



Resident Spotlight

February's residents of the month are Greg and Helen Andonian. They have been living at Bentley Commons for 18 months and are originally from Worcester, Massachusetts. After an arranged marriage they have been together for 64 years. Greg had his own company in Burlington, and also enjoys sports and played football. Helen enjoys



Helen and Greg Andonian

dancing, wine, walking and exercising. They have 2 sons, 1 daughter, 8 grandchildren and 1 great granddaughter. Every Sunday they have family dinner at their daughters' home. They are truly a wonderful couple.



Employee Spotlight

Janessa Arnold is employee of the month at Bentley Commons. She has worked here for 3 years, started as an LNA, and now she is the Lead Concierge. She is very passionate about the work she does, you can always count on her for help. Janessa is from Goffstown and was raised by her grandmother. Her hobbies include reading, sewing, crocheting, and any kind of



Janessa Arnold

craft. On the weekends you will find her watching movies and playing board games with friends.

February | 2019

COMMUNITY CONNECTION

A NEWSLETTER FOR THE BENTLEY AT BEDFORD RESIDENTS

The Community That Treats You Like Family!



at Bedford

A Premier Senior Living Community

Stay Connected!

Walking with a friend in the dark is better than walking alone in the light. – Helen Keller

When we think of overcoming obstacles, it's hard to argue that anyone had more to overcome than Helen Keller. Yet Helen was human, and she didn't go it alone.

There have been multiple studies on loneliness and isolation — and its potentially adverse health impact. Consequences can include increased stress (resulting in the release of cortisol) and even premature death. But there are ways to cope! Try these activities to give you a spark.

Combatting Loneliness

1. **Eat out:** Enjoy a meal and reunite with a friend.
2. **Adopt a pet:** It recharges your nurturing instincts.
3. **Join a club:** You'll meet friends who share similar interests.
4. **Visit neighbors:** Many people are looking to reconnect.
5. **Put on your walking shoes:** Malls are an ever-popular destination.

It's not always easy growing older. But at Kaplan, we are here to support you and your well-being.

Sources:

<https://www.psychologytoday.com/us/blog/out-the-ooze/201611/the-perils-social-isolation>

<https://theconversation.com/loneliness-is-bad-for-your-health-90901>

<http://blogs.einstein.yu.edu/how-loneliness-affects-the-mind-and-body/>

<https://www.bayalarmmedical.com/medical-alert-blog/6-powerful-ways-help-seniors-avoid-isolation/>



Activity Highlight

Who doesn't like to talk about food, tasty recipes, different cultural cuisines and yes, how we can combine all of these and know, what are our healthy choices that we can make for ourselves. So if you want to be proactive in making those decisions for yourself we are here to help you understand simply how to do just that. We will be holding HEART HEALTHY/HEALTHY EATING workshops each month. As an added bonus we will be providing tastings of our delicious menu items. Stay tuned for dates and times which will be on your daily calendar.



at Bedford

A Premier Senior Living Community

www.BentleyAtBedford.com

603-928-7106

Refer a friend and receive
\$3000!

Contact Donna Guimond
603-644-2200

66 Hawthorne Drive
Bedford, NH 03110



Refer a friend... get \$1,500!

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Bentley Commons at Bedford

February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>This month's destination is China</p>	<p>Out to lunch, North End Chinese Monday, 02/04-11:30AM</p>	<p>Chinese New Year Social, Tuesday, 02/05-3:30 We will be serving Mai Tais</p>	<p>Chinese Themed Luncheon, Tuesday, 02/05-11:30/12:30</p>	<p>Cooking Demonstration, Chinese Themed Wednesday 02/06-2:00</p>	<p>9:30 Fitness Fusion (MR) 1 10:15 Jackpot Bingo S (B) 10:30 Walking Group (BP) 10:30 Walmart (OS) 1:30 Baking Group (B) 1:30 Rosary (AR) 1:45 Sit To Be Fit (MR) 2:00 Rummy (BP) 2:45 Mind Aerobics (AR) 3:00 Social Hour/Kat Faulkner (MR) 7:00 Evening Movie (AR)</p>	<p>9:30 Morning Errands (BP) 2 12:30 Manicures (AR) 1:30 Rummy (BP) 2:15 Jackpot BingoS (MRS) 3:30 Social Hour (B) 7:00 Evening Movie (AR)</p>
<p>10:00 Church Service (O) 3 12:30 Manicures (AR) 1:30 Afternoon Matinee (AR) 2:00 Jackpot BingoS (B) 3:30 Afternoon Social (B)</p>	<p>9:30 Fitness Fusion (MR) 4 10:15 Jackpot Bingo S (B) 10:30 Walking Group (BP) 11:30 Out to lunch/North Garden Chinese (OS) 1:30 Hand and Foot (L) 1:30 Sit To Be Fit (AR) 1:30 Straight Shooter (B) 2:00 What's in a Word (MR) 3:00 Tai Chi & Beyond (AR) 3:30 Monday Mixer (B) 6:30 Men's Poker (BP)</p>	<p>9:30 Fitness Fusion (MR) 5 9:40 MTA Trip to Hannaford (OS) 10:15 Jackpot Bingo S (B) 10:30 Active Games (BP) 11:30 Chinese Themed Luncheon (MR) 12:30 Chinese Themed Luncheon (MR) 1:45 Sit To Be Fit (AR) 2:00 Resident Council Food Service Mtg (MR) 2:45 Mind Aerobics (AR) 3:30 Chinese New Year Social (B)</p>	<p>9:30 Fitness Fusion (MR) 6 10:15 Jackpot Bingo S (B) 10:15 Knitting Club (BP) 10:30 Walking Group (BP) 1:30 Hannaford (OS) 2:00 Cooking Demo/Chinese (BP) 3:00 Tai Chi & Beyond (AR) 3:30 Wine & Cheese Wednesday (BP) 6:30 Men's Poker (B)</p>	<p>9:30 Fitness Fusion (MR) 7 10:15 Chorus (AR) 10:30 Dollar Store (OS) 10:30 Active Games (MR) 1:30 Jackpot BingoS (B) 1:30 Sit To Be Fit (AR) 3:30 Thirsty Thursday (B) 6:30 Co-Ed Bible Study (AR)</p>	<p>9:30 Fitness Fusion (MR) 8 10:15 Jackpot Bingo S (B) 10:30 Craft Class (OS) 10:30 Walking Group (BP) 1:30 Cooking Club (B) 1:30 Rosary (AR) 1:45 Sit To Be Fit (MR) 2:45 Mind Aerobics (AR) 3:00 Social Hour/Dorothy Stratton (MR) 7:00 Evening Movie (AR)</p>	<p>9:30 Morning Errands (BP) 9 12:30 Manicures (AR) 1:30 Afternoon Matinee Special/Memoirs of a Geisha (AR) 1:30 Rummy (BP) 2:00 Jackpot BingoS (MR) 3:30 Social Hour (B) 7:00 Evening Movie (AR)</p>
<p>10:00 Church Service (O) 10 11:30 Family Brunch (MR) 12:30 Family Brunch (MR) 1:30 Afternoon Matinee (AR) 2:00 Jackpot BingoS (B) 3:30 Afternoon Social (B)</p>	<p>9:30 Fitness Fusion (MR) 11 10:15 Jackpot Bingo S (B) 10:30 Walgreens (OS) 10:30 Walking Group (BP) 1:30 Hand and Foot (L) 1:30 Sit To Be Fit (AR) 1:30 Straight Shooter (B) 2:00 French Club (BP) 2:00 Hangman (MR) 3:00 Tai Chi & Beyond (AR) 3:30 Monday Mixer (B) 6:30 Men's Poker (B)</p>	<p>9:30 Fitness Fusion (MR) 12 10:30 Active Games (BP) 10:30 Jackpot BingoS (MR) 1:45 Sit To Be Fit (MR) 2:00 Resident Birthday Party (MR) 2:30 Hangman (MR) 2:45 Mind Aerobics (AR) 3:30 Afternoon Social (BP) 6:30 Family Game Night (B)</p>	<p>9:30 Fitness Fusion (MR) 13 10:15 Jackpot Bingo S (B) 10:30 Walking Group (BP) 1:30 Market Basket (OS) 1:45 Activities Council (MR) 2:15 High Tea with Bee (B) 3:00 Tai Chi & Beyond (AR) 3:30 Wine & Cheese Wednesday (BP) 6:30 Men's Poker (B)</p>	<p>9:30 Fitness Fusion (MR) 14 10:15 Jackpot BingoS (B) 10:30 Active Games (MR) 1:30 Jeopardy (B) 1:30 Sit To Be Fit (AR) 3:00 Valentines Party/Jo McDonald (MR) 6:30 Co-Ed Bible Study (AR)</p>	<p>9:30 Fitness Fusion (MR) 15 10:15 Jackpot Bingo S (B) 10:30 Walking Group (BP) 10:30 Walmart (OS) 1:30 Cooking Club (B) 1:30 Rosary (AR) 1:45 Sit To Be Fit (MR) 2:00 MASS (AR) 2:45 Mind Aerobics (AR) 3:00 Social Hour/Sands of Time (MR) 7:00 Evening Movie (AR)</p>	<p>9:30 Morning Errands (BP) 16 12:30 Manicures (AR) 1:30 Rummy (BP) 2:00 Jackpot BingoS (MR) 3:30 Social Hour (B) 7:00 Evening Movie (AR)</p>
<p>10:00 Church Service (O) 17 12:30 Manicures (O) 1:30 Afternoon Matinee (AR) 2:00 Jackpot BingoS (B) 3:30 Afternoon Social (B)</p>	<p>9:30 Fitness Fusion (MR) 18 10:15 Jackpot Bingo S (B) 10:30 Walking Group (BP) 11:30 Out to lunch/Airport Diner (OS) 1:30 Hand and Foot (L) 1:30 Sit To Be Fit (AR) 1:30 Straight Shooter (B) 2:00 Hangman (MR) 3:00 Tai Chi & Beyond (AR) 3:30 Monday Mixer (B) 6:30 Men's Poker (B)</p>	<p>9:30 Fitness Fusion (MR) 19 10:15 Jackpot Bingo S (B) 10:30 Active Games (BP) 1:30 Hangman (BP) 1:30 Jeopardy (AR) 1:45 Sit To Be Fit (MR) 2:45 Mind Aerobics (AR) 3:00 Afternoon Social/Mark Stanzler (MR)</p>	<p>9:30 Fitness Fusion (MR) 20 10:15 Jackpot Bingo S (B) 10:30 Walking Group (BP) 1:30 Hannaford (OS) 2:00 Makeup Demonstration (AR) 2:30 Hand and Foot (BP) 3:00 Price is Right (MR) 3:00 Tai Chi & Beyond (AR) 3:30 Wine & Cheese Wednesday (BP) 6:30 Men's Poker (B)</p>	<p>9:30 Fitness Fusion (MR) 21 10:15 Chorus (AR) 10:30 Active Games (MR) 1:30 Jackpot BingoS (B) 1:30 Sit To Be Fit (AR) 3:00 Heart Healthy Workshop (MR) 3:30 Thirsty Thursday (B)</p>	<p>9:30 Fitness Fusion (MR) 22 10:15 Jackpot Bingo S (B) 10:30 Dollar Store (OS) 10:30 Walking Group (BP) 1:30 Cooking Club (B) 1:30 Rosary (AR) 1:45 Sit To Be Fit (MR) 2:45 Mind Aerobics (AR) 3:00 Social Hour/Bill Parker (MR) 7:00 Evening Movie (AR)</p>	<p>9:30 Morning Errands (BP) 23 12:30 Manicures (AR) 1:30 Rummy (BP) 2:00 Jackpot BingoS (MR) 3:30 Social Hour (B) 7:00 Evening Movie (AR)</p>
<p>10:00 Church Service (O) 24 12:30 Manicures (O) 1:30 Afternoon Matinee (AR) 2:00 Jackpot BingoS (B) 3:30 Afternoon Social (B)</p>	<p>9:30 Fitness Fusion (MR) 25 10:15 Jackpot Bingo S (B) 10:30 Target (OS) 10:30 Walking Group (BP) 1:30 Hand and Foot (L) 1:30 Sit To Be Fit (AR) 1:30 Straight Shooter (B) 2:00 Hangman (MR) 3:00 Tai Chi & Beyond (AR) 3:30 Monday Mixer (B) 6:30 Men's Poker (B)</p>	<p>9:30 Fitness Fusion (MR) 26 10:15 Jackpot Bingo S (B) 10:30 Active Games (BP) 1:30 Crossword (AR) 1:30 Hangman (BP) 1:45 Sit To Be Fit (MR) 2:45 Health Talk with Shaunna (MR) 3:30 Afternoon Social (BP)</p>	<p>9:30 Fitness Fusion (MR) 27 10:15 Jackpot Bingo S (B) 10:30 Walking Group (BP) 1:30 Market Basket (OS) 2:00 Hand and Foot (BP) 2:15 High Tea with Bee (B) 3:00 Tai Chi & Beyond (AR) 3:30 Wine & Cheese Wednesday (BP) 6:30 Men's Poker (B)</p>	<p>9:30 Fitness Fusion (MR) 28 10:15 Chorus (AR) 10:30 Active Games (MR) 1:30 Jackpot BingoS (B) 1:30 Sit To Be Fit (AR) 3:00 Heart Healthy Workshop (MR) 3:30 Thirsty Thursday (B) 6:30 Co-Ed Bible Study (AR)</p>	<p>Matinee Saturday, 02/09 Memoirs of a Geisha 1:30</p>	<p>Valentines Party Thursday, 02/14-3:00</p>