

Notable
Quotable

“After a good dinner, one can forgive anybody, even one’s own relations.”

~ Oscar Wilde, writer and humorist



November Horoscopes and Birthdays

In astrology, Scorpios are those born between November 1–21. Scorpios are passionate and deep, qualities that help them counsel others in meaningful ways. Resourceful and determined, Scorpios make good managers. Those born between November 22–30 are Archers of Sagittarius. These open-minded travelers are in constant motion, searching the globe for meaning. Curious, optimistic, and enthusiastic, they are not afraid of change.

Daniel Boone – November 2, 1734
Roy Rogers – November 5, 1911
Bram Stoker – November 8, 1847
Carl Sagan – November 9, 1934
Grace Kelly – November 12, 1929
Robert Fulton – November 14, 1765
Rock Hudson – November 17, 1925
Chester Gould – November 20, 1900
Jamie Lee Curtis – November 22, 1958
Joe DiMaggio – November 25, 1914
Tina Turner – November 26, 1939
Randy Newman – November 28, 1943
Samuel Clemens – November 30, 1835

Resident and Staff Birthdays

11/1 Brenda Beeler (s)
11/3 Brittany Lagerberg (s)
11/6 Susan Perrigo (s)
11/6 Brian Hudon (s)
11/6 Erin Morin (s)
11/8 Doris Gagnon (r)
11/8 Hazel Fellendorf (r)
11/10 Rachel Kelly (r)
11/15 Lacey Jalava (s)
11/15 Dan Orr (s)
11/16 Thomas Bergeron (s)
11/20 Helene Bauer (r)
11/21 Joanne Lorette (r)
11/22 Sylvia Sears (r)
11/25 Maureen Gardner (s)
11/28 Lois Kendall (r)

Years of service:

Brian Fischer, Dishwarsher – 1 Year
Cory Benoit, Housekeeper – 1 Year
Trina Morin, Food Service Director
3 Years
Brenda Buffum, LNA – 5 Years
Hannah Roy, RN – 7 Years
Patrice Aguda-Brown, RN/Wellness
Coordinator – 9 Years



Noteworthy Notaries

You may not appreciate them until you need something notarized, but notaries can stand up and be recognized for their contributions to society on November 7, Notary Public Day. What is a notary public? A notary is a state government official whose job it is to maintain integrity. They act as an official witness during the signing of official documents as a means of thwarting fraud. Their duty is to screen signers by verifying their true identity. They also make sure people know what they are signing and that people

aren’t being forced to sign documents against their will. Notary publics often take center stage during many of life’s important moments: signing papers to buy a house, granting power of attorney, even verifying college transcripts. Officials have carried this capacity since ancient Egypt when sesh, or scribes, acted as official witnesses and chroniclers of the pharaoh’s bureaucracy. Today, anyone can become a notary public and, hence, a valued public servant for the community and the country.

Bentley Banner

November 2018



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

Celebrating
November

Diane Ammons
11/4

Cindy Duchin
11/11

Lis Leal
11/12

Brian Saulnier
11/18

World Kindness
Day
November 13

Music is Love
Duo
11/25

Bob Rutherford
11/25

For more events
see inside
calendar

Hilary Seifer – Executive Director



November is here, and after a chilly October we are ready for winter.

Thank you to everyone who celebrated Halloween with us; it was so much fun seeing everyone get in the spirit, with their costumes and smiles.

The talent show was a huge success, thank you to everyone who participated. We are looking forward to hosting another one. We were all so impressed with the talent among us.

We will be hosting our Thanksgiving meal which will be the noon time meal, served with all the fixings. We will be taking orders for the evening meal which will be served as a box meal and delivered to you apartment. This will allow our incredible dining staff a chance to celebrate the Holiday with their loved ones.

The full moon this month will be on November 23rd this month, and is referred to as the Beaver Moon.

We change our clocks back on November 4th, don’t forget to change your clocks.

It will be dark much earlier and it will be cold, so please take care when going outside.

Please continue to stop by and provide feed back and suggestions, I am always happy to chat with you.

Resident Spotlight

Joyce & Ronald Gruber



When you visit the Grubers at their first-floor corner apartment, you will be greeted by Danny Boy, their friendly Welch terrier, who looks like a miniature Airedale. Take a minute to scratch his ears or rub his neck because that is what he is demanding.

The Grubers are real newbies, having been our neighbors for only a month or so. They originally hale from Michigan, though they have lived in as diverse places as Illinois, New York, and Vermont. Ron worked most of his professional career for Kraft Foods, where he eventually became a plant manager. He studied management in North Carolina and Michigan State. Joyce is an RN and worked in Peterborough. The couple has four grown children, split two and two. There are nine grandchildren and seven great grands. Their son, Ron, Jr. lives in Rutland, Vermont. He was the one who introduced them to Bentley and they expect to be able to see him frequently.

Joyce is somewhat overwhelmed by the number of activities going on here and she still can't understand how everyone on the staff knew their names when they had been residents only a day or two. Say "hello" to these delightful people when you see them and don't forget to greet Danny Boy or you'll hurt his feelings.

By Larry Barnes

Dining Services

Happy Turkey Month All

I hope you all enjoyed the new recipes in October that Erin chose, please feel free to give us feed back so that we can continue to offer preferred items.

The Thanksgiving Meal will be served during the lunch service at 11:30 and 12:45. Notify Concierge if you will be having guests and let them know which seating you would like. The dinner meal on Thanksgiving will be a box lunch delivered to your room by dining staff.

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. Should 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.

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 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

November is Diabetes Awareness Month

Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled.

One in 10 Americans have diabetes — that's more than 30 million people. And another 84 million adults in the United States are at high risk of developing Type 2 diabetes.

What can you do to prevent/manage/control diabetes?

Stay active:

Find ways to be more active each day. Try to be active for at least 30 minutes, 5 days a week. Walking is a great way to get started and you can do it almost any where at any time. Bike riding, swimming, and dancing are also good ways to move more.

Keep moving!!!

Eat healthy:

Emphasizes vegetables, fruits, whole grains, and fat-free or low-fat dairy products

Include lean meats, poultry, fish, beans, eggs, and nuts
 Limit saturated and trans fats, sodium and added sugars

Control portion sizes

Information obtained from American Diabetes Association
 Check it out!



Bentley Commons invites you to join us

Monday, November 5th
10:30 a.m. Presentation

Followed by Q&A Session

 *Refreshments will be served*

If you are a United States Veteran or surviving spouse of a Veteran, you may qualify for the Aid & Attendance Benefit and receive monthly financial assistance to help cover the cost of Assisted Living care. Please join Kris Roberts, Veterans Service Officer with the New Hampshire Office of Veterans Services, for his very informative presentation.

We would like to pay tribute to all of our wonderful Veterans...

Thank you for your service.



Lunch Bunch at the Flight Deck
 Enjoying a delicious lunch and watching flights come in and out at the airport.

Lightning in a Bottle



The patent for Mason's lid expired in 1879, so he saw almost no profit for his invention.

What is the appeal of the mason jar? It conjures rustic romanticism and good, homemade food. Some even say that it captures summer in a jar, to be uncapped and enjoyed in the long, cold winter. Perhaps you'll even be inspired to preserve something tasty in a jar yourself on November 30, Mason Jar Day.

John L. Mason didn't set out to become famous when he invented the mason jar on November 30, 1858. In fact, he didn't invent the jar at all but rather the unique two-piece metal screw cap. Mason was, after all, a tinsmith, so he was well-versed in the utility of metal. Heat-based canning as a method to preserve foods was common in kitchens prior to Mason's invention. The one problem common to this type of preservation was a faulty seal. As soon as air entered the jar or can, food began to spoil. Mason's airtight lid solved that problem beautifully, advancing the efficiency of the canning process.

The most popular mason jar manufactured today is the ubiquitous Ball brand jar. Ball jars were first manufactured in 1884, and today, they are created at a rate of 17 jars per second. Not only is the glass favored over plastic jars made with synthetic chemicals but these jars are also appreciated for their versatility. A mason jar is no longer singularly used to preserve foods like jam or pickles; the jars are also used as soap dispensers, planters, vases, and drinking glasses—not just for moonshine but for trendy cocktails.

A mason jar is as authentic a piece of Americana as a cowboy hat. Collectors even seek out rare and valuable mason jar specimens. The Universal jar is worth thousands. Produced in Buffalo in 1937, only 50 were ever manufactured. From the mundane to the magnificent, mason jars have captured both food and the public's imagination for over a century.

Hat Trick

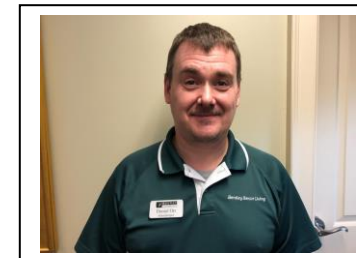


Millinery is the design, manufacture, and sale of hats and headwear.

Don't let your head go bare on November 25—it's International Hat Day! Certainly, a baseball cap can fit the bill on this holiday, but why not explore some more exotic and symbolic fashions? The fancy, floppy wool *beret* is instantly recognizable as French. It began as a hat worn by the poorest classes, such as farmers and artists. The wide-brimmed *sombrero* may be synonymous with Mexico, but hats like this were worn by horsemen in Mongolia as far back as the 13th century. If you

feel a chill in the air, then opt for the Russian *ushanka*, the cylindrical fur hat with earflaps that can be tied up over its crown. The modern *ushanka* can be traced to the Russian Civil War when the ruler of Siberia ordered a winter hat be issued as part of the standard uniform. The *fez* of the Ottoman Empire was originally meant to be a symbol of equality and a means to show a common national identity amongst its wearers. Choose your hat wisely, for hats from any country are rich in both history and symbolism.

Employee Spotlight – Daniel Orr



*Daniel Orr.
Housekeeping*

This month's employee spotlight, we are featuring one of our Housekeepers, Dan Orr. Dan was born and raised and still resides about 20 minutes from Bentley Commons, in Spofford, NH. Dan attended Keene High School and went on to hold various housekeeping jobs until finding his place here, at Bentley Commons, 3 years ago. Dan is a people person; you will always find him with a smile on his face. He is also an avid Human Right's Advocate and lover of all animals. In his free

time, Dan enjoys watching sports and always roots for the New England Team. Although Dan does not often have time to travel, his fondest traveling memory is a road trip he took with his family, to a family reunion in South Dakota. They then drove to Washington State to visit more family, then drove south through California to finally make the long drive back to New Hampshire, straight though the middle of the country. If you see Dan in the halls or he comes to clean your apartment, be sure to say "Hi!".
By Kelly Donohue

Activities Corner

October Reminiscing

October is always the month we love to remember for its colorful entrance and spooky exit. Although Halloween usually is a time to see a lot of us out in costume, especially the little ones running around in the dresses and superhero outfits. The big kids had our fun too. What a nice day it was on Halloween with our residents and staff, did you guess who was who?



*Vermont Country
Store Outing.
Scenic Ride &
Shopping*

This October we had a mixed weather pattern, which seems to be the norm as of late. That still did not stop us for taking two scenic rides around this beautiful country side. Our main trip was to Hancock, NH and return trip back through Dublin. The other later that week was to Surry, Gilsum & Marlow. Another scenic ride included a stop at the Vermont Country Store in Rockingham, VT. We had a full bus ride over to Vermont and looked around at all the goodies on display. Our Men's Group started up the Horse Derby game again. We'll feature it for everyone at least once a month in the upcoming fall & winter seasons. It's a fun game!

Our monthly lunch bunch outing was to The Flight Deck, which is a great

restaurant located right at the Keene Airport. Our popular TED Talks had a cooking theme and Erin Morin (Assistant Director of Food Services) and I cooked up a few samplers for residents who attended. The food was well received and will be featured in future menus in the dining room.

What a nice time of year to welcome many new people into our community. A few of them have already signed up to go on outings and participate in our array of activities we have for you. Several residents I hear play mean games of Poker or Pinochle. Anyone interested in playing---talk it up at lunch! The 4th floor lounge area is usually open to have card games or to read a book. We play Cribbage also on Tuesday's. We have a great group that play's each week. Bell Choir is always looking for new ringers and we usually have a light game or two going during the day.

See you in November for more life enrichment fun and giving thanks for what we have in this loving community. Come sign up for some activities we have to offer here in your home!

By Eric Walther