



Notable Quotable

“In the case of news, we should always wait for the sacrament of confirmation.”

~ Voltaire, French writer and philosopher



September Horoscopes and Birthdays

In astrology, Virgo's Virgins are those born between September 1–22. 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. Those born from September 23–30 balance the scales of Libra. Libras strive for balance, avoid conflict, and desire fairness for everyone. To achieve this, they are sociable, strategic, charming, and diplomatic both at work and home.

Boxcar Willie – September 1, 1931
 Mort Walker – September 3, 1923
 Grandma Moses – September 7, 1860
 Otis Redding – September 9, 1941
 Arnold Palmer – September 10, 1929
 Walter Reed – September 13, 1851
 Agatha Christie – September 15, 1890
 Peter Falk – September 16, 1927
 H.G. Wells – September 21, 1866
 Jim Henson – September 24, 1936
 Linda Hamilton – September 26, 1956
 Ed Sullivan – September 28, 1901
 Johnny Mathis – September 30, 1935

Resident & Staff Birthdays

Birthdays

9/1 – Carolyn Long (s)
 9/1 – Beth Velasques (s)
 9/5 – Mary Hamilton (r)
 9/5 – Bill Lynch (r)
 9/6 – Megan Scott (s)
 9/9 – Hazel Walker (r)
 9/12 – Bill Nichols (r)
 9/12 – Christy Wendlandt (s)
 9/19 – Nancy Keating (r)
 9/19 – Jim Johnston (r)
 9/21 – Lavon Hall (r)
 9/24 – Michelle Eddy (s)
 9/25 – Vee Fletcher (r)
 9/5 – Ginny Brisson (r)

9/26 – Marge Justman (r)
 9/27 – Jennifer Skelton (s)
 9/30 - Barbara Richardson (r)
 9/30 – Carla Horn (s)

Years of Service

Jennifer Skelton – 8 Years
 Wendy Joslyn – 7 Years
 Madeline Ratcliffe – 1 Year
 Brian Hudon – 5 Years
 Kelly Donohue – 4 Years
 Lamoureux – 2 Years
 Mark Barlow – 1 Year
 Tabbitha Augustinowicz - 1 Year

No Greetings from Seattle

Residents of Seattle, Washington, in America's Pacific Northwest, claim to be some of the friendliest people in the country, yet they proudly celebrate September 16 as Stay Away from Seattle Day. You can even find Hallmark cards for the holiday. Is this how Seattleites thank the thousands of tourists who travel to Seattle each year?

The truth is that Seattle was not responsible for creating the holiday. Tom Roy, a former radio personality, came up with the idea while working on a talk show in Lancaster,

Pennsylvania. While flipping through *Chase's Calendar of Events*, a guide to holidays both popular and obscure, he discovered an entry form. Roy then went on to create 80 holidays, including Stay Away from Seattle Day, although he admits that he had never once even visited Seattle. While residents of the Emerald City have embraced the strange holiday, the Seattle Metropolitan Chamber of Commerce does not endorse it. Seattle wants to remind everyone that they are more than happy to welcome tourists and their tourist dollars.

Bentley Banner

September 2018



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

Celebrating September

Rich Araldi
 9/2

Lis Leal
 9/3

Brian Saulnier
 9/9

Chis Ekblom
 9/10

Ron Farina
 9/11

Cindy Duchin
 9/16

Jack Dunham
 9/23

Bob Rutherford
 9/27

KC Rokicki Duo
 9/30

For more events see inside calendar

Hilary Seifer – Executive Director



September marks the beginning of fall, my favorite season of the year.

We have had a lot of exciting things happening here at Bentley, the baby turtles hatched in our garden out back, we have several pumpkins and squash almost ready to harvest.

We will be hosting a community yard sale September 8th from 8am-12noon. If you are interested in having a table to sell your unwanted items, please sign up at the front desk.

September 8th also kicks off national assisted living week, we will have some special events and lots of entertainment throughout the week, check your monthly calendars.

You should be receiving your new Medicare cards in the mail; these will have new insurance numbers on them, please bring them to nursing or the front desk so we can make a copy and update our files.

We will be announcing a date soon for the placement of the peace pole in our yard. This represents having peace among our community,

The full moon this month will be on September 24, 2018, and is appropriately referred to as the Harvest moon.

Please continue to provide ideas, feedback and smiles anytime, my door is always open.

Resident Spotlight Mary Hamilton



Mary and her husband managed to work in a fair amount of world travel in their life together, including Europe, Africa, Hawaii and Bermuda. We share a love of Italy. She has been to one place I have never seen: Mexico. In total, she and her husband were married for an impressive seventy years.

Mary was born in Willimantic, Connecticut, she moved to Brattleboro, Vermont when she was two, eventually settling in Turners Falls, Mass.. Mary's husband, Walter, was a postmaster in Turners Falls he eventually retired. The couple moved to Winchester, N.H. Their daughter was named Patricia.

Mary graduated from Brattleboro High School and worked for the Holstein Cattle Organization as a secretary, eventually working through the ranks to the job of Executive Secretary to the president, from which she retired. She also has owned and operated an antique, gift, and Christmas shop! An activity she loved because she was able to make friends of all of her customers. She stays busy here at Bentley playing Bingo, getting involved with crafts, coloring and bowling. She also enjoys painting by numbers and has created and framed over 20 pictures. She has been our neighbor for about a year.

Dining Services

It saddens me that my favorite season, summer is over.

I hope you have all enjoyed the warm weather we have had this summer, I will miss all of the fresh veggies that we have been purchasing from the local farmers.

We will continue to purchase until the availability diminishes.

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 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 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 by 7pm so the wait staff can clear, reset, and clean up so they can leave 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

News from the Wellness Center National Cholesterol Education Month

How many Americans have high cholesterol?

More than 102 million American Adults (20 years or older) have total cholesterol levels at or above 200 mg/dL, which is above healthy levels. More than 35 million of these people have levels of 240 mg/dL or higher, which puts them at high risk for heart disease.

What is cholesterol?

Cholesterol is a waxy, fat-like substance found in your body and many foods. Your body needs cholesterol to function normally and makes all that you need. Too much cholesterol can build up in your arteries. After a while, these deposits narrow your arteries, putting you at risk for heart disease and stroke.

What the numbers look like:

Desirable Cholesterol Levels

Total cholesterol	Less than 170 mg/dL
Low LDL ("bad") cholesterol	Less than 110 mg/dL
High HDL ("good") cholesterol	35 mg/dL or higher
Triglycerides	Less than 150 mg/dL

If you have high cholesterol, what can you do to lower it?

Low-fat and high-fiber food (Eat more fresh fruits, fresh vegetables, and whole grains).
For adults, getting at least 2 hours and 30 minutes of moderate or 1 hour and 15 minutes of vigorous physical activity a week. For those aged 6-17, getting 1 hour or more of physical activity each day.
Maintain a healthy weight.
Don't smoke or quit if you smoke.

Greetings from your community Relations Team

Please join us on Saturday, September 15th at 9 a.m. for the Walk to End Alzheimer's, which will be held at Keene State College on Main Street.

Our Bentley Brigade team is once again one of the top teams in New Hampshire, raising over \$6,000 last year.

On Friday evening, September 14th, Bentley Commons will host its annual premier pre-event: Wine & Cheese Gala from 5-7 p.m. to raise funds for our team.

It will feature fine foods compliments of Kristin's Bistro and Bakery, entertainment by Pianist Nancy Wendlandt (Christy's Mom), a Raffle, and Silent Auction. Special guests include Mayor Kendall Lane and NH State Senator Jay Kahn. Make a donation to our Bentley team and receive a complimentary Douglas Cuddle Toy. All of the proceeds from the event are donated 100% to The Alzheimer's Association.



Activities Corner – August Adventures

Three A's for our little active community. We have much to cover in such a busy month again here at Bentley Commons. The Swamp Bats made it to the playoffs, but lost in the first wild card round of play. In replacement of a rain out game, a group of us enjoyed the music of Walt Sayer & his small orchestra at the Rec Center. We were entertained by Junction 1-3-5 (the traveling Barbershop quartet) in Marlborough. A few ladies, Jackie Brown (FOX) and I traveled to Tower Hill Botanical Gardens in Boylston, Mass. It was a very humid day, but we made the most of it. Had a special boxed lunch and walked the grounds for an hour.



Tower Hill Botanical Gardens

If you were one of the 25 residents I took on a Scenic Tour of Spofford Lake and Chesterfield you enjoyed a gorgeous day and a bit of history in photos on the trip. This month we head north to Westmoreland and Walpole for some early fall colors and maybe a special treat!

On the Road Again



Dahl never learned how to type and instead wrote in pencil in an old red book.

September 13 is Roald Dahl Day in honor of the British writer's birthday. Dahl is best-known for his children's books, including *Charlie and the Chocolate Factory* and *James and the Giant Peach*. But aside from his writing, Dahl was a born explorer. During the 1930s, he joined oil exploration expeditions to Newfoundland, Canada, and Tanzania, Africa. In 1939, he joined the Royal Air Force and became a World War II fighter pilot. It was during this time that he crash-landed in the Egyptian desert. The injuries

A small group of us went to pick some berries at Monadnock Berries in Troy, NH. What a beautiful day and we had a nice picnic as well. We also went to the Antique Car Show over in Westmoreland at Stuart & John's Sugar House. We enjoyed some ice cream & looked at all the classic cars. Surry Mt. Dam in the late summer is wonderful, so we headed over to have a picnic in the park.

On the indoor scene here at Bentley our on going short film presentation of Planet Earth series are filling the house. TED talks were back and I presented a talk on Acadia National Park and showed some slides of recent visits I had there over the years. Bob & Judy Hall also had a wonderful presentation on their 2009 trip to Africa on a Safari.

More fun awaits us in September. Kimball's Outing, a Men's Group lunch to Elm City Brew Pub, Allyson's Orchard and another Ladies Tea Party! Sign up for these great outings.

he sustained kept him from flying, so the British government sent him to Washington, D.C., as a diplomat. The truth, however, was that he was a spy and his task was to rally America to join in the war effort. Dahl proved both as charming and shrewd as fictional spy James Bond and even spent a weekend in 1943 spying on then-president Franklin D. Roosevelt. Perhaps it is fitting that Dahl, in 1967, adapted Ian Fleming's James Bond spy story *You Only Live Twice* into a Hollywood movie.

A Hummer of a Bird



Hummingbirds are the only birds that can fly backward.

September 7–9 brings the Hummingbird Migration and Nature Celebration as these tiny winged marvels make their way back to warmer southern climates. Hummingbirds, sometimes called hummerbirds, get their name from the sound their wings make. These birds flap their wings so fast—about 80 times per second—that they seem to hum. Hummingbirds exist only in the western hemisphere;

they range from southern Alaska to northern Chile and stop everywhere in between. Although they weigh less than a nickel, these tiny birds can fly up to 500 miles without stopping. Why not help them on their journey by putting out specially designed hummingbird feeders? These brightly colored feeders provide the sugary, high-energy nectar hummingbirds need to maintain their metabolism.

Oktoberfest in September

The annual German celebration of Oktoberfest begins on September 22, which is confusing to many. Why would a festival named for the month of October actually begin a month early? It wasn't always the case.



Oktoberfest began as a fabulous wedding celebration on October 12, 1810, when the Bavarian Crown Prince Louis married Princess Therese von Saschen-Hildburghausen. The Bavarian royal family invited all the citizens of Munich to celebrate the occasion on the fields in front of the palace gates. The fields were named *Thereseinwiese*, "Therese's meadows," in honor of the bride. For five days, the people of Munich ate, drank, danced, and otherwise partied to their hearts' content. Finally, on the last day, a dramatic horse race ended the reveling. The townspeople had to wait only a year before the celebration was held again, and then every year afterward as an annual festival. Over the years, it became bigger and better.

The six million people who attend Oktoberfest each year drink 1.8 million gallons of beer.

Oktoberfest became an agricultural fair, showcasing the bounty of Bavaria's farms. Carnival games like bowling and tree climbing were added, and prizes were awarded. So much was packed into Oktoberfest that organizers had no choice but to extend the celebration to 16 and sometimes 18 days. Finally, it was decided that October was far too cold for such an event. The shorter days meant chilly nights, so the start of Oktoberfest was moved to September, and no one ever bothered to change the name—not that anyone even cared, for Oktoberfest has always been a point of pride for Bavarians. It is still celebrated today as the world's largest *Volksfest*, or beer festival and fun fair. Indeed, the Bavarian beer halls and their Oktoberfest beer are famous. Since 1887, participating breweries have enjoyed their own parade to kick off the festivities. And since 1950, the celebration has officially begun with a 12-gun salute and the tapping of the first keg of beer by the Lord Mayor of Munich. As they say in Bavaria, "Prost!"