



### Notable Quotable

“Make pumpkin bread as the default gift for everyone. It is cheap, it is beloved, it is carbs.”

~ Karen Bender,  
novelist



## October Horoscopes and Birthdays

In astrology, Libras are those born between October 1–22. Libras, symbolized by the scales, strive for balance, avoid conflict, and desire fairness for everyone. To achieve this, they are sociable, strategic, charming, and diplomatic. Those born between October 23–31 are Scorpios. Scorpios are passionate and deep, qualities that help them counsel others in meaningful ways. Resourceful and determined, Scorpios make good managers.

Groucho Marx – October 2, 1890  
Buster Keaton – October 4, 1895  
Desmond Tutu – October 7, 1931  
Eleanor Roosevelt – October 11, 1884  
Paul Simon – October 13, 1941  
Lee Iacocca – October 15, 1924  
Evel Knievel – October 17, 1938  
Mickey Mantle – October 20, 1931  
Dizzy Gillespie – October 21, 1917  
Minnie Pearl – October 25, 1912  
Dylan Thomas – October 27, 1914  
Jonas Salk – October 28, 1914  
Dan Rather – October 31, 1931

## Resident & Staff Birthdays

10/1 Irene Harris (r)  
10/2 Mickey Nadler (r)  
10/5 Jackie Scott (s)  
10/6 Helen Pracon (r)  
10/11 Pat Morel (s)  
10/11 Tina Torelli (r)  
10/13 Chris Bause (s)  
10/15 Arpad Toth (r)  
10/16 Irene Miller (r)  
10/20 Helen McElwee (r)  
10/20 Caleb Stemp (s)  
10/22 Dianne Lawlor (r)

10/24 Mark Barlow (s)  
10/25 Jean Bardis (s)  
10/31 Marie Howe (r)

### October Years of Service

Dianne Lawlor, MNA – 7 Years  
Veronica Ingbretsen, RN – 6 Years  
Megan Scott, LPN – 6 Years  
Deb LaCoille, Housekeeper – 4 Years  
Pat Morel, Sous Chef – 3 Years

## Bottled Art

Artisans have been creating miniature models of fully rigged ships inside bottles for centuries. Perhaps you, too, could master this secret art on October 4, Ship in a Bottle Day. The first mention of putting objects, including ships, in bottles dates back to 1719, when the art was popularized by a German named Matthias Buchinger. What made the feat even more spectacular was that Buchinger was born without hands or legs and grew to only 29 inches tall. Despite these handicaps, Buchinger earned renown throughout Europe as an artist, magician, musician,

marksman, calligrapher, and performer. From 1719, it became a common German folk art form to place objects in bottles, mainly depictions of saints. The oldest surviving ship in a bottle dates back to 1784. The three-masted Portuguese warship resides in a closed egg-shaped bottle. Ships in bottles were not only made by sailors to pass time on a long journey, but historians think that many ships in bottles were created by lighthouse keepers, who had both the time and access to materials for creating these maritime models.

# Bentley Banner

October 2018



Bentley Commons  
197 Water Street  
Keene NH 03431  
(603) 352 1282

### Celebrating October

**Ethan Stone**  
10/1

**Lester Hirsch**  
10/7

**Tad Dreis**  
10/14

**Chris Ekblom**  
10/15

**Lenny Zarcone**  
10/21

**William  
Ogmundson**  
10/28

*For more events  
see inside  
calendar*

### Hilary Seifer – Executive Director



October is here! We are excited for another festive month. We will be celebrating Halloween, with a talent show and costume contest. You can sign up for the talent show at the front desk. We encourage everyone to join and make this year even better than last year.

September gave us wonderful opportunities to volunteer in our community and show our commitment to giving back. We hosted the annual Alzheimer's Gala and raised over \$5000 towards the fight against Alzheimer's. Thank you to our incredible Bonnie Moore and Christy Wendlandt for organizing.

Three of our incredible staff members ran the Clarence Demar half marathon. Congratulations to Eric Walther, Jen Skelton, and Patrice Aguda-Brown. Thank you to everyone that came to cheer them on.

We upgraded everyone's cable boxes for the digital switch over with spectrum. If you are having issues, please let us know so we can assist.

A few friendly reminders, all fire drills conducted between 10p and 6am will be posted the day before. We conduct a fire drill once a month; staff is on hand to assist, it is mandatory that everyone participate.

**Flu Shots will be available Tuesday October 2nd from 9-11am, and Wednesday October 3rd from 3p-5p. Please sign up at the front desk.**

If you have a vehicle here please make sure we have a set of spare keys, we will be moving and cleaning off cars when the snow comes.

Resident Round table will be held on October 12th this month. This is a great opportunity for you to come and hear updates, ask question, and provide ideas. We encourage everyone to attend.

October brings us the Hunters Moon on October 24th. The moon rises 20 minutes later each night throughout the month. This enabled American Indians time to hunt and prepare for winter.



## Resident Spotlight - Arlie & Warren MacKenzie



Warren was born and grew up in Keene. Arlie lived in Hanover, though her family moved to Keene when she was only sixteen. They both graduated from Keene High School.

The young couple acquired a parcel of land on upper Court Street on which they built a home. Warren's father, a farmer, had a herd of eighty Guernsey cows. They delivered milk and bakery products to selected customers. Warren has a collection of vintage milk bottles. Eventually they expanded the business to include ice cream and added a dairy bar to the barn, complete with car hops who would deliver the orders directly to the customers' vehicles.

They also added a mobile home park to the spread. Soon they got themselves a motor home, visiting much of the country.

Warren became a mobile home salesman, also earning a private pilot license to assist in showing his clients the facilities available to them as mobile home owners. The company now owned a second mobile home park in Florida and Warren and his wife split their time between New England and the South. He also became the president of a motor home owners' club.

He lead groups of motor home owners on adventure tours. They not just saw America, they also toured England, Scotland and Germany.

They had three children: two boys and a girl. Their older son, sadly, passed away. Their younger boy renovates motels and he also has a strong interest in designing and building custom furniture. Their daughter works at a local bank. There are four grandkids and two great-grands.

The MacKenzies have been our neighbors at Bentley Commons for a little over six months.

By Larry Barnes

## Newsletter from The Wellness Center

### Breast Cancer Awareness Month

**Breast cancer is the second most common kind of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point.**

**The good news is that many women can survive breast cancer if it's found and treated early. A mammogram – the screening test for breast cancer – can help find breast cancer early when it's easier to treat.**

**National Breast Cancer Awareness Month is a chance to raise awareness about the importance of early detection of breast cancer. Make a difference! Spread the word about mammograms and encourage communities, organizations, families, and individuals to get involved.**

**Ask doctors and nurses to speak to women about the importance of getting screened for breast cancer.**

**Encourage women ages 40 to 49 to talk with their doctors about when to start getting mammograms.**



## Community Relations Team

Thank you to everyone who helped in any way to raise awareness and funds for our Alzheimer's Event. On Friday evening, our Bentley Brigade Team raised over \$6,000 at our Gala for this humbling disease. Guests enjoyed good food by Kristin's Bistro & Bakery and entertainment by pianist Nancy Wendlandt. On a beautiful Saturday morning, the walk was held at Keene State College with over 500 walkers raising over \$55,000 in donations.

To make a donation to the Alzheimer's Association, please contact Bonnie or Christy in the Marketing Office. Donations can be made until October 31<sup>st</sup>



Our Bentley Brigade Team!



Jessica Gagne Cloutier, Keene State College, was honored at the gala for her invaluable dedication on behalf of the Alzheimer's

## Dining services Happy Fall All !

Erin has prepared the October Menu and added lots of new items we look forward to your feedback on her new recipe ideas. Thank you in advance for your patience, please keep in mind that we do have three new chefs in the kitchen so until they get used to everything service may be a little slower. We welcome Dustin, Joe, and Pat to our team.

Thank you to the residents that have shared their favorite recipes with us, if you have something that you think will be well received by the majority of our community, please let us know. We are always looking for some new ideas. If anyone has favorite fall recipes, please share them so Erin and I can add to our menus.

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 – September Smiles

September is one of those months in New Hampshire that either tells you summer is not quite done or fall is trying to peak its smiling face at you. This month we had more of summer weather than fall. That maybe a good sign for the fall season approaching. This is New England you know. If you don't like the weather, just wait a minute.

If you are new to Bentley this past month or have been a resident for a while then we welcome you to enjoy your time here with the many activities we have to offer. Just what went on in September for those who need to get caught up?

Many residents enjoyed the following: Art in The Park was an outdoor gallery of local Monadnock Region artists on display in Ashuelot River Park. We had two outings for lunch including a Men's Group excursion over to Elm City Brew Pub for some delicious sandwiches. We also drove a group over to the famous Kimball's Restaurant and Ice Cream in Jaffrey. The weather was perfect for our

outing to Alyson's orchard in Walpole, NH. We took a wagon ride and picked apples and ate a picnic lunch right at the farm. Assisted Living Week had three performers, the ice cream social, the Wine & Cheese Gala fundraiser, and a Ladies Summer Tea Party! We had an indoor field day in the bistro with games, apple cider & treats! Rounding out the month we also took a Scenic Ride to beautiful Westmoreland and Walpole. Even the ladies watched "Book Club".

We have so much to offer her for you to be involved in. If you are not up for outings, our in-house activities range from Bingo, Wii Games, resident indoor games, Men's Group, our new Ladies group, crafts, cribbage, Bell Choir, our popular TED talks and a variety of movie nights.

October is full of family, fun and falling leaves. We're taking a trip to the Vermont Country Store & more! Halloween is coming! Sign up at the front desk for an outing and see what's here for you!

By Eric Walther

## What's a Frappe?

October 7 is Frappe Day, and for many people this begs the question, "What is a frappe?" Denizens of America's northeast corner, known as New Englanders, know that a *frappe* is a milkshake blended with ice cream. But wait a minute— isn't a milkshake a blended drink made of milk, ice cream, and syrup? Not in New England. Up there, milkshakes don't include ice cream but only contain milk and syrup. To further confuse matters, travel to Rhode Island, where you'll likely find *cabinet* on the menu. A cabinet is a

frappe uniquely made with coffee ice cream, coffee syrup, and milk. Why is this regional drink called a cabinet? One story suggests that soda jerks once kept coffee syrup in wooden cabinets behind the counter. Menus might also list *tonic floats*. In New England, tonic refers to most any carbonated beverage. Consider a tonic float similar to a root beer float, except you can substitute any flavor of tonic for the root beer and top it off with a scoop of ice cream. And don't even ask about a *black cow*.



*Alyson's Orchard  
Pick of the Crop*



*The word frappe is a  
French word that  
means both "to hit"  
and "to chill."*

## Intuitive Magic

On October 31, Halloween, strange things may go bump in the night. Perhaps this is why this date is also Increase Your Psychic Powers Day. Psychic powers derive from extrasensory perception (ESP), senses beyond our physical five senses. Although there is no scientific evidence to confirm the existence of psychic powers, clairvoyants believe in abilities such as reading minds

and divining the future. Perhaps another way of looking at psychic ability is by redefining it as *intuition*. Hindus believe in the third-eye *chakra*, an energy center located between the eyes that is the center of our power of intuition, or inner knowledge, guided by a sixth sense. So even if you do not believe in psychic ability, consider October 31 an opportune time to welcome new possibilities.



The third-eye chakra is known as Ajna in the Hindu tradition

## Employee Spotlight: Erin Morin

This month's employee spotlight we feature our Assistant Director of Food Services/Head Chef, Erin Morin. Erin was born in Manchester, NH and studied at Keene State College for Graphic Design. Working at the former Olive Garden restaurant in Keene for 8 years she developed her real passion for cooking. Holding positions there as lead host, salad & dessert prep, soup and sauce preparation. She moved up to become a sous chef making appetizers, and prep plates for the server windows. Once Olive Garden closed, she transferred to CMC in Keene as Deli prep and Grill Cook. An opportunity came when she was offered a job at Catholic Medical Center in Manchester and was tasked with being the short order cook, patient line cook and the Pizza Expert Chef. Doctors and staff at the hospital still reach out to her to say that they miss her specialty pizzas.

She started with us here at Bentley in June 2017. She was hired to be a Sous Chef/Head Baker and got promoted to Assistant Director of Food Services within 10 months. She loves the residents here and loves to bring new ideas to the kitchen. Her passion and professionalism to her cooking has gotten many praises from residents. Hobbies include gardening, going on hikes, remodeling her home, crafting, and taking care of her four cats. She loves to cook at home as well and watches the Food Network and comedies on Netflix in between visiting her niece and nephew of course!

By Eric Walther

Falcon visitor



**Erin Morin**  
**Assistant Food  
Service Director**

