



A Note From Beth Frost, Cooperative Director

Dear Avalon Residents,

The activities for August will remain with outside Chair Yoga (10:00 a.m.), and Tai Chi (11:15 a.m.) on Tuesdays. Meditation will be on Thursdays at 11:00 a.m.

Both classes will have all participants **6 feet apart**. We will continue to have disinfectant wipes and hand sanitizer for all to use for both classes.

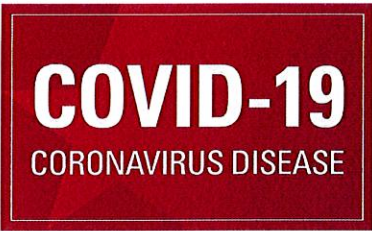
The **Manor House** will remain closed.

Horse Shoe Pit

The horse shoe pit is now complete and ready for use! Feel free to enjoy at your leisure!

Reminders

- ❖ We continue to ask that you place any checks or correspondence in the **green box** outside of the Avalon office and to **NOT come into the office**.
- ❖ Anyone in need of a **transfer station permit**, please call the office and we will arrange to have one left for you to pick up.
- ❖ Should anyone need a **ride to an appointment**, please be sure to let the office know as far in advance as possible so that we may arrange for a driver.



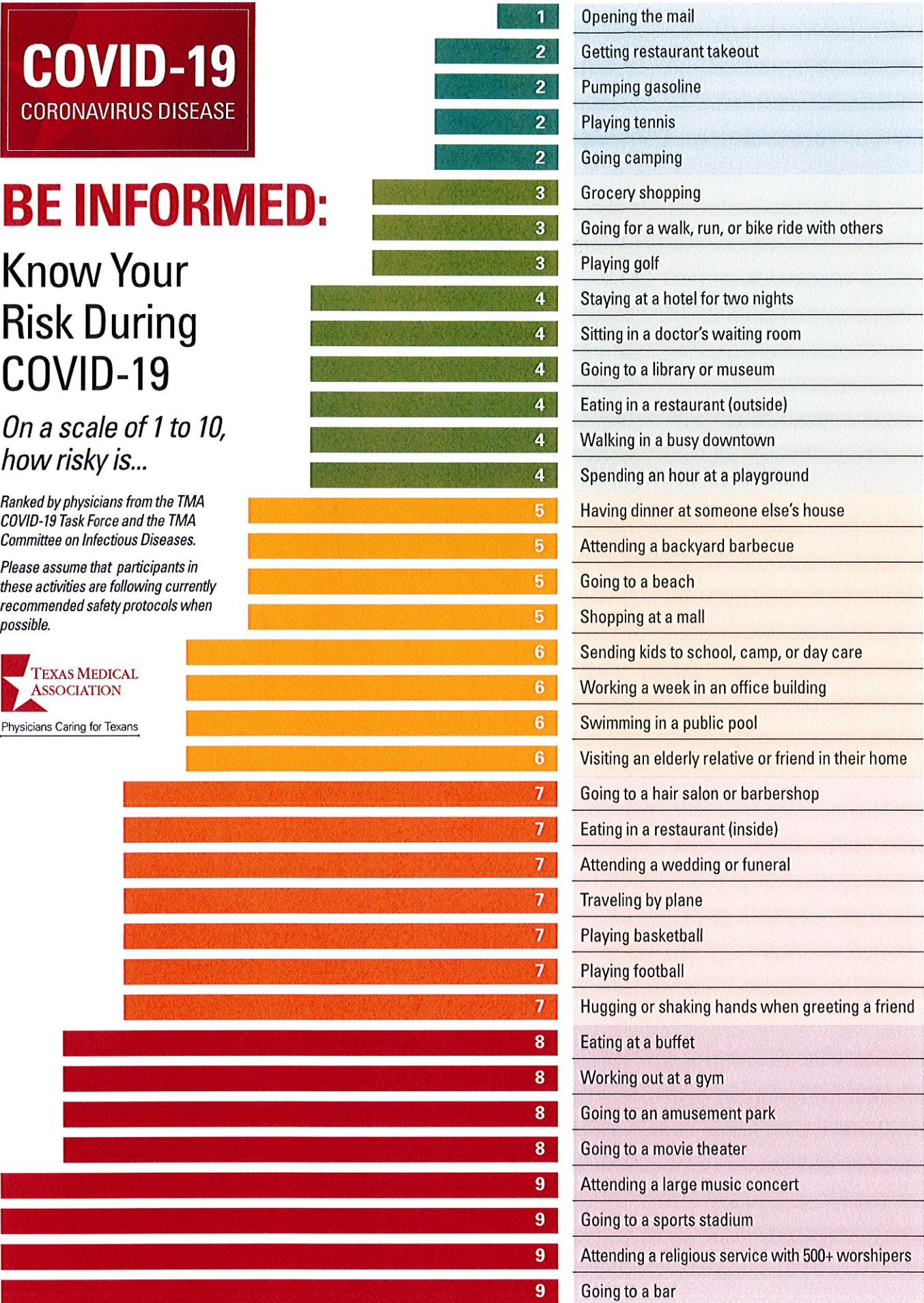
BE INFORMED:

Know Your Risk During COVID-19

On a scale of 1 to 10, how risky is...

Ranked by physicians from the TMA COVID-19 Task Force and the TMA Committee on Infectious Diseases.

Please assume that participants in these activities are following currently recommended safety protocols when possible.



Resident Spotlight – Pat & Wanda Passero

Submitted by Wanda Passero

Wanda was born and raised in Mapleton, Maine and Pat grew up in East Weymouth, Massachusetts. We met in Bar Harbor one summer while I was working at The Mary Jane restaurant. Pat visited for a few days while on a motorcycle trip to Canada. Typical of Pat, he found the afterhours restaurant crew and joined them for socializing. He left Bar Harbor but quickly returned to engage in a one year courtship. We married the next summer. Pat and I spent a few years in Bangor before moving to Mapleton in 1977 and returned to the Bangor area in 1998. We lived in Hermon, Etna and Holden prior to moving into Avalon Village in April 2015. We have one daughter, Katie and a grandson, Alo, who live in Estacada, Oregon along with Alo's dad, Jesse. Some of you may have met them last year when they visited for a week.

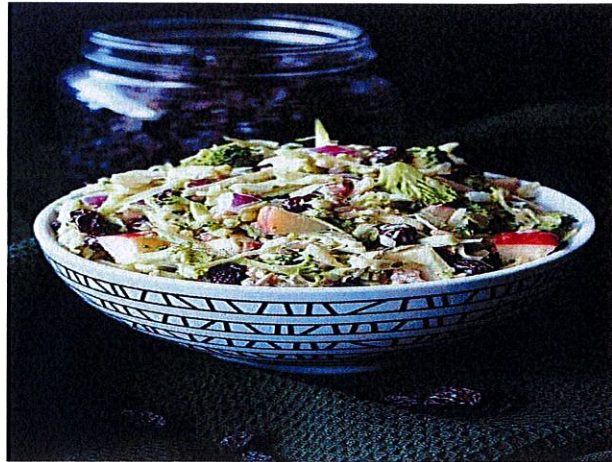
Pat's work career revolved around car sales for years, starting at Genest Ford in Manchester, New Hampshire. When he moved to Maine, he sold Fiats and Hondas for Darlings in Bangor. Pat loves sales, cars and people; thus, he often received awards for his high sales. He received the Honda Leadership Award, and a State high sales award. During the same period, he received the Fiat Master Sales award for the state of Maine. Moving to Aroostook County he began selling Toyotas and Volvos. While at the Toyota/Volvo of Caribou dealership, he met and sold cars to military folks stationed at Loring AFB. When the AFB closed so did the dealership. He then found a dream job with Ma Bell where he worked as a draftsman. Unfortunately, this was just prior to the Bell Company breaking apart and the Presque Isle office closed. The next two years found Pat in and out of hospitals after suffering two heart attacks at age 38. Life changed for him as he had to function at a slower pace. Much to his chagrin we switched roles at this stage of life. Pat soon was providing child care and trying to figure out how to spend his time at home. Brook fishing, fly tying and computers began to fill his time. While recuperating, he found he was quite skilled at wood working and people wanted to buy his products. He started a wood craft business and sold his products at craft fairs and from home for the next 12 years. The rest of his time was spent caring for our cats and an Arabian horse named Solomon. Solomon was ridden and showed by our daughter but he thought he was Pat's best friend, following him around in the pasture. We accompanied Katie to training lessons and lots of horse shows. Once we moved back to Bangor, the craft business ended and Solomon went off to college with Kate. Bass fishing then became Pat's new passion. He learned to bass fish for pleasure, but soon was competing in tournaments. This continued for several years until his health made it too difficult to attend day long events. Now his time is spent on the computer sending jokes and making cards for our good neighbors and friends. Since moving to Avalon, he has found much fun playing pool, bocce and cards.

My career was always involved in some type of social services component. I began working at a school for the death in Vermont before returning to Maine. Then I worked for 25 years in State government in the field of disabilities. Much of my time was spent on the road in my various positions as I drove throughout Aroostook County and back and forth to Bangor and Augusta. Then a promotion meant working in Bangor 4 days a week so I spent many a night at the Comfort Inn. Once staff began looking as familiar as family, we decided to move. That did not mean an end to all road trips, just the end of motel stays. Even in Bangor, I traveled throughout the four county areas and the last 2 years I drove back and forth to Augusta daily. Retirement came in 2002 but I became bored and took a part time job as an Ombudsman, traveling the 4 county areas to investigate complaints in nursing homes and assisted living residences. On the road again, I stayed for about 2 year before applying for a desk job with the City of Bangor. I have been there for the last 15 years as a caseworker in the welfare office. I retired a couple of times but found my way back when the opportunity presented. Last August I tried again but have worked part time this past year due to a staff shortage. I expect retirement will begin again by September (really!!!). I truly love the challenge of a 1000 jig saw puzzle and games on my kindle. Since moving to Avalon, I have found I have some pool skills and enjoy bocce. When not playing, I am happy to be in my kitchen cooking and pulling weeds in my gardens.

We love the socializing and camaraderie of Avalon Village and look forward to seeing you all as soon as Covid 19 allows.

August Recipes

Apple & Broccoli Salad



Ingredients:

For the Salad:

- 4 cups broccoli cut up and shredded (about 2 medium heads)
- 3 apples of your choice, diced right before you add them to the salad, I used Gala
- 1/4 cup onion red, diced
- 1/2 cup raisins
- 1/2 cup sunflower seeds shelled

For the Dressing:

- 1/4 cup apple cider vinegar
- 1/2 cup extra virgin olive oil
- 2 cloves garlic minced
- 1 tablespoon maple syrup you could use up to 2 tablespoons
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Directions:

1. Wash broccoli under running water. Cut the florets from the stalks and set the stalks aside.
2. Cut the florets into very small pieces. See the photo for a visual. Place in a large bowl.
3. Cut the hard outer skin off of the stems to get down to the tender inside. Discard the outer peelings.
4. Cut the tender inside stems into matchsticks. Or if you have a mandolin that would work well too. If your food processor has an attachment that will cut the stems into long strips (not grated) then that would work also. Scissors work too. The idea is to have very small sticks of raw broccoli stems. They will hold their shape.
5. Add to the large bowl along with the florets. Add the apples, red onion, raisins and sunflower seeds.

To make the dressing:

1. In a medium bowl whisk together all of the dressing ingredients.
2. Add the dressing to the salad and toss. Chill until ready to serve.

Strawberry & Rhubarb Pie



Ingredients:

Filling:

- 2 3/4 to 3 cups sliced rhubarb about 1/4-inch thick (about 5-6 medium stalks or 12-16 ounces)
- 2 cups sliced strawberries (about 12 ounces)
- 2/3 cup (5 ounces) granulated sugar
- 3 tablespoons cornstarch

Streusel Topping:

- 1 cup (5 ounces) all-purpose flour
- 1/2 cup (3.75 ounces) brown sugar
- 1/2 cup (4 ounces, 8 tablespoons) cold butter, cut into tablespoon-size pieces

Directions:

In a large bowl, combine the rhubarb, strawberries, sugar and cornstarch. Mix well. The mixture will start to turn thick and syrupy as it is stirred.

Roll out the pie crust and place in a 9-inch pie plate, trimming and fluting the edges.

Pour the strawberry/rhubarb mixture evenly in the crust.

In a small bowl, combine the flour and brown sugar.

Add the butter, and using a pastry cutter or two knives, cut in the butter to the flour/sugar mixture until it has the consistency of coarse crumbs.

Sprinkle the streusel topping evenly over the top of the pie (but not covering the edges of the pie crust).

Place the pie on a rimmed baking sheet (in case any of the filling bubbles out), and bake at 375 degrees for 50-55 minutes, until the streusel is golden and the filling is bubbling and hot. Cover the pie crust edges halfway with foil or a pie crust shield to prevent over-browning, if needed.

Let the pie cool completely before cutting (the filling will thicken as it cools). Serve with a scoop of vanilla ice cream or sweetened, whipped cream, if desired!

NOTES

Baking Temperature: the original recipe baked at 400 degrees F; over the years, I've found I like the result of baking at 375 degrees better so the crust doesn't burn.

Rhubarb: I've made this pie once or twice with frozen rhubarb - it isn't quite the same, but can be used in a pinch (I recommend thawing and draining before using).

3 Best Stretches for Back Health

By Sonja Parker, MSPT, LMT
Designing Fitness Physical Therapy, LLC

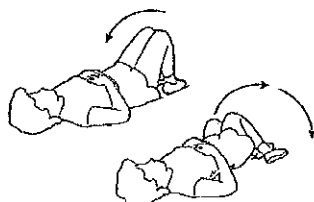
Hi Everyone!

For this month's article, I thought I would pick back up on my "3 Best Stretches" theme and move to a new area of the body. Thinking that a lot of you enjoy gardening, my mind goes immediately to the back! All that bending and reaching down can definitely create some imbalance and soreness there. But whether you are a gardener or not, these exercises are so good for all around back health. So here are the top three exercises that I would recommend to maintain or improve the health of your back. They can all be done before you even get out of bed in the morning!

- 1) Supine Back Stretch #1: Lying on your back, gently pull one knee up to your chest and hug it in to your chest with your hands. Hold this stretch for 30 sec, or 3 deep breaths. Repeat on the other leg. Then repeat the stretch by pulling both legs up to the chest together. Again, hold for 30 seconds, or 3 deep breaths.



- 2) Supine Back Stretch #2: Lying on your back again, bring your legs up so that your knees are bent and your feet are flat on the bed. Slowly let your knees fall down toward one side until you feel a gentle rotational stretch in your back. Hold this stretch for 30 sec, or 3 deep breaths. Then bring your knees back up to the starting position and slowly allow them to fall over to the other side. Hold the stretch on this side in the same manner, breathing and relaxing into the stretch.



- 3) Prone Back Stretch: Roll over onto your stomach. Stay in this position for about a minute. For some individuals, this will be enough of a stretch for your back. If you can tolerate a deeper stretch, prop yourself up on your elbows, and allow the low back to relax down, creating a gentle crescent shape with your spine. Hold this stretch for 30 sec, or 3 deep breaths. Return to lying flat for about 30 sec, and then repeat this stretch.



As with all stretches, these are most effective when done daily. None of them should cause pain or discomfort, just a gentle stretch. If you experience discomfort with one of these, please skip that one and try the others. Spines are very complex, and generally need to be moved in all of these directions to stay healthy. However, if you haven't done movements like this in a long time, your back will require some easing into them! Be gentle and patient with these and over time, your back will thank you!!

Enjoy these summer days....and stay safe!

Be strong, stay active, LIVE life!

Yours in good health,
Sonja Parker, MSPT, LMT
Phone: (207) 249-9410
Email: sonja@designingfitness.com
www.designingfitness.com

While this article is intended to provide a brief overview, it is not intended as a substitute for medical consultation. Please consult your doctor or physical therapist for more information.