

Bentley Commons

AT BEDFORD

66 Hawthorne Drive • Bedford, NH 03110

November 2016

Happy Birthday



November Birthdays

Laura Kelley	11/16
Ruth Dalrymple	11/19
Gertrude Croteau	11/22
Jack King	11/26

Staff Directory

Pat Schoch	Executive Director
Rose Hobson	Business Administrator
Bernie Steines	Director of Nursing
Anne Walls	Community Relations
Paul B. Laro	Activities Director
James Lavoie	Food Service Director
Daniel Abel	Environmental Services

Join the Chorus

Soon, holiday tunes will fill the air. If you get the chance, join in a sing-along. Singing in a group is good for you. Crooning in a chorus lowers your stress, elevates your mood and can even benefit your heart rate as much as yoga does.

Resident of the Month: Andrea Howard



Andrea grew up in Massachusetts then lived in Nashua for six years before moving to Bentley. She went to Quinsigamond Community

College where she studied to be a Respiratory Therapist. She worked as a Respiratory Therapist for five years. After that she went into homecare for twenty years which she really enjoyed.

During college she met her future husband at UNH. They were married for fifty-two years and had three children and now Andrea as a grandmother of three grandchildren.

Andrea has made some friends since she moved to Bentley and she is happy to be here.

Cinnamon Switch

Craving a cup of coffee, but not the extra calories from cream and sugar? Sprinkle some cinnamon in your cup instead. This substitution can save up to 70 calories; plus, the sweet spice has been shown to lower blood sugar and harmful triglyceride levels.

Seasonal ABCs

- V is for Valor
- E is for Every Era
- T is for Thank you
- E is for Each one a hero
- R is for Remember
- A is for All Armed forces
- N is for a grateful Nation
- S is for we Salute you

Jeana Knoetig (Galaway)



Bert Newell

Jeana is a member of our dining room crew
 A very nice and efficient person we really never knew
 She gives us a smile in an instant
 That's because she is really a dental assistant
 If worldly problems get on your nerves
 Don't worry! She's in the army reserves
 She has a daughter Janessa and Julian is her son
 How does she get everything done?
 At this point I have to relate
 Jeana really has a lot on her plate.
 Good Luck!
 As Ever,
 Bert

"This Month In History" NOVEMBER

1800: Congress holds its first session in the partially completed U.S. Capitol building.

1872: Suffragist Susan B. Anthony is fined for voting in the presidential election.

1919: President Woodrow Wilson declares the first Armistice Day. It would later become a federal holiday and its name changed to Veterans Day.

1927: Linking New York City and New Jersey under the Hudson River, the Holland Tunnel opens to the public.

1939: The cornerstone is laid for the Jefferson Memorial in Washington, D.C.

1947: Business tycoon and aviator Howard Hughes flies his massive wooden airplane, the Spruce Goose, over California's Long Beach Harbor. It would be the aircraft's only flight.

1955: Muppets creator Jim Henson registers the copyright for Kermit the Frog.

1969: Apollo 12 completes NASA's second manned mission to the moon.

1982: Michael Jackson's album "Thriller" is released. It stands as the best-selling album of all time.

1995: The national maximum speed limit of 55 mph is repealed, allowing individual states to set their own speed limits.

2004: Condoleezza Rice is nominated to be secretary of state by President George W. Bush. She was the first African-American woman to serve in the Cabinet position.

2007: Amazon introduces the Kindle, a portable electronic device for downloading and reading digital books. It sold out in five hours.