He has made his home at Bentley for about a year and a half.

Greetings from The Community Relations Team

The holidays are a very special time of celebration for our families and friends at Bentley Commons. They give us the opportunity to reconnect with our loved ones, meet new friends and fondly remember old acquaintances...

It also gives families an occasion to check out what our delightful Keene community has to offer. For those who are trying to choose from several senior living options in this scenic part of the state, one of the important things to do is to stop and consider what they are interested in. Many of the people who choose Bentley Commons do so because of our proximity to downtown with all it has to offer. Theater, museums, shopping, restaurants, and of course Keene State College with galleries, performances and more are all within easy walking distance, especially on a beautiful winter day.

If you are interested in making a move in the near future, please give us a call so we can help you explore your apartment options and show you the benefits of living in such a vibrant community.

Happy Holidays! Bonnie and Christy

Lenny Zarcone By Larry Barnes

Lenny’s kindergarten teacher once sent a note home to his parents saying that while she didn’t want to stifle his talent to entertain, he must learn that there is a time and place for him to be to be a clown.

Fortunately the time is now and the place is our Bistro. Lenny is the perfect example of what happens when the class clown grows up, despite all the dire predictions of eventual disaster.

Lenny reminds me of the old-time vaudevillians who could do, or could learn to do, whatever it took to make an audience laugh, from ad-libbing a wisecrack to taking a pratfall. It is hard to put a label on him. He’s a stand-up comic, a multi-instrument musician, a mime, and whatever else it takes. I guess you just have to simply tag him as an entertainer and let it go at that.

Where does he appear? He is regularly seen on the retirement home, assisted living., nursing home circuit. as well as at retirement parties, anniversaries, and, Where ever else people feel a need for a few laughs and music. He encourages group participation and promotes sing-along.

Lennie is originally from Rochester ,New York. Lennie went to local schools and to Miami Dade College. .He was active in the drama club and honed his acting and performing chops. Now he will regularly be bringing his accordion and other talents to Bentley. Come early and get a good seat.

KID’S NAMES

Larry Barnes

Whatever happened to the old fashioned names like Nancy, Helen, Sally, Margaret, Dorothy, and the ever-popular, Mary? Instead we are left with such names as Brandi, Tiffani, Candi, and even Sandi. What is wrong with y or ie I’m not completely innocent either. I named my daughter after myself: Lauri. There’s that lonesome little I again.

In defense I did keep her original Korean name, AiRan, as her middle name. It means Beautiful Flower. She in turn passed it on to her daughter as her middle name. Her first name is Amarah’ but she prefers to be called AiRan. My daughter named her son Xanth and don’t ask me where that came from. I sometimes suspect he wasn’t born here but arrived in a flying saucer.

I wanted my two boys to have names that could not be shortened or made into nicknames. So they are Dean and Gary. Mission accomplished. But Dean named his daughter Nikole. However, she is famous in the international sailboat racing community as Nikki. There’s that little old i again. His son is Rian. That i is hiding in the middle, but it’s there. I also have two great-grands named Brock and Bryson. Nothing weird there.

There are some names that were already archaic in our youth. My mother’s name was Felicia Beatrice and her mother’s name was Carmella. My other grandmother was Clara and her sister went by Idabel. My father was named Elmer, a title he loathed. It was the frequent comedy vaudeville name for the dim-witted country hick. He preferred to be known as E.L. (for Elmer Lawrence) or even El.

Men’s names seem to have more staying power. John, Robert, Alan, James, Albert, Richard, William, Henry, Charles, and David (All current Bentley residents) have been around for centuries and show no signs of getting stale.

Ethnic or national typical names are always popular. Vito or Guido from Italy Pierre or Alfonse from France, Poncho or Pedro from Spain, Boris or Stanislav from Russia. What? You don’t know anyone named Stanislav? You should get out more often. Sorry, I can’t think of any Greek names. The Arab world gave us Ali and Ahmed. The most common name in the world is Muhammed. In the Arab world, every Tom, Dick, and Harry is named Muhammed.

Feel free to add to this list as you find necessary.

December 2017 Wellness Center News Tips for a Stress Free Holiday!

Know your spending limit. Lack of money is one of the biggest causes of stress during the holiday season. This year, set a budget and don't spend more than you've planned. It's okay to tell your (grand)child that a certain toy costs too much.

Give something personal. You can show love and caring with any gift that is meaningful and personal. It doesn't have to cost a lot. Use words instead of an expensive gift to let people know how important they are to you. Make a phone call or write a note and share your feelings.

Get organized. Make lists or use an appointment book to keep track of tasks to do and events to attend.

Share the tasks. You don't have to do everything yourself. Share your "to do" list with others. Spend time with friends and family while you share tasks like decorating, wrapping gifts, and preparing the holiday meal.

Learn to say no. It's okay to say "no" to events that aren't important to you. This will give you more time to say "yes" to events that you do want to attend. Be realistic. Try not to put pressure on yourself to create the perfect holiday for your family. Focus instead on the traditions that make holidays special for you. And remember that just because it's a holiday, family problems don't go away. If you have a hard time being around your relatives, it's okay to set limits on your time at events and visits.

Take breaks from group activities. Pay attention to your own needs and feelings. Spend a little time by yourself if you can. Meditate, or do some relaxation breathing. Go for a short walk

Keep a regular sleep, meal, and exercise schedule. Limit your alcohol. Taking care of yourself will help you deal with stressful situations during the holidays.

Get support if you need it. Holidays can sometimes trigger depression. They can be especially hard if you are already dealing with the death of a loved one or the breakup of a relationship. Healthfinder.gov

On Top of Technology



The roof of the future may do more than just keep out the rain.

December 3 is Roof Over Your Head Day, a day to give thanks for the gift of shelter. Nowadays, however, roofs provide more than warmth and safety. Technological advances allow roofs to provide us with renewable energy, a cleaner environment, and even fresh food.

Entrepreneur Elon Musk is best known for his company Tesla and its electric cars. Lesser known, but just as visionary, is his work to produce a new kind of roof. Tesla is designing solar glass roof shingles that look like traditional shingles but have the benefit of harnessing the sun's power and turning it into valuable energy to run a home. The durable glass is specially designed to withstand hailstones falling at over 100 mph. At \$42 per square foot, these tiles are much costlier than the average asphalt shingle, which costs \$5 per square foot. And while these tiles also cost more than the large, rectangular solar panels now perched atop many roofs, they

look nicer and more natural than the clunky rooftop panels.

Another innovative roof option is the "green roof," where shingles are completely eschewed for a roof composed of soil, plants, and shrubs. Residential home owners and urban building managers are opting for living rooftop gardens, where plants help clean the air, manage stormwater runoff, reduce air conditioning and heating costs, absorb heat, provide habitat for birds and animals, offer park space for people, and even provide fresh fruits and vegetables. Innovations do not stop at green roofs; there are also designs for green walls, bridges, and railroad tracks. In all of these cases, success depends on the expertise of the engineer in considering a roof's ability to retain moisture, allow drainage, prevent erosion, repel pests, and determine which plants will be most successful. In the near future, homes will provide more than just a roof over our heads.

Sticky Business



80% of the world's supply of maple syrup comes from Canada.

Begin December 17 with pancakes, waffles, or French toast covered in a puddle of maple syrup because it's Maple Syrup Day. Maple syrup typically comes from sugar maple, red maple, or black maple trees. In cold climates, these trees store starch in their trunks and roots. When the weather warms, this starch is converted to sugar and then rises in the form of sap to feed the tree. Maple sap is collected by boring a hole into the tree trunk and attaching a *spile*, or tap, through which the sap "runs."

This dripping sap is collected and boiled down to remove excess water and create a concentrated syrup. It takes almost 40 gallons of maple sap to create one gallon of maple syrup. In South Korea, the sap is not even boiled down to syrup. Instead, maple trees known as *gorosoe* are tapped, and the sap is drunk fresh from the tree. In some regions of South Korea where the sap is believed to have health and spiritual benefits, people drink as much as five gallons at once.

Greetings from the Dining Room



© Can Stock Photo

I hope everyone enjoyed their Thanksgiving Meal, many thanks to all of the staff who worked and made this a special day. Thank you to those of you who are letting concierge know if you are having a guest it has been helpful to the chefs and waitstaff. Please let concierge know in advance if you plan on having guests for Christmas or if you will be away for the day. The Christmas larger meal will be served at lunch time. Remember to call concierge before 11am if you would like to order plain chicken, plain fish or an omelet for your dinner.

If you have any dining room suggestions please submit those to the food panel members, we meet once a month. Many great ideas and discussions have come from this food panel and I thank them all for making this a successful committee. If you have feedback from 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. Thank you for your patience with our new staff.

Seeing the Light

On the eighth day of the 12th month, Buddhists celebrate Rohatsu, also known as Bodhi Day, which commemorates the Buddha's Awakening. This is the moment that the first Buddha, Siddhartha Gautama, achieved Enlightenment, or *bodhi*, as it is called in Sanskrit.



Practicing Buddhists view Buddha as a teacher and not a god or deity.

Scholars know relatively little about Siddhartha Gautama. He was the son of a clan chieftan and a princess, and so became a prince in his own right. But at age 29, Prince Siddhartha left his palace to walk among the people and was appalled at their pain and suffering. He abandoned his kingdom, family, and riches to become a wandering holy man searching for a means to release humanity from pain and suffering. At one critical moment, Siddhartha seated himself under a pipal tree, now known famously as the Bodhi tree, and vowed to never rise until he discovered the truth. After 49 days of deep meditation, he supposedly attained Enlightenment and became known as the Buddha,

or "Awakened One." What is Enlightenment, in this Buddhist sense? Some believe it is the moment he achieved liberation from the endless cycle of rebirth, suffering, and dying again. He achieved *nirvana*, extinguishing any sense of self and, along with it, any feelings of desire, hatred, or ignorance, which lead to suffering. Rather than abandon humanity and continue on his own path to enlightenment, the Buddha returned to the world to teach others this path to the end of suffering. For the remaining 45 years of his life, the Buddha traveled throughout India sharing his insights.

Modern-day Rohatsu traditions include deep meditation in the manner of the Buddha. While very few ever reach Enlightenment, it is in this practice that we come to a better understanding of how to ease the suffering of ourselves and others. Perhaps the best way to commemorate Bodhi Day is to extend simple kindnesses to ease the suffering of others.