



Notable
Quotable

“The most luxurious possession, the richest treasure anybody has, is his personal dignity.”

~ Jackie Robinson, baseball Hall of Famer



January Horoscopes and Birthdays

In astrology, those born between January 1–19 are Capricorn’s Goats. Goats are practical, determined, and focused on ambitious goals. They follow a straightforward, well-planned path and persevere with grit and honesty. Those born between January 20–31 are Water Bearers of Aquarius. Water Bearers are creative and intellectual philosophers at heart, getting to the root of problems and using their energy and passion for the benefit of others.

Resident & Staff Birthdays

- 1/6 Carol Marsh (r)
- 1/11 Bri Blodget (s)
- 1/13 Peggy Loves (r)
- 1/15 Danitza Smith (s)
- 1/16 Veronica Ingbretsen
- 1/17 Maddie Ratcliff (s)
- 1/21 Thomas Davis (s)
- 1/21 Florence Zeno (r)
- 1/22 Larry Barnes (r)
- 1/22 Meredith Burt (r)
- 1/23 Kylie Willard (s)
- 1/24 Brenda Buffum (s)
- 1/31 Richard Nichols (r)

Totally Tubular

Spend January 3 celebrating the totally tubular invention of the drinking straw. On this day in 1888, Marvin Stone was issued the patent for his paper drinking straw. A former cigar manufacturer, Stone was familiar with the wrapping of paper. Prior to Stone’s invention, people used straws made from blades of rye grass, but the rye imparted a grassy taste to the drink. It also had the unfortunate tendency of turning to mush if it stayed wet for too long.

Stone’s invention was a welcome improvement, but hardly original.

- Paul Revere – January 1, 1735
- J.R.R. Tolkien – January 3, 1892
- Diane Keaton – January 5, 1946
- Zora Neale Hurston – January 7, 1891
- Elvis Presley – January 8, 1935
- Richard Nixon – January 9, 1913
- Julia Louis-Dreyfus – January 13, 1961
- Martin Luther King Jr. – January 15, 1929
- Vidal Sassoon – January 17, 1928
- Dolly Parton – January 19, 1946
- Neil Diamond – January 24, 1941
- Wolfgang Mozart – January 27, 1756
- Jackie Robinson – January 31, 1919

Staff years of
Service Recognition

- Bonnie Moore - Director of Community Relations - 7 Years of Service
- Kylie Willard- LNA - 5 Years of Service
- Beth Velasques – LNA - 4 Years of Service
- Kali Santino – DRA - 3 Years of Service



Drinking straws were in use 5,000 years ago by the Sumerians, who employed straws that doubled as sieves. These drinking tubes were used to drink beer and would filter out solid particulates that were the by-product of fermentation. A gold straw inlaid with priceless blue lapis lazuli was even discovered in a Sumerian tomb. Of course, most straws today are made of plastic, but the careless tossing of these single-use straws into the garbage has created an environmental mess. It seems that Stone’s patent of a recyclable paper straw is more important than ever.

Bentley Banner

January 2018



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

Celebrating
January

Virginia Eskin
1/7

Lis Leal
1/8

Rich Araldi
1/14

Tad Dreis
1/21

Bob
Rutherford
1/25

Ron Banks
1/28

UCC Bell
Choir
1/31

See calendar for
many more
events



Hilary Seifer – Executive Director

I hope you all enjoyed your Holiday’s and were blessed with good cheer. Winter is in full swing, and the snow has arrived. Please take extra care when walking outside, as the surfaces have been slippery.

If you have a vehicle here and want to us to ensure it is cleaned off during storms please make sure we have access to your keys.

We will have two full moon’s this month, one on the first of the month which is referred to as the Wolf moon, the second on the last day of the month. When we have two full moon’s in a month the second is referred to as a Blue moon.

As we start a new year together, please remember that my office door is always open and I appreciate any feedback that will ensure our community is the best it can be.

Wishing you all peace and contentment in the New Year.



Resident Spotlight Verdella "Vee" Fletcher

If you have never run across the name Verdella before, rest at ease. Neither has Verdella. It seems that her father had two maiden aunts named Vergie and Idella, not run-of-the mill names in themselves. When the new baby arrived, it was decided to telescope the names and create Verdella. Clear? She is universally known as Vee.

She was born way down South in Lowell, Massachusetts then raised in Scituate. She studied to become a medical secretary at Boston University which involve, secretarial skills, and knowledge of medical terms and procedures. Vee married Bill Fletcher in 1952 and they moved to White Plains, NY. She worked for a time for a psychiatrist in New York City. The union produced two boys and two girls. They were then living in Western Connecticut before moving on to Cohasset, Massachusetts., and finally to Westminster, Vermont. The family eventually grew to include ten grandchildren.

In all of these places she could follow her passion for golf, an activity she shared with her husband. She also shared with him a love of travel, having visited Alaska and much of Europe. They were particularly fond of Italy. Anyone who has ever been there will heartily agree. Vee's husband was a publisher of amateur art books. Vee has been a fourth floor resident of Bentley for two years and can frequently be found participating in one of the many activities available to residents.

Greetings from Community Relations Team

As we celebrate the New Year we realize that it is a time of reflection on what the previous year has given us and the anticipation of new beginnings in the coming year.

Tradition dictates that every 365 days we should let go of the old habits, embrace the new challenges, and start life anew.

Perhaps this would be the perfect time to check out Bentley Commons and all we have to offer.

Beautifully appointed independent and assisted living apartments with full concierge services, chauffeured transportation, three chef-prepared meals daily, and weekly housekeeping and linen service.

We also have the Fox Rehabilitation team offering both physical and occupational therapy services on site. Our Fox Optimal Living program features an exercise physiologist who will design a comprehensive wellness program just for you.

For all of the families that we have spoken with over the past year, we hope you will consider making Bentley Commons your home.

**Wishing all of our residents, families and friends a
Happy and Healthy New Year!**

Bonnie and Christy



SUPERLATIVES

Larry Barnes

With the start of the New Year, we are inundated with lists of the year's greatest, or largest, or the best, or the most whatever. One writer even offered a list of the 100 best movies of all time. I couldn't even name 100 movies, period.

Most lists of the greatest movies are led by such offerings as Citizen Kane with Orson Welles, a in the slightly fictionalized biography of William Randolph Hurst. Also usually present is the blockbuster Gone with the Wind, as well as The Wizard of Oz. All are great shows, but none of them makes my top ten rating. So, here I go, sticking my neck out again.

My vote for the greatest film ever made goes, without hesitation or reservation whatsoever to Casablanca from 1942.. It has an inspiring love story, important historic significance, and impressive acting.

Virtually every line in the script is quotable. "Here's looking at you, kid." "Of all the gin joints, in all the towns, in all the world, she walks into mine." "Round up the usual suspects." "Louie, I think this is the beginning of a beautiful friendship." "You know what I want to hear. You played for her, you can play it for me. If she can stand it, I can. Play it." In passing, nowhere in the program will you find the words, "Play it again, Sam."

Interesting side note: Virtually every named actor in the cast, except for Bogart, was foreign born. Ingrid Bergman came from Sweden, Conrad Veidt from Germany, Sydney Greenstreet from England, Paul Henreid from Trieste, Claude Rains from England, Peter Lorre from Hungary and S.Z. (Cuddles) Sakall from Hungary. Sam, the piano player who gave us As Time Goes By, however was born in Texas. He actually was a singer and couldn't play piano. Those scenes were totally faked. Other comparatively minor actors originated from all over Europe.

My Second Place vote for Best Movie of All Time has to be placed on Cabaret, mainly because of the magnificent performances by Liza Minelli as Sally Bowles and Joel Grey as the MC. It accurately portrays the decadency of the dying Weimar Republic and the rising tide of Nazi Germany. Knowing what we know now, parts of it will send chills up your spine. The story is brought to life by Liza and Joel.

In third place on my list is Dirty Dancing, mainly because of the magnificent performances of Jennifer Grey (Joel's daughter) and Patrick Swayze. It came out in originally in 1987, but in 2017 ABC decided to remake it. That decision will go down in theatrical history as by far the worst ever. Yes, they cleaned up a few sloppy details in the story line, but the lack of Jennifer and Patrick doomed it from the beginning. Trivia quiz: What was Baby's real name?

Greetings from the Dining Room Happy New Year

I hope everyone enjoyed their Christmas meal. Many thanks to all of the staff who worked and made this a special day.

The monthly menus are now being created with all of our Chefs input, we need to make a few tweaks, for the most part the new recipes are being well received. If you have any ideas for future menu ideas please let us know.

A reminder to please inform us if you are having a guest or if you change you're seating's between first or second. We need to make sure we have tables set up and ready and the chef needs to know the amount of food to prepare. Thank you to those of you who are letting the concierge know, this has been helpful to the chefs and wait staff.

Remember to call concierge before 11am if you would like to order plain chicken, plain fish or an omelet for you dinner.

Should 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.

We welcome your feedback from 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, please return them as we are always in need of them.

Thank you for your patience with our new staff members

January 2018 News from the Wellness Center Simple Tips for battling those "Post Holiday Blues"

Eat healthy
Walk or run with a friend
Memorize a poem (better yet write one)
Try Yoga or meditation
Host a pot luck
Volunteer
Learn a new skill
Join or start a book club



An American Original



Foster earned \$15,000 during his lifetime; today his songs are worth millions.

Stephen Foster has been called America's first pop artist, thanks to the musical artistry he put into penning some of the 19th century's most memorable songs. You may not be familiar with all 200 of his hits, but his classics "Oh! Susanna," "Camptown Races," and "Old Folks at Home" (known as "Swanee River") have earned their rightful place in America's national songbook. Don't be surprised to find yourself humming some of these tunes on January 13, Stephen Foster Memorial Day.

Long before the technology was available to record music, Foster was a professional songwriter. He was born near Pittsburgh, Pennsylvania, in a community of immigrants from Italy, Scotland, Ireland, and Germany. His own musical compositions would eventually reflect the influence of European musical traditions as well as church hymns. Living in an era before formal schooling, Foster taught himself how to play the

clarinet, violin, guitar, flute, and piano. He likely wrote his first hit, "Oh! Susanna," as a teenaged member of a secret society known as the "Knights of the S.T." (Square Table). "Oh! Susanna" eventually became the anthem of the California Gold Rush.

Foster may today be lauded as an American icon, but in 1855 his life took a bad turn. His parents and best friend died, he separated from his wife, and he became heavily indebted to his publishers. It was during this time in his life that he wrote "Hard Times Come Again No More." Sadly, with no copyright laws to protect his songwriting, Foster did not reap much financial reward for any of his compositions. By the early 1860s, his life was a daily struggle, and he was forced to move in and out of hotels in New York City. He died on January 13, 1864, with just 38 cents in his wallet. Although he died a pauper, he has achieved status at the forefront of America's artistic elite.

The Dirt on Farming

January 10–13 brings No-Tillage Week, an awareness campaign aimed at spreading the word about the benefits of no-till farming. Farmers have tilled soil for thousands of years, turning over dirt in preparation for planting. This practice, however common, may not create the healthiest soil. By leaving soil untilled, it absorbs more water, retains the organic matter of previously planted crops, improves the cycling of nutrients, retains beneficial microorganisms in the soil, and reduces erosion and

runoff. No-tillage also reduces labor, fuel, irrigation, and machinery costs, while reaping comparable harvests. In this way, no-till farming has been shown to be very profitable, if managed correctly. As in all things, change comes slowly. Transforming a farm from till to no-till is a daunting task. The promise of higher yields, drought-resistance, and lower costs need to be proven before farmers hop on the no-tillage bandwagon, and that is what this week is all about.



No-till farming techniques help preserve precious topsoil.

Little Man with Big Success



Charles Sherwood Stratton became a global celebrity in the 19th century.

Charles Sherwood Stratton was born on January 4, 1838, as a large baby, at 9 pounds 8 ounces, but by six months of age, he had largely stopped growing. In 1842, legendary showman P.T. Barnum stopped in Stratton's hometown and discovered the two-foot-tall four-year-old boy. Barnum hired the child and made Stratton an international star, impersonating Napoleon Bonaparte and

performing as Cupid. Renamed as General Tom Thumb, Stratton traveled to England and won an appearance before Queen Victoria. When Tom Thumb married a woman of similar restricted growth, he made the cover of the *New York Times*, beating out coverage of America's Civil War. Indeed, even President Abraham Lincoln hosted their honeymoon at the White House.

Twelfth Day of Christmas

The last day of the Twelve Days of Christmas falls on January 6, and in Ireland it doesn't end with twelve drummers drumming, but with *Nollaig na mBan*, or Women's Christmas, or Little Christmas, as it's also known. This is the day the Christmas decorations come down and (finally) the women of the house get a much-deserved rest after catering to guests during the busy holiday season. In 1998, an article published in the *Irish Times* newspaper noted that while even God rested on the seventh day, Irish women didn't get to rest until the twelfth!

The holiday is especially common in southern Ireland's counties of Cork and Kerry, where families celebrate a yearly reminder of the strength and importance of Irish women, especially mothers, who have long been considered the backbone of the Irish family. In Ireland's olden times, the women would save the turf, cut the hay, and paint the barn, all while raising the children and feeding the family—no small task considering how large traditional Irish families were. While a woman's

role in Irish society has evolved over the years—they have moved far beyond the boundaries of the home and into the community, business, and politics—women are no less revered.

On January 6, it is common for children to give their mothers and grandmothers presents or cook them breakfast. The men take over the household duties for the day while women gather socially in the pubs and restaurants for a little well-deserved girl time. In fact, it is the one time of year when restaurants and bars are filled entirely with women.

Luckily, the notion of Women's Christmas is becoming popular for Irish women beyond Cork and Kerry, and even becoming popular with women who aren't even Irish. And the celebration is becoming more than just a night out at the pubs. Modern Women's Christmas celebrations are including discussions about women's health, political involvement, and most any other women's issues: less food, and more food for thought.



Women's Christmas is celebrated mainly in the Irish counties of Cork and Kerry.