



Notable
Quotable

“Just close your eyes—and think of England.”

~ Queen Victoria



May Horoscopes and Birthdays

In astrology, those born between May 1–20 are Taurus’ Bulls. Bulls are hardworking, ambitious, honest, and dedicated to finishing tasks. Once the work is done, a Taurus expects to enjoy the fruits of their labor. Those born between May 21–31 are Gemini’s Twins. They have two distinct sides to their personality: sociable and ready for fun, or serious and thoughtful. Sometimes they feel as if one half is missing, so they forever seek new friends.

Benjamin Spock – May 2, 1903
Sugar Ray Robinson – May 3, 1921
Sigmund Freud – May 6, 1856
Fred Astaire – May 10, 1899
Yogi Berra – May 12, 1925
George Lucas – May 14, 1944
Adrienne Rich – May 16, 1929
Cher – May 20, 1946
Sir Arthur Conan Doyle – May 22, 1859
Bob Dylan – May 24, 1941
Sally Ride – May 26, 1951
Jim Thorpe – May 28, 1887
Walt Whitman – May 31, 1819

Resident & Staff Birthdays

5/2 Bonnie Moore (s)
5/6 Al Burt (r)
5/6 Lorraine Villemaire (r)
5/7 Ann-Marie Ellison (r)
5/8 Carmella Fleming (r)
5/13 Hanna Berry (s)
5/14 Sharon Walker (s)
5/15 Kali Santino (s)
5/15 Jeanne Parsons (r)
5/17 Jess Rehmer (s)
5/19 Eva Morin (r)
5/20 Connie Bigelow (r)
5/21 Pat Robinson (r)
5/22 June Lamoureux (s)

5/23 Rand Derosiers (s)
5/23 Ruth Pugliese (r)
5/26 Carol Bartz (r)
5/28 Dolores Shemet (r)
5/28 Heather Regan (s)
5/29 Suzanne Bause (r)

Years of Service

Maureen Gardner, DBA – 8 Years
Rachel Powers, LNA – 3 Years
Amanda Woodward, LPN – 3 Years
Melissa Frye, DRA – 1 Year
Kaitlin Zlamal, DRA – 1 Year

Any Way the Wind Blows

The Netherlands is famous for its windmills, which are celebrated on May 12, Windmill Day. As part of Europe’s “Low Countries” (so named because of their location below sea level), the Netherlands was prone to flooding. Dutch windmills were created to drain the water from the land. At one point, 10,000 windmills were in operation across the country. Today, windmills in the form of massive wind turbines are making a comeback as generators of electricity. Wind turbines are often grouped in “wind farms,” or arrays

of windmills strategically placed in windy areas such as hilltops, open plains, or even offshore. The major advantage of this type of electricity is that there is no dangerous waste created as a byproduct. The main disadvantage, of course, is that these windmills create energy only when the wind blows. However, advancements in technology are creating batteries that can store power for later use. Windmills, it seems, are not merely for tourists anymore but will become part of the power grids of the future.

Bentley Banner

May 2018



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

Celebrate
May

Diane Ammons
May 6

Sonja Lee &
Charlie T
May 13

Sylvia Ryder
May 14

Rich Araldi
May 20

Badger Outing
May 24

Jack Dunham
May 27

Keene Jazz
Outing
May 26

Ethan Stone
May 28

Bob Rutherford
May 31

For more events
see inside calendar

Hilary Seifer – Executive Director



May has finally arrived, and I think we can safely say there will be no more snow. We are excited for a fun summer ahead. Please save the date for our annual summer party which will be held on June 24th Sunday this year.

It is with great pleasure that we welcome Erin Morin to the role of Assistant Food Service Director. Erin has shown great initiative in her time with us and we are excited for her new role.

We will be resuming our gardening again this year, if you are interested in space in one of our raised beds, please let Debbie know. Just a reminder, we do offer a referral bonus to all staff and residents. If you know anyone who may want to come live at our amazing community be sure to let Bonnie and Christy know. Our full moon this month will be on May 29th and is known as the flower moon.

Don’t forget to start applying your sun screen, it only takes a short time out to get a sun burn

Lei of the Land



A properly worn lei is draped equally over both the chest and upper back.

Since May 1, 1928, Hawaii has celebrated the first of May as Lei Day. Lei—those beautiful garlands constructed of flowers, leaves, shells, seeds, nuts, feathers, and even bones and teeth are given at birthdays, weddings, funerals, and graduations—any occasion one wishes to show honor, love, or high regard. While the lei's history dates back to the earliest Polynesian settlers of Hawaii, the holiday itself was introduced by Don Blanding, a poet from Oklahoma who had resettled in Hawaii.

The first Hawaiians adorned themselves with local flowers and vines. Certain lei flowers identified where you lived on the islands. Other lei represented your rank, wealth, or whether you were royalty. Many lei were not made of short-lived flowers or vines at all but of hardy bones and shells. In fact, lei were worn not just for celebrations or rituals but for everyday tasks by both commoners and chiefs alike.

Today, there is still a wide variety of lei, each unique to a particular occasion. The *hala* lei, made from the red fruit of the pandanus tree, is a symbol of cleansing and can be worn at funerals or for the new year. A delicate *ilima* blossom lei is the distinctive lei of royalty and is worn on special occasions. *Lehua* lei, made from blossoms associated with the fire goddess, are indicative of strength. *Plumeria* lei are used to welcome guests but should never be given to sick people, as they are bad luck for those in ill health. Lei are woven into both the nature and mythology of Hawaii. They are not just given in love and esteem but as symbols that tell ancient and important stories.

Lei Day offers myriad opportunities to celebrate this unique form of art and culture, the greatest of which takes place in Waikiki on Oahu, where there is music, a lei competition, hula performances, craft demonstrations, and plenty of food.

Activities Corner – April Reflections – By Eric Walther

Spring arrived in March officially, but April in New Hampshire was on the unseasonably colder side for much of the month. That did not stop the Activities Team from thinking spring and having a few outings to enjoy. Okay, so we had to de-ice the windows on the bus in the morning, we still managed to get out and enjoy the area. Our trip to Magic Wings Butterfly Conservatory was very successful. What an amazing experience being in a large greenhouse surrounded by hundreds of species of Butterflies. We also took a quick tour of Historic Deerfield to look at the beautiful colonial homes that have been kept up all these years.

Who says it's not warm enough for Ice Cream in April? Our trip to Kimball's Farm in Jaffrey, proved ice cream can be enjoyed any time of year and our group was one of the first to arrive on a breezy 60 degree day. A great tradition has been built up each year by many families on their trip to Kimball's Restaurant. Yummy seafood and ice cream was had by all and we plan to be back at the end of the season for another visit. Look for notices in the daily blog later this year and join us! The one and only Brattleboro, VT was our Scenic Ride Tour this past month. Almost every inch of the town was covered by our scenic tour.

Check our May schedule calendar and sign up for something fun to do. If you don't want to go on an outing, please attend one of the many in house activities we have during the day for you to enjoy!

Lucky Lindy



Lindbergh earned the nickname "Lucky Lindy" from his years as a daredevil and stunt pilot.

On May 20, 1927, Charles Lindbergh pointed his *Spirit of St. Louis* airplane down the runway of Roosevelt Field, Long Island, and 33 1/2 hours later he landed in Paris, France, where a crowd of 100,000 greeted him as a hero. Lindbergh had become the first person to fly solo across the Atlantic Ocean. Before becoming a national hero, Lindbergh was a mail pilot. He had heard of a promotion

offered by a New York hotelier: the first person to fly from New York to Paris would be awarded a prize of \$25,000. Many before Lindbergh attempted the flight and failed, but Lindbergh was determined to succeed. He supervised the building of a custom plane. With four sandwiches, two canteens of water, and 451 gallons of gas, he made the flight and etched his name into the history books.

Mother May I?

Sunday, May 13 is Mother's Day in the United States, Australia, and Canada. In Mexico, *Día de las Madres* is Thursday, May 10. In France, *La Fête des Mères* is Sunday, May 27. After Christmas and Easter, Mother's Day is the third-most celebrated holiday in the world, but the way mothers are honored differs from place to place.

mortality. Indeed, Jarvis proposed Mother's Day as a day to honor women like her mother, who had played greater political roles for the benefit of society. She was disgusted when her holiday turned into a commercial bonanza for those hawking flowers and candy. Jarvis spent her life fighting what Mother's Day had become.



The value of a mother's tasks has been estimated to be worth \$67,619 per year.

In the United States, the most typical gift given to mom is a Mother's Day card and flowers. It may come as no surprise that the vast majority of Mother's Day cards—80% in fact—are not bought by men but by women. A mother's job is never done, it seems, not even on Mother's Day.

Mother's Day wasn't always celebrated by buying cards, flowers, chocolates, and jewelry. It was Anna Jarvis who fought to establish the national holiday. Jarvis was inspired largely by her own mother, who had organized "Mother's Day work clubs," where women would tend to soldiers wounded during the Civil War and tackle problems that led to infant

In most countries these days, Mother's Day is celebrated by showering gifts and attention on mom. In Mexico, it is tradition on *Día de las Madres* to serenade mom in the morning before church and then prepare dinner for her. France's *La Fête des Mères* originated as a way for the French government to honor the mothers of large families with a gold medal. It was a means to encourage French women to have more children and repopulate the country after World War I. By the 1950s, consumer appeal and a rising birth rate transformed the holiday into one more commercially aligned with the United States. And why not take one day out of the year to recognize their vital importance?



Bentley Commons invites you to join us

**Thursday, May 10th
10:30am Presentation**

Refreshments will be served

If you are a United States Veteran or surviving spouse of a Veteran, you may qualify for the Aid & Attendance Benefit and receive monthly financial assistance to help cover the cost of Assisted Living care. Please join Kris Roberts, Veterans Service Officer with the New Hampshire Office of Veterans Services, for his very informative presentation.

Please RSVP by
Wednesday, 5/9
(603) 352-1282



News from the Wellness Center Melanoma/Skin Cancer Detection Month

- Skin cancer is the most common type of cancer in the United States.
- Ultraviolet (UV) radiation from the sun is the main cause of skin cancer.
- UV radiation can also come from tanning booths or sunlamps.

The most dangerous kind of skin cancer is called melanoma.

The good news? Skin cancer can almost always be cured when it's found and treated early. Communities, health professionals, and families can work together to prevent skin cancer or detect it early on. Make a difference: Spread the word about strategies for preventing skin cancer and encourage communities, organizations, families, and individuals to get involved.

Take simple steps today to protect your skin: Stay out of the sun between 10 a.m. and 4 p.m.

Use sunscreen with SPF 15 or higher. Put on sunscreen every 2 hours and after you swim or sweat

Cover up with long sleeves and a hat.

Check your skin once a month for changes.



Resident Spotlight Robert "Bob" & Ann-Marie Ellison



Bob and Ann-Marie are new to Bentley; they have been our neighbors for about a month, but I thought it important that we all get to know them. First: They are both teachers. Ann-Marie taught English, which puts me on my defense to make sure my grammar earns at least a passing grade. She is also a musician, playing piano and trumpet. Bob is a musician who taught and practiced arranging and conducting school bands. They are no doubt the only residents that have or who ever have had a piano in their apartment. I have checked this with the housekeeping staff and they confirm it.

Arranging is a little-understood part of the music industry. It is what makes Guy Lombardo sound different from Benny Goodman even if they play the same song. Conducting is also under-estimated. There is a lot more to it than waving a little stick at the orchestra. He does the largest portion of his work in rehearsal. The performance is mainly showmanship. His objective in working with a school band, particularly a marching band, is to make them sound like a single instrument. This means that thirty clarinets must hit the same note, on exactly the correct pitch, at the same instant, all while marching in formation with precision. Bob is also a composer.

Bob has been musical director of high school bands of as many as 150 players. His groups have even played at half-time at Patriots' games. Once, after a Patriots loss, they were deemed by many observers to have played better than the Pats. Bob has a scrap-book full of letters of commendation from officials, praising him for the work he and his groups have done. He was frequently assisted by his wife, Ann-Marie, performing as accompanist. To list even a few of his many accomplishments and accolades would require much more space than I am allocated.

But briefly, Bob was born in Summerville, Mass., attended Lowell State Teachers College where he earned his degree in music education and child guidance, Ann-Marie was born in Ludlow, Vermont. Her college was Middlebury where she earned an AB degree in English. Maybe, if we are lucky, we can prevail on them to play a concert for us. They have six children, all of whom, understandably, have music in their veins though none practice music professionally. There are also six grandchildren.

By Larry Barnes

Dining Services

Happy Spring, I am super excited for warm weather and that means, more outside activities, I can hardly wait to plant my garden at home. I know, I should be patient and wait for Memorial day weekend. Again this year we will plant different herbs for the Chefs to use. They enjoyed going out to the raised garden beds last year to pick their favorite herbs to add to their recopies.

I am sure by now all of you know that Chef George is going to follow his dream and will be opening up his own restaurant. We all wish him great success, and are super proud of him.

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. We do have two new members to the food panel, Doris Holbrook and Mary Kelley. If you have feedback from one of your meals please leave me a not. You can bring it to concierge and they will make sure I receive it.

Thank you for your patience with our new staff members.

Dining Room Hours

Breakfast - is served 7:45 to 9:30 after 9:30 you will need to take cold cereal to go

Lunch - is served from 11:30 -12:15
12:45-1:15

Dinner - is served from 4:30-5:15
5:45 -6:15

We need everyone out of the dining room by or before 7pm so the wait staff can clear, reset, and clean up in order to get out of work on time
Thank you for your cooperation.