



Notable  
Quotable

“But he that  
dares not  
grasp the thorn  
Should never  
crave the rose.”

~ Anne Brontë,  
English novelist  
and poet



March Horoscopes and Birthdays

In astrology, those born between June 1–20 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. Those born between June 21–30 are Crabs of Cancer. Guided by their hearts, Crabs are deeply emotional and nurturing. They create comfortable homes and always welcome people into their circle.

Jerry Mathers – June 2, 1948  
Anderson Cooper – June 3, 1967  
Prince – June 7, 1958  
Cole Porter – June 9, 1891  
Gene Wilder – June 11, 1933  
Donald Trump – June 14, 1946  
George Mallory – June 18, 1886  
Brian Wilson – June 20, 1942  
John Dillinger – June 22, 1903  
George Orwell – June 25, 1903  
Abner Doubleday – June 26, 1819  
Richard Rodgers – June 28, 1902

Resident & Staff Birthdays

6/1 - Claire White (r)  
6/1 - Mary Lou Elfreich (r)  
6/2 - Trina Morin (s)  
6/3 - Tiara Titus (s)  
6/5 - Graham DeVault (r)  
6/5 - Dorothy Genz (r)  
6/7 - Amanda Woodward (s)  
6/7 - Karen Osgood (s)  
6/10 - Theresa Haag (r)  
6/12 - Heidi Clark (s)  
6/13 - Joan Bliss (s)  
6/17 - Riana Garner (s)  
6/18 - Jane Gignoux (r)  
6/20 - Virginia Benedict (r)  
6/21 - Erica Johnson (s)  
6/22 - Veronica Gogel (s)  
6/23 - Cynthia Hooper (s)  
6/28 - Sarah Pelton (s)

**Anniversary:**  
6/28/47 Mr. & Mrs. Hall

**Years of Service:**  
Christy Wendlandt, Admissions Coordinator – 4 Years  
Joan Bliss, LPN – 2 Years  
Erin Morin, Assistant Food Service Director – 1 Year  
Brian Kerwin, Dishwasher – 1 Year  
Alyssa Patnaude, LNA – 2 Years  
Erica Johnson, Sous Chef – 2 Years  
Sherry Burroughs, Dining Room Supervisor – 2 Years  
Caitlin Waibel, HUC/Activities Assistant – 1 Year  
Eric Walther, Lead Activities Assistant – 1 Year  
Thomas Davis, LNA – 2 Years

Seeing What’s Right

When Helen Keller was born on June 27, 1880, no one knew she would grow into a famous advocate of the blind and deaf. Her life story, nonetheless, has inspired countless people. Keller was not born deaf or blind. She lost these senses after contracting a childhood fever. She lived an isolated and frustrating childhood, imposed on her by her inability to communicate. It was a teacher, Anne Sullivan, who broke through this barrier. For 49 years, Sullivan and Keller worked

as teacher and pupil. Keller became the first deaf and blind person to earn a college degree, thanks to Sullivan and friendships with author Mark Twain and oil executive Henry H. Rogers. Keller became an educator, lecturer, and activist, promoting political and social equality for women and the disabled. She helped found the American Civil Liberties Union in 1920. Helen Keller is often presented as one of the best examples of the triumph of the human will and spirit. Despite her many perceived disabilities, she dedicated her life to helping others.

Bentley Banner

June 2018



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

Hilary Seifer- Executive Director



Celebrating  
June

Cindy Duchin  
6/3

Lis Leal  
6/4

Brian Saulnier  
6/10

Chris Ekblom  
6/15

Lenny Zarccone  
6/17

William  
Ogmundson  
6/23

Bentley  
Summer Party  
6/24

For more events  
see inside  
calendar.

June is upon us! The flowers are blooming and the bees are buzzing.

Our annual summer party will be on Sunday, June 24th. We are excited to welcome back The Monadnock Island Sounds Steel Drum Band. We will be hosting Alex Hughes caricature artist, and playing many fun yard games. We will be privileged to have our very own Christy and Eric share songs from the Little Mermaid. Our dining team will be serving delicious food. Overall it will be a fun filled day with many memories made.

Happy Father’s day in advance to the father’s in our community, enjoy your special day.

June 7th is National chocolate ice cream day, stop by the bistro from 2-3pm for a scoop. Then head to bocce ball or group crossword puzzle. A friendly reminder to stay hydrated and wear sunscreen when going outside as the weather gets warm.

The full moon this month will be on June 28th.

## Resident Spotlight

Dorothy “Dot” Genz



Dot believes that activities like Cribbage and Cross-word puzzles keep the mind and body young and healthy. It must work because at 95

Dot’s apartment is on the fourth floor in independent living and she actively participates in many of the activities that Bentley provides. Her apartment is tastefully appointed, including a grandmothers’ clock which stands in a corner and joyfully chimes the hours.

She was born in Saranac Lake, New York where she also was graduated from high school. She married her U.S Marine Corps husband, Frank, in 1945. After war’s end, the couple lived near St. Petersburg, Florida for forty years. During their married life, they visited their younger of two daughters, Mary, who was in Germany at the time, also seeing England and Ireland. Mary is now living here in New Hampshire.

During her married life, she worked for the All State Insurance Company in the claims department. Dot has been a resident at Bentley for two years.

## Greetings from the Community Relations Team

**The Summer Solstice on Thursday, June 21 is not only the longest day of the year it is also the official kick-off of another wonderful summer season for all of us. It is a time of great joy as we get together with family and friends for weddings, graduations and other celebrations in the Keene area.**

**It also gives families an occasion to check out what our delightful 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 and performances are all within easy walking distance, especially on a beautiful summer 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.**

**Ask us about our “Refer a Friend” – Get \$1500 Bonus incentive! Bonnie and Christy**

## Wellness Center News Safety Awareness Month

Make a difference – spread the word about ways to reduce the risk of injuries. Encourage communities, workplaces, families, and individuals to identify and report safety hazards.

How can National Safety Month make a difference?

We can all use this time to raise awareness about important safety issues like:

- Preventing poisonings – lock up medications

Medication safety and prescription drug abuse – bring expired medications to the police station

- Driving, biking, and working safely – caution when driving, wear a helmet while biking
- First aid and emergency preparedness – know where your exits are in a building
- Preventing slips, trips, and falls – remove clutter!

**Stay Safe!!**



## Dining services

### Happy Warmer Weather

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.

I hope you all have been enjoying the newer items we have been serving. Many great comments from the majority of residents so, we will continue with some newer items. Remember that not everyone will like something served but everyone wants different items so we need to go thru trial and error. We always have the alternative menu available or pre order plain chicken or fish with concierge before 11.

### Reminder about the Dining room hours.

Breakfast is served 7:45 to 9:30 after 9:30 you take cold cereal to go.

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

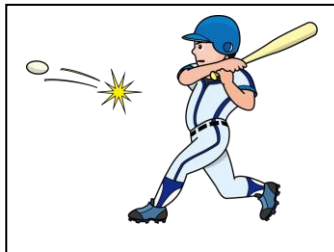
Dinner is served from 4:30-5:15 and 5:45 -6:15

We need everyone out of the dining room at 7pm so the wait staff can clear, reset, and clean up so they can get out of work on time. Thank you for your cooperation. Thank you for your patience with our new staff members



## Activities Corner – Reflections of May

Hi everyone and welcome to June and almost the start of summer! What a fun month! May was a busy one, but that is just the start of the many different adventures we can do together the next several months.



A full bus load of residents witnessed the impressive **Nostalgia** variety show presented at Keene High School. We were lucky enough to see this **FREE** performance and the students were incredible in their “Music from the Movies” theme for this year’s fundraiser.

Lunch bunch took a trip south to Winchendon, Mass to feast at **Little Anthony’s Seafood Emporium**. We will visit our friend Shana Davis’ **Hot Hogs BBQ** in June. Sign up fast since this is usually a sell out for lunch outing.

Another full bus ventured to Gilsum, NH to locally family owned business, **W.S.Badger Co**. We took a tour of their facility and got a few samples of lip balm to enjoy.

### Jouett’s Ride

Most Americans are familiar with Paul Revere’s famous ride, warning American colonists that “the British are coming!” Yet almost nobody knows of John “Jack” Jouett. Well, Jouett’s story needs to be known in time for Jack Jouett Day on June 4.

In 1781, almost six years after Revere’s ride, with America still in the grips of the Revolutionary War, Jouett was at a Virginia tavern when he spotted British Lt. Colonel Banastre Tarleton with 250 British troops. The British regimen aimed to march on Charlottesville, the

A good turn out as always for Eric’s TED Talks twice a month. “Driveless Cars” & “Music Harmony”. If you have not seen a TED talk, come down and see interesting topics and learn something new.

We all loved the **Keene Jazz Orchestra’s** Spring Concert at Monadnock High School. Our Scenic Tour Ride went to Jaffrey & Marlborough too! We played Mini Golf at **Twinkle Town** and went to the **Memorial Day Parade!**

Are you feeling like creating something out of paper and paint? Ashley and Melissa have new crafts for you to try several times a month. Also we have new pop up activities including YAHTZEE, crossword puzzles, bubbles in the garden, rainy day short films (like “Bears, Spy in Woods” and more!

Happy Summer, Go Swamp Bats, Sign up for a fun outing! Check your June calendar for all the fun and hope to see you there!

By Eric Walther

relocated home of Virginia’s General Assembly, where they would capture Patrick Henry and Richard Henry Lee, and Virginia governor Thomas Jefferson at his nearby Monticello estate. Jouett wasted no time racing the 40 miles to Monticello. He arrived in the early hours of June 4, giving Jefferson enough time to escape, and he then raced on to Charlottesville to alert the lawmakers of the approaching soldiers. For his efforts, Jouett was dubbed “the Paul Revere of the South.”



*Jouett’s warning allowed Thomas Jefferson to narrowly escape capture into the woods.*

## The King Is Born



*Elvis may have been famous for his black hair, but he dyed it from his natural brown.*

On June 5, 1956, a young and charismatic musician named Elvis Presley appeared on *The Milton Berle Show*. While this was not Elvis’ first television appearance, and not even his first appearance with “Uncle Miltie,” his rendition of *Hound Dog* became at once both famous and infamous. Before this performance, Elvis was often captured on camera playing his guitar from the waist up. However,

for *Hound Dog*, the 21-year-old Elvis threw aside his guitar so that America could watch him gyrate his body from head to toe. For these scandalous gyrations, he was dubbed “Elvis the pelvis” and panned by critics as gross and inappropriate. The publicity for this performance put Elvis into the spotlight and launched his career into orbit to become the “King of Rock ‘n’ Roll.”

## Putting the “Why” in Yoga

The practice of yoga is now so commonplace worldwide that the United Nations declared June 21 International Yoga Day. The date is significant, for the summer solstice is used to determine the date when Shiva, the *Adiyogi*, or the first yogi, began sharing his deep knowledge of yoga to seven disciples. And no, Shiva did not hold the first yoga class involving bending and breathing in a Himalayan mountaintop. Shiva, seeing that these seven were now worthy of his teaching after years of mental and spiritual preparation, began to impart his yogic science, which is a balance between the body and mind, a harmony between man and nature, an ultimate realization of the purpose of human existence on the earthly plane—in other words, truly deep stuff. These seven disciples took their seven aspects of yoga to the world, and it is for this reason that there are today seven forms of yoga.

For many students, regardless of which of the seven forms they practice, yoga is merely a type of

exercise. While exercise fads come and go, yoga maintains its staying power. After all, it has been practiced for 5,000 years. Spiritual fulfillment aside, yoga is an excellent fitness regimen, for it improves strength and balance, tones muscles, burns calories, and reduces stress. For those who wish to look a little deeper, yoga also offers spiritual fulfillment.

Yoga is not a religion. It has no gods. It requires no faith. Yoga is more like a philosophy coupled with physical practice and meditation. The first yogis used yoga as a means to achieve immortality. They believed they could use yoga practice to control the physical molecules of their own bodies and prevent aging and death. Yoga practice could also grant access to the immortal soul, that transcendental state of bliss and harmony. In these ways, yoga is considered a means to make us humans live to our utmost potential, to become the greatest versions of ourselves, physically, mentally, spiritually, and emotionally... not a bad goal.



*Shiva is also known as the Hindu god of destruction and re-creation.*