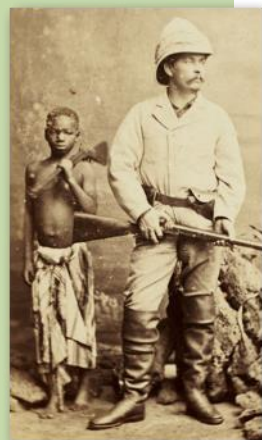




Notable Quotable

“It may be the cock that crows, but it’s the hen that lays the eggs.”

- Margaret Thatcher, British prime minister



March Horoscopes and Birthdays

In astrology, those born between March 1–20 are Pisces. Friendly and selfless, Fish are always willing to help others with their hearts on their sleeves. Pisces use their intuition to make deep connections with other living beings. Aries’ Rams are born between March 21–31. As the first sign of the zodiac, Aries are energetic and assertive initiators. With bravery, zeal, and speed, they jump headfirst into life, confident that they can navigate any challenges.

Glenn Miller – March 1, 1904
 Desi Arnaz – March 2, 1917
 Knute Rockne – March 4, 1888
 Lou Costello – March 6, 1906
 Yuri Gagarin – March 9, 1934
 Liza Minnelli – March 12, 1946
 Hank Ketcham – March 14, 1920
 Wyatt Earp – March 19, 1848
 Fred Rogers – March 20, 1928
 Marcel Marceau – March 22, 1923
 Gutzon Borglum – March 25, 1867
 Reba McEntire – March 28, 1955
 Warren Beatty – March 30, 1937

Resident & Staff Birthdays

3/3 Tony Spadaro (r)
 3/4 Cory Benoit (s)
 3/5 Bob Gewanter (r)
 3/7 Annette Spadaro (r)
 3/10 Beverly Parker (r)
 3/10 Melissa Frye (s)
 3/11 Rosa Beach (s)
 3/12 Josh Mudrack (s)
 3/17 Merle Larracey (r)
 3/17 Jay Mosbaugh (r)
 3/20 Doris Holbrook (r)
 3/20 Bob Gaudrault (r)
 3/20 Eric Walther (s)

3/21 Joyce Birch (r)
 3/21 Vincent Shea (r)
 3/22 Pam Snelling (s)
 3/28 Deb Lapinsky (s)
 3/28 Ed Zitta (r)
 3/30 Susan Blanchard (s)

Years of service

Heidi Clark, LPN – 7 Years
 Susan Blanchard, LNA – 7 Years
 Lori Gemmell, RN – 2 Years
 Thomas Bergeron, RN – 1 Year

Making History, I Presume

David Livingstone may have been a Scottish missionary and physician, but he is most famous for his explorations of Africa during the 19th century. Livingstone was one of the first Europeans to see the Zambezi River and Victoria Falls, cross the continent from west to east, as well as witness the harsh realities of the slave trade, which made him a staunch abolitionist. Livingstone’s travels across the little-known continent made him an international celebrity, and when he disappeared in 1866 on a search for the source of the Nile River, many feared him

dead. American journalist and explorer Henry Morton Stanley mounted an expedition to find him and departed the island of Zanzibar off Africa’s eastern coast on March 21, 1871. Eight months later, with most of his team decimated by disease and the rest having deserted him, Stanley arrived in the village of Ujiji on the shore of Lake Tanganyika. It was there that Stanley saw a bearded white man and said, “Dr. Livingstone, I presume?” Stanley’s presumptuous words became as famous as the old explorer himself.

Bentley Banner

March 2018



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

Celebrating March

Month Women’s History Month

Tad Dreis March 4

Lis Leal March 5

Ron Banks March 11

Kota March 17

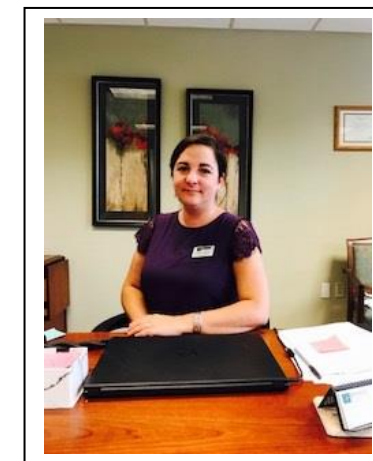
Rich Araldi March 18

Walt Sayer March 25

Bob Rutherford March 29

See Calendar for many more events

Hilary Seifer – Executive Director



March brings another month with two full moons, and ironically we will start the month with a full moon on the first and close the month with one on the thirty first. We hope to see green grass and budding crocus soon.

We continue to work with the dietician Cynthia Knipe, she will be consulting on our menu’s and offering education to all of you this month.

Our Bentley Olympics were a huge success, thank you to all those who participated and worked so hard to make it a success. Check out the enclosed article and photos.

We are very happy that our dining room team is stronger then ever and we have been lucky to hire some wonderful staff. We also have some new faces in nursing, concierge and activities. I think you will enjoy everyone who is new to our team.

How do you say ____ ?

Larry Barnes

I have been fortunate in having been able to visit a good chunk of the world. The question that frequently comes up is, "How do you handle the language barrier?" Actually, this isn't that much of a problem. If you stick to the tourist program, you will find that English is pretty much spoken everywhere. International jet airline travel must take much of the credit for this. If a person wants to become an airline pilot, being fluent in English is a must because that is the language spoken by the world's control towers. As is so often the case, this reminds me of a story.

A German pilot flying a German-made plane for a German airline was landing at a German airport. He radioed in for landing instructions in German. The tower informed him that he must speak English. When he protested that he was a German in a German plane, in Germany, and didn't understand why he had to speak English.

At this point another pilot cut in on the channel and, in a very British voice, answered, "Because you lost the bloody war!"

It used to be that languages were categorized. French was the language of diplomacy, German of science and engineering, Spanish of trade and business, Italian of music. And the beat goes on. But in the world today, English has pretty much taken over everything.

Having lived in Saudi Arabia for thirty years and taking every course in Arabic I could, I managed to pick up quite a bit of the language. But as any good teacher will tell you, they learned as much from their students as they taught them. I volunteered to teach ESL, English As a Second Language, after my regular work hours at the local Arab school to Arab employees who were, for the most part, illiterate in their own language. After several years of this, I came out of it speaking pretty good Arabic, but most important, I had learned to read and write Arabic too.

Unfortunately, I have lost a lot of this skill. If you don't use it, you lose it. There is not a big demand for Arabic in Keene.

Actually, English is considered a Germanic language, like Danish, Norwegian, Dutch, Yiddish, and others. English grammar and sentence structure is quite similar, as are many words. Italian is Latin based, as is Spanish and Portuguese, Russian and the Slavic tongues derive from Greek, Japanese and other Far-Eastern style pictographic-writing can call Chinese a parent. Arabic is closely related to Hebrew.

We are lucky that here in the United States we all speak the same language, unless you go to New York, or Boston, or Down-East Maine, or the Deep South, or Texas, or the Mid-West. Actually, I'm sorry I brought the matter up.

Greetings from the Community Relations Team

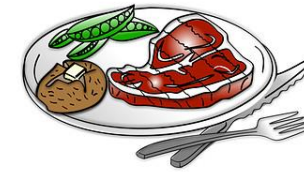
Spring is a very special time of year for all of us at Bentley Commons as we officially usher in the vernal equinox, on Tuesday, March 20th. The birds are chirping, the days are becoming longer, the weather warmer and we will soon witness the rebirth of flora and fauna. It's always wonderful to see our residents once again outdoors, enjoying the sunshine, walking on the bike path and surveying their garden beds with eager anticipation.

It's also the perfect time of year 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 most 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 on a warm spring 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 Spring!!

Bonnie and Christy

Greetings from the Dining Room



I hope you all enjoyed your Valentines Day Meal, many thanks to all the staff that worked extra hard preparing and serving your meals. With an extra big shout out to Chef George.

March is National Nutrition Month. Stayed tuned for more details regarding a presentation from Cindy Knipe, Registered Dietician

If you have any dining room suggestions please submit those to any food panel member, we meet once a month. Many ideas and discussions have come from this panel and I thank them all for making this a successful committee.

The food panel members are
 David Barlow Nora Swierczynski
 Ken Swift Isobel Sportello
 Lester Thayer Milton Rubin Eva Morin

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

Should you have feedback from one of your meals leave me a note, or you can bring it to concierge and they will make sure I receive it. Remember to call concierge before 11am if you would like to order plain chicken, fish or an omelet for you dinner.

Breakfast is served 7:45 - 9:30. After 9:30 you will need to take cold cereal to go.
 Lunch is served from 11:30 -12:15
 and 12:45-1:15

Dinner is served from 4:30-5:15 and 5:45 -6:15
 Thank you for your patience with our new staff.

Wellness Center

The Benefits of Walking!

30 minutes a day of walking can improve your overall health

Here's how:

- Improve your mood
- Makes you "regular"
- Decrease risk of chronic diseases
- Increases "creative juices"
- Strengthen legs
- Slim down on waist
- Other goals will start to seem reachable!

It is cheap, easy, and a fun way to improve health and feel good!

Let's start walking!



Congratulations, to our very own Christy & Eric For a Job well done in the production of the Little Mermaid as Ariel & Sebastian.

Photo by Michelle Hunt



St. Paddy's Pastimes Debunked



A popular toast on St. Patrick's Day is "May the roof above us never fall in, and may the friends beneath it never fall out."

The world will be draped in green on March 17, when St. Patrick's Day celebrations take place across the globe in honor of the patron saint of Ireland. But if you really want to celebrate the right way, be sure to take a look at these facts behind St. Patrick.

St. Patrick may be one of Ireland's patron saints (along with St. Brigid and St. Columcille), but he was not Irish. Evidence suggests that he was, in fact, British. By some accounts, he was born with the name Maewyn Succat in either Scotland or Wales. Yet it is important to realize that even though St. Patrick may have been born in Britain in the year 390, at the time of his birth, Britain was occupied by the Romans. Thus, it is very likely that Patrick's family was from Roman aristocracy. Indeed, St. Patrick may have been Italian.

But don't trade in Irish green for Italy's tricolor green, white, and red just yet. The true color of Ireland

A Doll's Life



The Hinamatsuri festival had its origins 1,000 years ago in the Heian Period.

March 3 is a special day in Japan. *Hinamatsuri*, known as both Doll's Day and Girls' Day, is a day to celebrate girls and pray for their health and happiness. The most interesting part of Hinamatsuri is the elaborate dolls displayed on red-carpeted, stepped platforms. Families either buy a set of dolls when their first daughter is born or receive a set handed down from generation to generation. Sets include a male and female dressed in Imperial attire, representing the emperor and empress,

might be blue. King Henry VIII flew a blue flag over Ireland during the 16th century. Knights of the Most Illustrious Order of Saint Patrick, a society of Irish knights founded by King George III in 1783, wore a light blue color known as St. Patrick's blue. The Irish president flies a blue flag with a harp. So when did green become the color of Ireland? During the Great Irish Rebellion of 1641, Irishmen flew a green flag against King James. Green became the color of Irish nationalism and independence during the Irish Rebellion of 1798, a notion promulgated in the ballad "The Wearing of the Green."

So whether you're marching in Dublin, raising a pint of Guinness in New York, or eating corned beef and cabbage in Montreal, just remember that none of these pastimes come from the original St. Patrick's Day. The Roman Catholic feast day was traditionally spent in quiet prayer, a far cry from the raucous revels of today.

accompanied by three court ladies, five musicians, and other court attendants. The dolls are arranged in order of importance from the top step down, and displays are placed in the home for all to see. This tradition has roots in an ancient belief that dolls could attract and contain bad spirits. It was once common practice for the dolls, and any ill fortune, to be tossed into rivers and streams and washed away for good. Today, the dolls must be put away quickly or a girl will risk her chances of marriage.

Don't Fear the Ides



The word ides comes from the Latin idus, which means "half-division."

It was William Shakespeare, via his play *Julius Caesar*, who warned that the Ides of March, on March 15, were cursed. Indeed, while Caesar was murdered by a group of political conspirators on March 15, the Ides of any month are not particularly evil or ignominious. The words *Ides*, *Kalends*, and *Nones* are terms used to describe any month's phases of the moon. *Ides* simply

means the first full moon of the month, so in reality the Ides of March technically takes place this year on March 31. Likewise, the *Kalends* marks the month's first new moon, which is on March 17, and the *Nones* is the moon's first quarter, on March 24. Far from cursed, March's Ides were considered particularly joyful because they also heralded the new year and start of spring.



Bentley Winter Olympics

What an exciting week it was in February here at Bentley Commons at Keene! Cold weather in the northeast has prolonged the season. To escape the winter blues and get active, residents took part in a winter activity that involved some competition with a little fun involved.

Jackie Brown, EP from Fox Rehabilitation and Eric Walther in Activities organized a full schedule of Olympic style games for the residents to sign up and be active inside from February 12-21st.

The games consisted of Darts, Ladder Ball, Wii Bowling, Mini Golf, Table Horse Derby, A Putting Contest, Balloon Volleyball and Bean Bag Toss. We had 22 residents signed up!

Olympic buzz around Bentley was soon noticed when the Bistro was transformed into a 7 hole mini golf course with challenging obstacles and chances to get a hole in one as residents cheered from on looking seats.

The closing ceremony took place on the last day of the events. Each recipient received a medal, a certificate of achievement and a scratch ticket. A special Olympic award went to Rich Countaway who was the most decorated Olympian with 5 medals.

Special detail went into each medal certificate and a special gold seal. All residents were thrilled and excited about the special event and can't wait for the next time the games come around. If you'd like to get more involved with activities or exercise at Bentley to fill your day, please visit the front office for more information.

Eric Walther, Activities Assistant