



**Notable  
Quotable**

“I think the reason I was successful is that I was never cynical.”

~ Carol Burnett, comedienne

**April Horoscopes and Birthdays**

In astrology, those born between April 1–19 are Aries’ Rams. As the first sign of the zodiac, Aries are energetic initiators. With bravery, zeal, and speed, they jump headfirst into life, confident they can navigate any challenges. Those born between April 20–30 are Taurus’ Bulls. Bulls are hardworking, ambitious, honest, and dedicated to finishing tasks. Once the work is done, a Taurus fully expects to enjoy their rewards for a job well done.

Marvin Gaye – April 2, 1939  
Marlon Brando – April 3, 1924  
Spencer Tracy – April 5, 1900  
Francis Ford Coppola – April 7, 1939  
Betty Ford – April 8, 1918  
David Letterman – April 12, 1947  
Loretta Lynn – April 14, 1932  
Jennifer Garner – April 17, 1972  
William Shakespeare – c. April 23, 1564  
Barbra Streisand – April 24, 1942  
Ella Fitzgerald – April 25, 1917  
Carol Burnett – April 26, 1933  
Jerry Seinfeld – April 29, 1954

**Resident and Staff Birthdays**

4/1 - Pat Call (r)  
4/4 - Lori Gemmell (s)  
4/7 - Brian Fischer (s)  
4/10 - Tara Potter (s)  
4/12 - Kaitlin Zlamal (s)  
4/13 - Al LaRosa (r)  
4/15 - Deirdra Buffum (s)  
4/16 - Alan Carter (r)  
4/18 - Deb LaCoille (s)  
4/20 -Jon Graves (s)  
4/24 - Franca Ayano (s)  
4/28 - Betty Maher (r)

**Years of Service**

Carolyn Long, RN – 7 Years  
Jean Bardis, LNA – 4 Years  
Rand Desrosiers, Maintenance Assistance – 4 Years  
Franca Ayano, LPN – 4 Years  
Jaclyn Scott, LPN – 4 Years  
Cindy Hooper, LNA – 2 Years  
Veronica Gogel, Concierge – 2 Years  
Hilary Seifer, Executive Director 1 Year  
Mary Ellen Britt, LPN – 1 Year

***Activities Corner: Reflection from March***

We hope we are off to a bold start of a warm spring and more active events here at Bentley in the months to come. We want to let you know some current news from our department and what we have done the last month. Despite our snowy March we continued to offer some indoor events to participate in. The success of the Olympics from February, we wanted to keep up the momentum of new and different activities you can participate in. Even if you don’t want to participate entirely, we welcome you to come down and enjoy watching fellow residents. Most Sunday afternoons we’ll offer an indoor event that will alternate each week. Some examples are Mini Golf, Horse Derby, A Putting Contest and Bag Toss. Added to Coffee & Chat time Melissa and Ashley have brought some

updated trivia and games such as Wheel of Fortune to our morning fun!

Twice a month we have offered an information series called TED Talks. Every other Tuesday, we have a new topic and we encourage you to come down to learn something new from these talks. We also offered a Keene Scenic ride and traveled to some parts of outer Keene. We’ll continue our next scenic ride to the one and only Brattleboro, VT upcoming this month. Check our daily blogs for information about the upcoming day or stop by the front desk and look through our activities sign up sheet for something to do and sign up! We’d love to have you enjoy the time in your community here at Bentley Commons.

By Eric Walther

***Bentley Banner***

**April 2018**



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

**Celebrating  
April**

**Ron Banks**  
4/1

**Ethan Stone**  
4/2

**Lenny Z**  
4/8

**Brian Sauliner**  
4/15

**Chris Aguda  
Brown**  
4/20

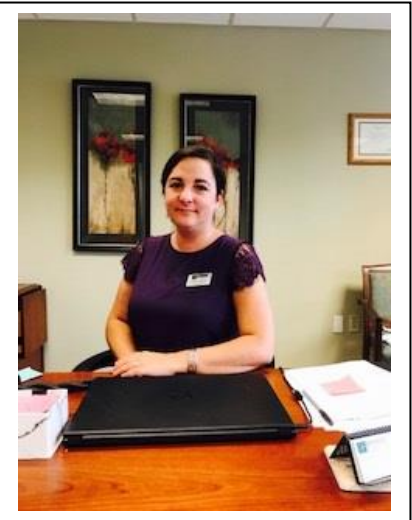
**Lester Hirsch**  
4/22

**Leslie Vogel  
Duo**  
4/26

**Music is Love  
Duo**  
4/29

*See Calendar  
insert for many  
more events*

**Hilary Seifer – Executive Director**



Welcome Spring! We are all more than ready for the arrival of April flowers and warm air. We had our share of cold temperatures and plenty of snow. Thank you to our activities staff and our dining staff for making the Easter Holiday wonderful.

We will be starting our gardening season again next month. We are hoping to continue to grow herbs for the kitchen, and start our composting again.

The Bentley outreach group has been continuing to do great things, we prepared and served a meal at the 100 night’s shelter, we continue to volunteer at the community kitchen once a month, and recently hosted a staff bowling night. The goal is to enrich the lives of those in our community right here at Bentley and our community in Keene.

The full moon this month will be on the 29th, it is referred to as the Pink Moon. Indians gave it this name after the ground flower Phlox which often appears this time of year, and is a small pink flower.

April is my first anniversary here at Bentley, thank you to everyone for always inspiring, teaching and encouraging me to make this the community the best it can be. I am truly honored to work among such wonderful people.

## A Bell Cast Into History



*Big Ben is the name of the bell and not the clock tower itself, which is named Elizabeth Tower.*

Big Ben, the famous bell housed in the Clock Tower of London's Palace of Westminster, is a British icon. Tourists flock to the place so they can hear it ring out. Big Ben has rung even during the worst of times, such as the Blitz, Germany's eight-month bombardment of London during World War II. On April 10, Big Ben will ring out still another milestone, for it will turn 160 years old.

The story of Big Ben begins on October 16, 1834, when fire destroyed the Palace of Westminster, the seat of Britain's government. While the palace was being rebuilt, it was decided that it needed a clock tower. The tower's design fell to George Airy, Astronomer Royal, and Edmund Beckett Denison, a lawyer and self-described expert on clocks and bells. Denison designed the first bell for the tower, including its unique shape and the metal with which it

was cast. The 16-ton behemoth did not last long: it cracked under its first test. It was then that Denison turned to Whitechapel Bell Foundry to cast a new bell.

George Mears was the master bellfounder who undertook the re-casting of Big Ben on April 10, 1858. Mears tested the bell in every way possible before Denison allowed it to leave the foundry, and it left for the Palace of Westminster with great fanfare, pulled by horses along crowded streets. Big Ben would not ring out until a year later on May 31, 1859. Sir Benjamin Hall, known as "Big Ben," gave a long speech during a debate about what to call the bell. When at last he sat down, members shouted out that the bell be dubbed "Big Ben." Just two months later, Big Ben cracked, the result of a hammer more than twice the necessary weight designed by Denison. Big Ben was simply turned, and the sound we hear is that distinct, less-than-perfect tone.

## Pampered and Purposeful

April 27 is Little Pampered Dog Day, but before you poo-poo the notion of honoring little lap dogs, bear in mind that humans lived with lap-sized canines 15,000 years ago. Scientists have traced our history with small dogs to France, where our cave-dwelling ancestors may have used the dogs to both keep them warm and assist them in the hunt. Wild canines called *dholes* grew to less than 17 inches tall, about the size of a beagle or cocker spaniel. Many small dog breeds today bear

similarities to these ancient companions: they are tenacious hunters of small ground-dwelling prey animals, they are alert watchdogs that let out loud warnings when intruders are near, and yes, during the Renaissance, miniature poodles were used by nobility as handwarmers. The small dogs were put inside sleeves of shirts, becoming known as "sleeve dogs." Others were used to warm laps in damp castles or on chilly carriage rides—all good reasons to pamper the little dog in your life.



*The Mexican Chihuahua is the smallest breed of lap dog.*

## Of Gum and Gumption



*The United States is second only to Turkey as the country with the most gum companies.*

The Wrigley Company may be the world's largest manufacturer of chewing gum, but when the company was founded on April 1, 1891, by William Wrigley Jr., its primary business was selling soap. Wrigley journeyed from Philadelphia to Chicago with just \$32 in his pocket and an innovative idea to offer free baking soda with every purchase of his Wrigley's Scouring Soap. This business model proved so

successful that he later went into the baking soda business, now offering two free packages of chewing gum for every can of baking soda he sold. Once again, his free giveaway proved more popular than the original product, and he ended up dedicating his company entirely to gum, a move that not only made him his fortune but made "Wrigley" a household name in Chicago and beyond.

## The Short-Lived Pony Express

On April 3, 1860, two horseback riders left simultaneously, one from St. Joseph, Missouri, heading west, and the other from Sacramento, California, heading east. After 10 days of relay-team riding and 1,800 miles, riders arrived at both locations bearing mail packets. The mail had never been so speedy, and the legend of the Pony Express was born.

The Pony Express debuted before the advent of radio or telephone, when California was cut off from the rest of the country. Any mail sent from the east arrived by ship or stagecoach several months later. In this world, the arrival of a letter in 10 days' time was lightning fast. The Pony Express was conceived by three owners of a freight business: William H. Russell, William Bradford Waddell, and Alexander Majors. They, along with route superintendent Benjamin Ficklin, devised a route of over 150 relay stations set up across the frontier through Missouri, Kansas, Nebraska, Wyoming, Colorado, Utah, Nevada, and California.

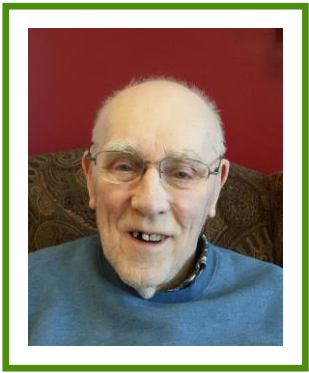
Riders, who carried up to 20 pounds of mail, were changed every 100 miles, with their horses switched out every 10 to 15 miles. Over 400 horses were purchased and multiple relay stations built and staffed for the endeavor. Speed was the key to the success of the Pony Express, with their fastest delivery being news of the election of President Abraham Lincoln in a record five days' time. However, as telegraph lines began to move westward, the need for the Pony Express began to dissipate.

On October 24, 1861, a mere 18 months after its historic first run, the Pony Express was discontinued as the first transcontinental telegraph line was completed. Despite its brief existence, the Pony Express has long encapsulated the romance of the Wild West: speeding horses, attacks by American Indians, and famous cowboys who worked for the Pony Express, including "Wild Bill" Hickock and "Buffalo Bill" Cody. Perhaps this is why the Pony Express remains a vivid memory in America's history.



*A trip via Pony Express took two days longer in winter than in summer.*





### Resident Spotlight - Don Carle

After all the years of writing this column, I am still amazed at the varied experiences our residents have had. Don is absolutely no exception. Born and raised a Keene boy. He lived at one time in the brick house, now a pizza parlor, on Main Street at the corner of Water Street, just down from Bentley Commons. At the time it was used as a girls' dorm for the college. Don's folks were the dorm parents, back when they still had such old-fashioned things.

Virtually immediately after he graduated from Keene high school, during which he held a part-time job driving a delivery truck in Swanzey, the Army decided they needed him. This part of the story is fairly typical.

He was first sent to Spartanburg, South Carolina for basic training. They shipped him out from Seattle to Okinawa as a member of the Army 27th infantry quartermaster corps. Deemed to have truck-driving skills, that was what they assigned him to until he volunteered for the 11th Airborne. A reluctance to jump out of perfectly good aircraft kept him grounded there and in Japan. When the war ended, he was discharged after two years of service.

Returning to America, he enrolled in Boston University, majoring in Education Administration, eventually earning a Bachelor's and Master's degree from Keene State College plus advanced certification beyond his Master's. He was a teacher at Seabrook and the principal of the elementary school. He eventually moved on to Portsmouth where he stayed for ten years as a principal. He wound up in Peterborough as a principal and assistant superintendent where he retired after a career which spanned fifty years.

He and his wife, Charlotte, had three children, all boys and graduates of Conval High School, UNH, and KSC Two of them also became teachers. Don and his wife's strong urge to have a little girl was finally satisfied, a generation late, with the arrival of three granddaughters.

Don has been a happy resident of Bentley for about four years. He can be seen in his first floor apartment with his bird feeders, taking care of the local avian population, and tending his flower gardens.

**By Larry Barnes**

### **Bentley Commons Will Honor Volunteers**

Bentley Commons at Keene will celebrate National Volunteer Week, April 15th – 22nd with a volunteer appreciation event on Thursday, April 19 at 3:00 pm. for the dedicated individuals who make a difference every day in the lives of others.

The Bentley Commons Volunteer of the Year Award will be presented at the event. Our Special Achievement Awards recipients will also be announced as we honor them for their outstanding volunteerism and invaluable service to others in the community.

Our volunteer program continues to document volunteer contributions throughout the year. It includes residents who assist either in the community, or at Bentley Commons, family members, community volunteers from local churches and organizations in the Keene area, and students from local schools and Keene State College.

If you are currently volunteering in the community (please let us know) or if you are interested in volunteer opportunities in the future, please stop by and see Deb in Activities, Bonnie or Christy in Community Relations.

Please join us!

### **Dining Room Hours**

**Breakfast - 7:45 to 9:30  
(after - it is cereal to go)**

**Lunch - 11:30 -12:15 and 12:45-1:15**

**Dinner - 4:30-5:15 and 5:45 -6:15**

**Please leave the dinning room by 7pm  
So staff can clean up and go home on time.  
Thank you for your cooperation.**

### **News from Wellness Center Alcohol Awareness Month**

**Fact:** Drinking too much alcohol increases people's risk of injuries, violence, drowning, liver disease, and some types of cancer. This April, during Alcohol Awareness Month, educate yourself and your loved ones about the dangers of drinking too much.

Here are some strategies to help you cut back or stop drinking:

- Limit your drinking to no more than 1 drink a day for women or 2 drinks a day for men.
- Keep track of how much you drink.
- Don't drink when you are upset.
- Avoid places where people drink a lot.
- Make a list of reasons not to drink.

### **How can Alcohol Awareness Month Make a difference?**

Use this month to raise awareness about alcohol abuse and take action to prevent it, both at home and in the community. Here are just a few ideas:

Encourage friends or family members to make small changes, like keeping track of their drinking and setting drinking limits.

Share tips with parents to help them talk with their kids about the risks of alcohol use.

Ask doctors and nurses to talk to their patients about the benefits of drinking less or quitting.



### **Dining Services**

Men who cook! Thank you to the group of gentleman that assisted George with making a Grilled Antipasto Salad, if you tried it I'm sure you would agree that it was delicious. This was an event for Keene Family Services to raise money for RSVP America Reads.

We are always looking for some different recipe ideas, if you have a special salad you would like us to feature on the salad bar please let us know.

If you have any dining room suggestions please submit those to the food panel members, we meet once a month. We have had great ideas and discussions and are very successful.

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.

On March 29th we had a visit from Cindy Knipe RD .I hope all attended that have been asking about her. The chefs and I met with her in February and she seemed very impressed with the amount of options the residents here have to choose from for meals.

One important thing to remember is everyone has options. You need to be able to pick food items that are most important to you and your well being

\*\* example: Why do I serve so many potatoes? This is what the majority of residents want. if you do not want a starch, you may order a double portion of veggies.

\*\* example: Some times I will get a complaint about how much sodium is in the meals, however they order bacon and corned beef hash at breakfast, which does have a high sodium count. *It's all about moderation!*

The monthly menus are created with all of our Chefs input, There will be meals that not everyone likes please remember that not everyone has the same tastes. It is hard to please everyone all of the time. There are plenty of options, don't forget about the alternative menu, the salad bar and the preorder by 11. The monthly menus are posted in advance .Take a look at it, then you will know if you want to preorder chicken, fish or an omelet for your dinner meal by 11 each day. Thanks for your patience with our new staff. members.

