



Notable
Quotable

“We’re fascinated
by robots because
they are reflections
of ourselves.”

~ Ken Goldberg,
professor of
robotics, engineer,
and artist



July Horoscopes and Birthdays

In astrology, those born between July 1–21 are Crabs of Cancer. Crabs are deeply emotional and nurturing. They create deep bonds and comfortable homes and are always willing to welcome people into their circle. Those born between July 22–31 are Lions of Leo. Leos are natural-born leaders: confident, charismatic, and creative. Leos use their humor and loyalty to bring people together to work for a common cause.

Carl Lewis – July 1, 1961
Ann Landers – July 4, 1918
Frida Kahlo – July 6, 1907
Ed Ames – July 9, 1927
E. B. White – July 11, 1899
Woody Guthrie – July 14, 1912
Ginger Rogers – July 16, 1911
John Glenn – July 18, 1921
Ernest Hemingway – July 21, 1899
Don Drysdale – July 23, 1936
Mick Jagger – July 26, 1943
Beatrix Potter – July 28, 1866
J. K. Rowling – July 31, 1965

Resident & Staff Birthdays

Birthdays

7/2 – Ashley Tallman (s)
7/4 - Hilary Seifer (s)
7/4 – Chad Heilman (s)
7/4 – Lester Thayer (r)
7/7 – Megan Wilson (s)
7/11 – Brian Kerwin (s)
7/11 – Sherry Burroughs (s)
7/13 – Ann Knapp (r)
7/14 – Kenneth Belyea (s)
7/20 – Tabitha Augustinowicz (s)
7/28 – Diana Quimby (r)

Years of Service

Karen Osgood – 1 Year
Danitza Smith – 5 Years
Shelby McKane – 2 Years
Shana Davis – 8 Years
Brianna Blodgett – 1 Year



Fried, but Not French

July 13 is French Fries Day, but are these delicious fried potatoes actually French? Potatoes did not originate in Europe, but in South America. Spanish explorers brought them back to Europe, where they became beloved for their versatility, especially in France. Fried potatoes became a common street food in Paris—sold not as long fries but in chunks. It is said that Thomas Jefferson grew so fond of the food while acting as ambassador to France that he introduced fries to America via his kitchen in Monticello. It is in Belgium, however, that the history of *frites*

began a century before France’s fried potatoes. Frites (pronounced *FRITS*) are so dear a food to Belgium that in 2014 the country petitioned UNESCO to make the frite the official symbol of its cultural heritage. So when did Belgian frites become French fries? The story goes that American soldiers marching through French-speaking Belgium during World War I discovered the tasty fried potatoes. In the Americans’ confusion, or perhaps in their gastronomic ecstasy, they dubbed the delicious newfound food *French fries*.

Bentley Banner

July 2018



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

Celebrating
July

Tad Dreis
7/1

Sonja Lee &
Charlie T
7/8

Kendall’s
Kitchen Outing
7/12

Rich Araldi
7/15

Jack Dunham
7/22

Ron Banks
7/29

Swamp Bats
11th, 20th & 25th

Concerts on the
Commons
3rd, 10th, 17th,
22nd, 31st

For more events
see inside
calendar

Hilary Seifer- Executive Director



Summer is in full swing, and it is off to a great start. Thank you to all for attending the summer party. The weather held and we had wonderful time. Special thanks, to our fabulous dining team for the amazing food. It was wonderful to see all the smiling faces throughout the day.

The gardens are looking great! We have planted two pumpkin patches and are hoping for a great crop, to carve and use for baking pies.

Please be careful when outside on hot days, stay well hydrated and use your sunscreen.

The full moon this month will be July 27th. It is known as a buck moon, as this is the time male deer grow their antlers.

Be sure to check the activity outing sign up book at the front desk. We are attending several great concerts and swamp bats games throughout the summer.

As, always feel free to stop by anytime. It is wonderful to hear your ideas and suggestions.

Resident Spotlight

Frank Bequaert



Frank is a relatively new resident, calling apartment 300 home for only a couple of months. Apartment 300 is located at the far end of the hall. I think it is actually in Swanzey. He shares these quarters with a black cat with white boots named Ruff who never saw a lap he didn't love.

Like so many of our neighbors at Bentley, Frank is multi-talented. A New Englander to the core, he earned a master's degree in electrical engineering from Harvard, but his primary interest was in writing, publishing, and operating a bookstore. Writing consisted mainly of short stories in the fiction category.

Like so many phases of life today, bookstores have changed dramatically. Rare is the traditional image of the somewhat musty tiers of old books, inhabited by scholarly types discussing trends in literature, perhaps between brief naps,. Today a bookstore is in competition with E-bay. Why dig through piles of volumes when with the push of a button you can have exactly what you want delivered to your door.

But the world of the written word on a page is not all that occupied Franks mind or time. He has always had a deep interest in the trail system that weaves New England, and much of the rest of the world, together. This involves maintaining, improving, operating, and administering the miles of outdoors that we all should be taking better care of. He would prefer to downplay the administration part of the trails equation because that gets too close to the function of running a bookstore, the avoidance of which was the original trails idea.

Greetings from Your

Community

Relations Team

It's time to start thinking about this year's Alzheimer's Walk!

The annual Western New Hampshire Walk to End Alzheimer's will be held on Saturday, September 15th at Keene State College, 229 Main Street, Keene at 10 am.

Affiliated with the New Hampshire - Massachusetts Chapter of the Alzheimer's Association, Keene is honored to be the site sponsor for this signature fundraising event.

First held in 1989, the walk is the Alzheimer's Association's major fundraiser. It takes place in over 600 communities nationwide each fall and has raised more than 347 million dollars. The Walk to End Alzheimer's gives walkers the opportunity to join a national movement to put an end to this disease. The proceeds are used to support a wide range of Alzheimer's related programs for hundreds of local families and caregivers.

If you would like to join our Bentley Brigade team to walk in September or would like to make a donation (100% Charitable Tax Deduction) please contact Bonnie or Christy in the marketing office.

News from the Wellness Center

National Safety Awareness Month

Injuries are a leading cause of disability for people of all ages — and they are the leading cause of death for Americans ages 1 to 44. The good news is everyone can get involved to help prevent injuries.

Prescription painkiller abuse: Prescription painkiller overdoses are a growing problem in the United States, especially among women. About 18 women die every day from a prescription painkiller overdose — more than 4 times as many as back in 1999.

- Bring a list of ALL your medicines when you go to your doctor's office.
- Ask questions about your medicines
- Make sure your medicine is what the doctor ordered
- Ask how to use the medicine correctly
- Ask about possible side effects

Transportation safety: Driving can sometimes be challenging for older adults. Follow these safety tips for older drivers, from taking good care of yourself to planning ahead and updating your skills

- Stay physically active
- Schedule regular vision and hearing tests
- Manage any chronic conditions
- Understand your limitations
- Drive under optimal conditions
- Plan ahead
- Update your driving skills

Slips, trips, and falls: One in 3 older adults falls each year. Many falls lead to broken bones and other health problems.

- Increase exercise and balance activities
- Increase strength activities
- Walk

Dining Services

Happy Warmer Weather

I hope you all enjoyed the summer party this year, I have heard nothing but great reviews on the whole day, many ,many thanks to all that helped out.

With the warmer weather here, we are excited to be able to purchase more local fresh produce and use our fresh herbs in recipes.

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 will need to take cold cereal to go

Lunch is served from 11:30 and 12:45

Dinner is served from 4:30 and 5:45

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.

If you have any dining room dishes in your room including silverware please return to us.

Thank you for your patience with our new staff members



Activities Corner – Reflections of June



Summer Concerts

*In Walpole
And
Marlborough*

Hi all! We had such a busy month in June keeping active and taking advantage of this beautiful weather. We can use some rain though, but maybe just at night. A group of us have been enjoying the Swamp Bats this past month. We go each Wednesday at 6pm. Please join us for the next game if you'd like to, they're great fun. We traveled to Shana's "Hot Hogs" for lunch bunch for some great BBQ and took a Scenic Ride over to Swanzey, NH. Those lucky residents on the scenic bus were able to spend some time with my lovely wife, Pam and our dog Emmy for a special visit. We can't let the reflection go without mention of the wonderful summer party we had. A Caribbean theme this year was headlined by our terrific kitchen staff that provided a great spread of food and we had fabulous music from the Monadnock Island Sounds Steel Drum Band, featuring our own Jen Skelton. Our Bentley

Choir sang some tunes and let's not forget our favorite staff thespians, our own Christy & yours truly (Eric) who sang a few hits from this past year's musical for the Lions Club, "The Little Mermaid". Later in the evening, the day of the party, we ventured to Walpole to see the Keene Jazz Orchestra play live in the town green.

Coming up this month is more fun! Including: Swamp Bat Games, Summer Concerts in the Park, Lunch Bunch to our former Chef George's new place "Kendall's Kitchen". We also will go see "42nd Street" performed by New London Barn Playhouse. What a start of a great & active summer!

By Eric Walther

Summer Party at Bentley



Caribbean Theme

**More Photos to Come
in our Next Issue**



Employee Spotlight

When you walk into the lobby at Bentley Commons, the first person you see is Kelly! She has worked at Bentley for four years now and has been Head Concierge for two of those years. Sometimes peaking over the desk you can see her very friendly, one-year-old dog, Felix.

Originally from Marlborough, NH she now lives in Fitzwilliam. In 2017 Kelly graduated from Keene

State College with a Bachelor of Science in Psychology.

In her free time, Kelly enjoys the outdoors by four wheeling, hunting, fishing, and horse back riding. She also enjoys watching all sports but especially football, the Patriots are her favorite team. When she can get away from Bentley, she likes to travel. She has been to Punta Cana, Jamaica, Nashville, Las Vegas and most recently Myrtle Beach.



**Kelly
Donohue**

A Tale of Two Sherwoods

For 700 years, stories have been told of the outlaw Robin Hood stealing from the rich to give to the poor. While the legend of Robin Hood was born in Sherwood Forest, Nottinghamshire, England, each July the town of Sherwood, Oregon, celebrates its Robin Hood Festival.

Was there a real Robin Hood? As early as the 15th century, it was common for May Day revelers in England to act out plays starring Robin Hood. A hundred years before these celebrations, peasant farmers told grim tales of Robin Hood, who murdered government emissaries and rich landowners. Scholars have traced the earliest mentions of the name Robin Hood to 13th-century legal records. In these records, it was common to list criminals with the name *Robehod* or *Rabunhod*, variations on the name Robin Hood. Alas, there is no way of knowing whether these names are attributed to any real individual. What scholars do know is that starting in the 14th century, Robin Hood was first

mentioned in writing as a common man living with his band in Sherwood Forest and fighting the notorious Sheriff of Nottingham.

A visit to Sherwood Forest in Nottinghamshire may turn you into a believer that Robin Hood did exist. After all, you can visit the Major Oak tree, which is believed to have been one of Robin Hood's hideouts. Robin Hood's Well is considered the spot where Robin Hood married his love Maid Marian. And then there is Nottingham Castle, where the Sheriff of Nottingham would have jailed Robin Hood and where the Merry Men would have staged his fabulous escapes. Oregon's town of Sherwood may lack historical sites, but it has plenty of enthusiasm. Residents have celebrated their Robin Hood Festival since 1954, and since 1956, Sherwood, Oregon, has hosted an International Archery Tournament against archers from Nottingham, England. This celebration is testament to the enduring appeal of England's favorite outlaw.



*Robin Hood's bow was
carved from the wood
of a yew tree.*