

Notable Quotable

“Poetry is a
mystic, sensuous
mathematics or
fire, smoke-stacks,
waffles, pansies,
people, and
purple sunsets.”

~ Carl Sandburg,
poet



August Horoscopes and Birthdays

In astrology, those born between August 1–22 are Lions of Leo. Leos are natural-born leaders: confident, charismatic, and creative. Leos also use their humor and loyalty to bring people together. Those born between August 23–31 are Virgo Virgins. Virgos are one of the most careful signs of the zodiac. They pay attention to detail, analyze problems, and plan so as to leave nothing to chance. These amazing listeners give excellent advice.

Resident & Staff Birthdays

8/2 – Paul Geddes (r)
8/2 - Sybil Delworth (r)
8/3 – Don Carle (r)
8/5 – Clara Stowell (r)
8/7 – Joan Dalton (r)
8/7 – Shelby McKane (s)
8/7 – Linda Lynch (s)
8/8 – Melissa Callender (s)
8/8 – Sonia Goodell (s)
8/11 – Frank Bequeart (r)
8/18 – Shana Davis (s)
8/20 – Shirley Fontaine (r)
8/21 – Megan Cook (s)
8/21 - Hayley Frazier (s)

Are You Waffling?

On August 24, 1869, Cornelius Swartwout was awarded a patent for inventing a new, improved waffle iron. The first waffle irons date back to the 15th century in Holland, where waffles were baked on the open hearth in long-handled irons. Instead of the recognizable grid of deep wells, waffles were patterned with coats of arms, religious icons, or landscapes. These irons were direct descendants of medieval irons, used to bake religious communion wafers.

Swartwout is credited with developing a new version of a waffle iron that

Herman Melville – August 1, 1819
Tony Bennett – August 3, 1926
Lucille Ball – August 6, 1911
Dustin Hoffman – August 8, 1937
Alex Haley – August 11, 1921
Don Ho – August 13, 1930
Julia Child – August 15, 1912
Roberto Clemente – August 18, 1934
Al Roker – August 20, 1954
Gene Kelly – August 23, 1912
Mother Teresa – Aug. 26, 1910
Michael Jackson – August 29, 1958
Buddy Hackett – August 31, 1924

8/23 – David Barlow (r)
8/27 – Arlie MacKenzie (r)
8/28 – Earl “Ben” Staples (r)
8/28 – Kelly Donohue (r)
8/29 – Mary Ellen Britt (s)

August Years of Service

Brianna Blodgett – 1 Year
Josh Mudrack – 1 Year
Michelle Eddy – 3 Years

Anniversary

8/20/54 - Hank & Suzanne Bause

could be used on either a wood- or gas-burning stove. In his design, two cast-iron plates were attached in such a manner that they could be rotated and flipped within a banded collar, allowing both sides of the waffle to cook on the stove top. Swartwout’s irons came in a variety of sizes with the tell-tale grid of wells on each side. Why do waffles today have that gridded and pocketed pattern? Some say that it’s this unique design that cooks up a light, crisp waffle, while others argue that the pockets were created to hold just the right amount of delicious maple syrup.

Bentley Banner

August 2018



Bentley Commons
197 Water Street
Keene NH 00431
(603) 352-1282

Celebrating August

Omer G
8/5

Lester Hirsch
8/12

Lenny Zarcone
8/19

Ethan Stone
8/20

Roads End
Singers
8/9 & 8/23

Lawless & Mae
8/24

William
Ogmundson
8/26

*For more events
see inside
calendar*

Hilary Seifer – Executive Director



Summer is in full swing! The flowers are blooming and we have started harvesting the gardens. We have had some hot days and some intense storms. Hopefully August will be a pleasant summer month.

I am happy to report that we had our annual state survey and for the fourth year in a row we were found to be deficiency free. Thank you to all of our staff who make this an incredible community to be a part of.

We love when you have guest join you for meals in the dining room, just remember to let us know so we can reserve a table for you.

September will host National Assisted Living month, we are working on some great events to celebrate the week. We will also be hosting a community yard sale in September, everyone will have the opportunity to have a spot.

The full moon this month will be on August 26, 2018.
We are keeping a close eye on one of our garden beds as we had a turtle lay eggs there. They should hatch sometime at the end of the month. We are also hoping to see a good crop of pumpkins in our new pumpkin patch.

There are going to be some changes to the cable this fall, and all apartments will require new boxes. We will keep you posted and assist with the process.
Please continue to stop in with your suggestions and feedback.

Resident Spotlight



Malcolm "Smiley" and Cynthia Georgina

Cynthia and I had a wonderful chat, talking about earlier days in radio, an activity in which we both were involved. Between us, we have done everything that can be done in a radio station, short of sweeping out the studio. I take that back. I have swept out a studio! Cynthia was the station manager at WKNE and spent nearly twenty-five years doing on-air talk shows there and at station WKBK. She did say that the assignment she liked best was as receptionist at a station because she got to meet all of the interesting and prominent people who passed through.

Both our Spotlight stars this month are pretty much local people, except Smiley has Chesterfield and Brattleboro in his history. He also attended UNH Cynthia is a Keene H.S. graduate and has taken courses at KSC and Franklin Pierce. Smiley spent most of his working life employed in the wholesale paper industry where he advanced from part-time truck driver to general manager.

Meanwhile, Cynthia spent 20 years on the Keene City Council and chaired the Finance Committee. They were active in non-profit organizations and had a busy social life.

The couple traveled extensively throughout the United States, including Hawaii and Alaska, but also in Europe, mainly Ireland and Scotland. They have four children, split evenly into two boys and two girls, now, of course, all grown up. There are also nine grandchildren and no fewer than nine great grandchildren.

News from the Wellness Center

Take care of your Mental Health needs:
Tips to think about!

Drink Alcohol Only in Moderation
ask your doctor how much is enough

Get Enough Sleep – 8 hours recommended!

Get Support If You Are a Caregiver
find caregiver support groups
Manage Stress – yoga, walk, meditate

Quit Smoking – programs available
@ local hospital to quit successfully

Talk with Your Doctor about Depression – there is help
do not delay.

Get enough exercise – 150 minutes a week – moderate

Eat fresh fruits and vegetables – follow American Heart Association recommendations for a healthy diet.



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.

From the Dining Room

Happy Warmer Weather

With the warmer weather here, we are excited to be able to purchase more local fresh produce and use our fresh herbs in recipes. I have Corn on the Cob on the menu and have been purchasing radishes, squash and cucumbers.

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.

The Food Panel is looking for a new member preferably someone that has not had a chance to participate yet. If you are interested or know someone that would be please see Trina or Hilary

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 including silverware please return to us.

Thank you for your patience with our new staff members



Activities Corner – Breezing through July



Lunch Bunch
Kendalls's Kitchen
Saxtons River, VT

Trust me when I say that the summer we have long hoped for this past winter is flying by before our eyes. Wasn't it in April we were still watching snow fly though the air? Now we have already come to another month that starts with "A" which makes it real enough to say it's almost half over. I reflect with you on what has seemed to be a record drought in some areas in most of July, including a heat wave!

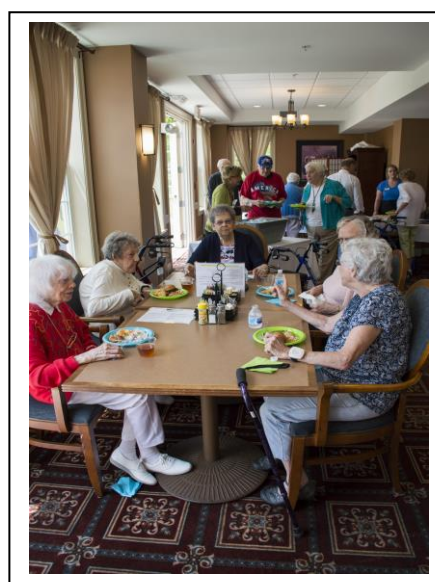
Indoors sometimes it's safer to beat the heat. We offered some special movies including Planet Earth Series "Jungle", "Ocean Deep" and "Ice Worlds". Our "Wheel of Fortune" game has been very popular. We have seen The Swamp Bats in action, and saw live concerts. To name a few; 20th Century Pops, Cheshiremen Barbershop Chorus, East Bay Jazz Ensemble and Nelson Town Band. We visited our former Chef George and had a delicious lunch at his new family restaurant in Saxton's

River, VT. Then 8 of us tapped our feet to "42nd Street" up in New London, NH. We even took a scenic ride to Peterborough, NH. while playing a fun game of Road Trip BINGO!

In August, we will hope to get in a few more concerts, attempt to re-take our original trip to Tower Hill Botanical Garden. We'll cruise around Chesterfield & Spofford Lake in the fun bus for a scenic ride. I just got back from a family trip to Acadia National Park and plan to show a slide show of our trip. We also have a past African Safari slide show from our residents Bob & Judy Hall to show you as well. Also, TED Talks will return!

Happy August to you all, reminding you to sign up for any activity you'd like to be a part of here at Bentley Commons. If you have any spots we have not visited before, stop by our office and we can always try and see if it works for our schedule and availability. – By Eric Walther

More Pictures of our Bentley Summer Party



Eric Walther
Lead
Activities Assistant



*Gurning is best done
while wearing
a "braffin," or
horse collar.*

Employee Spotlight

If you have ever needed a ride to an appointment or have gone on the shopping bus, then you have met Eric! Working at Bentley for just over a year, you can always find the Lead Activities Assistant behind the wheel, organizing TED talks, or taking a group of residents on an outing.

Originally from Mamaroneck, New York, he moved to Keene to attend Keene State College to pursue and obtain a B.A. in Theatre graduating in 2000. Eric has now lived in

Strange Competition

Get ready for a week of the truly weird, because August 13–17 is Weird Contest Week in Ocean City, New Jersey. This beachy seaside haunt hosts curious family fun. Join in a variety of sculpting contests using Salt Water Taffy, French fries, and giant cookies. Then there's the paper clip construction contest, where past contestants have attempted to replicate the Eiffel Tower and Brooklyn Bridge. "Ears Looking at You" is an ear wiggling bout, where the flappest ears win.

If these contests aren't eccentric enough for your tastes, try some of these other international oddities.

Every year the sleepy hamlet of Willaston, England, hosts the Worm Charming World Championships, where contestants try to coax as many worms as possible out of a small plot of turf. Charmers use various techniques to summon their earthworms, such as vibrating the soil with sticks, poking the grass, even playing music. Digging is strictly against the rules. In 2009, the world worm charming record was set about 150 miles north of Willaston, in Egremont, England, contestants take part in a wholly

Swansey for six years with his wife, Pam, and his five year old dog, Emmy. Eric worked at C&S for sixteen years and then Yankee Candle for just over a year before coming to Bentley. He has also been very active in the tri-state area with directing and performing in over 50 productions. When not working or performing, Eric likes to garden, play golf, run, swim, and cook. Eric and his wife also love to travel and have been to 16 out of the 60 National Parks. Eric also wanted to add, that his favorite food is lobster.

different competition: gurning. Gurning is the act of contorting your face in the strangest manner possible. The World Gurning Championships are the highlight of the town's Crab Fair, a pastime dating back to 1267, when the local lord would distribute crab apples to the townsfolk. If gurning is not for you, the Crab Fair also hosts a pipe-smoking competition.

For a contest that challenges both the body and the mind, try chessboxing, which is exactly as it sounds. A table with a chessboard is situated in the middle of a boxing ring. Boxers sit and match wits in a game of chess before alternating into a round of boxing. This continues for 11 rounds. Dutch artist Iepe Rubingh developed the idea as a performance, but it unexpectedly grew into a popular sport in Germany, England, India, and Russia. During this week in August, it seems there is truly a contest for every unique taste.