

GOLDEN NUGGETS

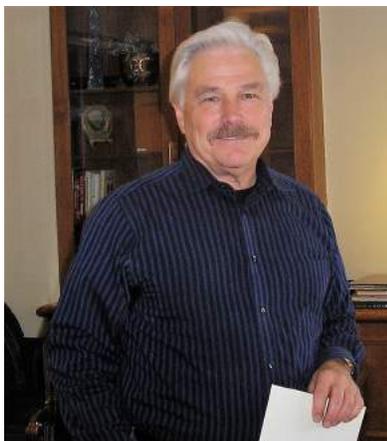
Kiwanis[®]
International

Newsletter of the
Kiwanis Club of the Golden Nuggets

May 2, 2017

Volume 4, Issue 5

George Bentley Presents, "Thrive Now".



Left, George Bentley presented, "THRIVE: How to die young at an old age". On August 6, 2003, on his parents' 59th wedding anniversary, George's mother could not get out of the bathtub. She got turned around and then George heard a sickening "thud", coming from the bathroom. The incident marked the beginning of the end of her life and the

beginning of a journey for George to ensure safety in the home and to promote health for all people. To George, knowledge is power. Art Linkletter, Mark Victor Hansen and Bill McCartney were mentors to George. George challenged us to ask, "Why". George asked, "Do we want to live to be 100 years old?" George asked if we are positive people. Many baby boomers are in denial and ignorant about their health.

The 3rd leading cause of death is iatrogenic disease. This is a disease that is the result of diagnostic and therapeutic procedures undertaken on a patient. With the multitude of drugs prescribed to a single patient, adverse drug reactions are bound to occur. Strokes, dementia and heart attacks can be the result. George said we should all say, "This is going to be the best day of my life" when we first wake up in the morning. His mother was "healthy as a horse" before she fell. She died one day before her 60th wedding anniversary. Afterward, George's father became depressed and was put on prednisone. George has written a book called, "Killer Bathrooms". George said every generation, except for people who participated in the American Civil war, lived longer than their parents' generation. However, that is not true for the current generation. However, that is not true for the current generation.

Special points of interest:

- The next club meeting is Tuesday, May 2, 2017 at 9:00 AM at Frasier Meadows Retirement Center in the Community Room. There will be a Round Table Discussion and a Board of Directors' meeting. There may also be assembling of nuts and bolts packages.
- Since 2009, the Forest City-London Kiwanis Club of Ontario has supported two Ekal Vidyalaya schools in the Ferozepur District of Punjab, India. Members have received appreciative notes from Ekal graduates, including a police constable and a young woman who helped carry the torch in the 2012 Olympics.

George Bentley (Continued)

George's father took steps to reverse his destructive habits and now seems younger at 98 than he was at age 83. His father travels the world in his mind.

The first secret of success in health is to reduce stress in one's life. Our grandkids today are texting rather than exercising. We need to look for humor and laughter to reduce stress. The Mayo Clinic is treating cancer with laughter. George's father went to the doctor to get a physical. A few days later, the doctor saw him walking down the street with a gorgeous young lady on his arm. A couple of days later, when the George's father had an appointment with the doctor again, the doctor said, "You're really doing great, aren't you?" The man replied, "Just doing what you said doctor, "Get a hot mama and be cheerful." The doctor said, "I didn't say that! I said you have got a heart murmur. Be careful!"

George said we need to get into "Medical Hydrotherapy", which involves using water to treat various health issues.

The second secret is to avoid injury. There are 4 million accidents each year involving the bathtub. One problem is we don't ask for help getting into and out of the bathtub. Stairs are the second biggest area of concern in the home. Steps should be taken to minimize the possibility of falls.

The third secret is to eat "right". A person should eat at least 2 ½ cups of fruits and vegetables every day. We tend to take too many drugs. Many people 50 years of age and older take 7 prescriptions a day. George said another step we should take is to filter our water.

The fourth secret is to exercise. Exercise helps our lymphatic system. One way to get exercise is to sit in a natural therapeutic system. . It helps our micro-capillary system. It gives a whole-body message and vibration.

George gives free home safety assessments. In a house carpeting and/or hard surfaced floors can be problems depending on the situation. If a person needs a walker or cane, then carpeting is not advised. Carpeting may be better if a person suffers a fall. Industrial grade carpeting is better than long-stranded carpeting. A low-income person may be able to have a side-entry bathtub installed and paid through Medicaid. George owns a company called [Bentley Baths](#) which installs walk-in bathtubs, hydrotherapy tubs, shower systems and other products.



Left, Dave Finlay showed a book which contained Kiwanis Club of Boulder items. Dave also said there was a "John Gorsuch" who was a District Governor or Lt. Governor of Kiwanis in Denver in 1943. He might be the grandfather of Neil Gorsuch, the recently appointed U.S. Supreme Court Justice. Dave is happy he got his taxes completed. Dave had the following trivia question: What aircraft carrier had Saddam Hussein's body and also hosted an NBA game. The answer is the Carl Vinson, named after a longtime (50-year) U.S. Congressman from Georgia.

Trivia Question courtesy: <http://www.triviacountry.com/> What flamboyant pop star auctioned off his costumes for \$8.2 million in 1988, explaining "I don't want to go on stage looking like Tina Turner's grandmother anymore"? Answer below.

Right, Jolane Fenner said it has been "crazy busy" at the work. She has traveled to Pueblo and will help a hospital in south Denver.



Left, Charles Hadley saw the play, "42nd Street" at the Candlelight Dinner Theatre in Johnstown, CO. This summer, the play, "Music Man" will be performed there.



Rogers Coke was happy that his daughter and 3 grandchildren visited him last week.

Kirsten Cox said she saw 8 deer, including a little one, in her yard at 6:15 AM. That sighting made her day. Charles said because of the increase in the number of mountain lions, the deer population is decreasing.

Jess Kadel said he saw the "Pines of Rome" performed by the Boulder Symphonic Orchestra.

Right, Helen Hall said she saw two deer yearlings walking around the little pond by her home. They seem to say, "We were here first". Helen said that Ken Rutherford formerly of Boulder is meeting with Prince Harry with the intention of planning to clear out all land mines.



Barbara Fink is going to Seattle to visit her daughters

Trivia Answer: Elton John

Kiwanis is a global organization of volunteers dedicated to changing the world one child and one community at a time.

We're on the web. Click on <https://sites.google.com/site/kiwanisgoldennuggets/>

Club Officers:

President: Charles Hadley

Vice- President: Jess Kadel

Treasurer: David Finlay, Secretary: Rogers Coke

Our club meets every Tuesday at 9:00 AM at Frasier Meadows Retirement Center, 350 Ponca Drive, in Boulder. For information, contact Rogers Coke, (303) 444-1924.