



## A Note From Beth Frost, Cooperative Director

Dear Avalon Residents,

To continue to ensure the health and well-being of our Manor House residents, the **Manor House will remain closed** to all except the residents and staff who live and work there through the month of **July**.

The activities for July will remain with Chair Yoga, Tai Chi will resume starting in July, and we will begin an outside Meditation class as well.

**Chair Yoga** classes with Julie Milan will remain on **Tuesdays at 10:00 a.m.**

**Tai Chi** classes with Andy will be on **Tuesdays at 11:15 a.m.** beginning on **July 7<sup>th</sup>**.

**Meditation** will be every **Thursday at 11:00 a.m.** beginning **July 9<sup>th</sup>**.

All classes will depend on weather and participation. These classes will continue to take place **OUTSIDE**, behind the Manor House in the back yard. For those who wish to attend **you will have to walk around the Manor instead of coming inside.**

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

## Coming Soon-Horse Shoe Pit!

We will have a horse shoe pit for all to enjoy at your leisure!! It will be located near the Bocce game area.

Thank you to **Pat Passero** for his donation, VERY much appreciated!

I am once again happy to report that to our knowledge, there have been **no cases of the Corona virus with any Avalon residents.**

## 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.**
- ❖ If anyone is 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 have **questions or concerns** please contact the office and we will do our very best to assist you.
- ❖ **Pump station reminder**, for those who have care givers if you could please pass this information along. It is **critical** that people do not put the following items through the system.
  - ❖ Surgical Supplies
  - ❖ Women's Feminine Hygiene Products
    - ❖ Depends or Like Items
    - ❖ Wipes of Any Kind

## **A Message From Andy Stewart**

As the reality of Covid-19 settles in on all of us it's important to examine methods for maintaining and enjoying our physical and mental health. Avalon Village has always supported physical and social activities and I'm sure that many of us miss the annual Pancake Breakfast that greets the warmer season and highlights the contributions of Julie Milan, our yoga instructor, and Sonja Parker, who writes a monthly article highlighting exercise available to us to address the issues that we confront as we age.

### **Yoga**

**Julie Milan** continues to offer an outdoor **yoga** class with appropriate social distancing, and if you participate, please take a moment to thank her for her longstanding commitment to Avalon Village. If you don't participate, consider giving it a try – Julie will certainly welcome any newcomers. Julie originally came to Avalon through a referral from Bill and Lil Mahan, the owners of 103 Heather Way and she has been one of our best assets. If you haven't taken a class with Julie, give it a try – you'll almost certainly enjoy it.

### **Physical Therapy**

Many of you know **Sonja Parker** who writes a monthly article for the Gazette. Sonja is a **licensed physical therapist** as well as a **licensed massage therapist** and she has helped many Avalon Village residents through her physical therapy practice. I recently had the good fortune of having her treat a knee that has been operated on twice following an injury thirty-four years ago. I had persistent and chronic pain that was affecting my walking. I have been through several other physical therapists as well as orthopedic doctors. Today, thanks to Sonja, I am pain free. She is a healer in the true sense of the word. She listens closely, cares deeply and has the knowledge to apply a wide array of solutions to physical issues. For me, once she isolated the precise movements that triggered my pain, she prescribed some exercises that I had not encountered before but which, with diligence, solved my problem.

Both Julie and Sonja have occupations that are, no doubt, adversely affected by the Covid-19 virus. In light of their continued support for Avalon Village we hope that our community will support them when we can and include them in our future planning activities.

### **Tia Chi**

**Tai Chi** has been on hold due to the dampening effect of Covid-19. We will restart Tai Chi beginning in July. My prior e-mail created some confusion by implying that the class was exclusively for beginners. When we restart in July, the class will be open for newcomers and experienced participants and we will discuss how we proceed in order to meet the needs of both groups. For those of you who have participated in the program, please consider returning – I can promise you all some new challenges! For those who haven't ever tried Tai Chi, read on! We practice Sun Style Tai Chi as promoted by Dr. Paul Lam who has an extensive series of videos and you tube episodes available. Anybody can do Tai Chi. It is a gentle form of exercise that never leaves its practitioners breathless and which uses many muscles that often don't get used. Tai Chi has been practiced for centuries in eastern countries. Covid-19 offers us the opportunity to practice as millions do in China – outside in nature. Because the practice involves movement, we may use the Manor House parking lot in order to ensure that we have level ground. We will also, of course, maintain appropriate social distance.

### **Meditation**

**Meditation**, during these stressful times can be a most welcome practice. Although it seems incredibly easy it is, in fact, one of the most challenging practices to maintain. It is in fact very simple. This doesn't make it easy! We will restart meditation outdoors. There is no mediation "expert" on staff, so we follow the taped sessions of Jon Kabat-Zinn who was instrumental in bringing mindfulness to the west. In addition, we will use some sessions from the "Headspace" app. Sessions will be held outdoors, with appropriate social distancing. Come and try a session – the benefits of a regular practice are profound.

## **Resident Spotlight – Rolfe & Susan Gerhardt**

**Submitted by Rolf & Susan Gerhardt**

We've lived at Avalon Village for four years now, and so many of you know us already. Rolfe moved around a lot as a child as his father was in the military, but after his father's retirement, his family moved to New York where Rolfe graduated from Mamaroneck High School and went on to Clarkson College to study engineering. While at Clarkson, he became intrigued with religion and went to St. Lawrence Theological School to become a Unitarian Universalist minister. Rolfe had a 39-year career as a minister which coincidentally started in Pittsfield, then in Bangor and ended in Rockland with intervening churches in San Antonio, Atlanta and Richmond, VA. During his ministry, he became interested in stringed instrument construction and repair as a hobby. After retiring from ministry in 2004, Rolfe became a full-time mandolin builder and had a successful business as Phoenix Mandolins. Susan has shared the last forty years of his life including his eightieth birthday in Bermuda where he swam with the dolphins.

Susan grew up in southern California and attended Occidental College but did not complete her degree at that time. After having three children and moving many times for her first husband's job, she finished her BA in New York and went on to get an MBA at the University of Texas. Her career was spent in the commercial industry. While working at a very demanding job, she realized she needed a hobby that was totally unrelated to what she did for a living. Her eye was caught by a quilting workshop and she hasn't stopped since; first learning traditional quilting and then moving into art quilts which are quilts for the wall and not the bed. She continues that passion today and loves having the space in the cottage upstairs to pursue her art. *Note: the wonderful space upstairs meant she did not have to downsize her fabric collection which is extensive.* Her work has appeared in five quilt books.

Rolfe's hobbies now are fly fishing and fly tying. Currently he's working toward the gold level aware in fly tying which involves some very intricate and precise work that is judged with a magnifying glass. He also has an extensive collection of materials. He has been assisting in teaching fly casting and tying as a member of the Penobscot Fly Fishers.

We have four grown children from prior marriages, three of whom live in Texas and one is a long way off in Australia, plus six grandchildren.

We are both very active at Avalon. Rolfe is the chair of the welcoming committee, and active in playing pool and bocce. Rolfe monitors Avalon's wildlife with a game camera and emails the pictures by request. Susan serves on the finance committee and enjoys the Busy Hands group. We look forward to the resumption of our social activities. We've found the wonderful Avalon Community to be a perfect place for retirement living.

# July Recipes

## Grilled Chicken with Herbs and Lemon



### Ingredients:

4 boneless skinless chicken breasts, pounded to less than 1-inch thickness  
salt and pepper to taste  
2 tablespoons olive oil  
1 teaspoon garlic powder  
1 teaspoon Italian seasoning (OR 1/2 teaspoon dried oregano + 1/4 teaspoon dried basil + 1/4 teaspoon dried thyme)  
4 slices mozzarella cheese  
1/2 cup basil pesto (try my Easy 5 Minute Pesto Recipe - it's the best!!)  
1/2 cup cherry tomatoes, halved  
1 tablespoon fresh lemon juice  
1/2 cup packed basil leaves, very thinly sliced  
cracked black pepper

### Directions:

Place chicken breasts in-between 2 sheets of plastic wrap and, using a meat mallet, pound out to an even 1/2 inch thickness.  
Place chicken in a large resealable Ziploc bag. Add all the other ingredients and massage to evenly coat. Seal bag and marinate in the refrigerator for at least an hour, but ideally four.  
Preheat an outdoor grill to medium-high. Clean and oil the hot grill grates. Place chicken directly on grill and cook for 5 minutes; flip and cook for another 5 minutes or until a thermometer registers 160°F  
Transfer to a plate and let rest for a few minutes. Slice and serve!

### Notes

A mixture of 2 1/2 teaspoons (total) dried Italian herbs can be substituted for the fresh. To give it some kick, you could add crushed red pepper flakes. And to add some tang, whisk in a few teaspoons of mustard!

# Strawberry & Blueberry 4<sup>th</sup> of July Trifle



## **Ingredients:**

17 oz angel food cake cut into 1" cubes (I used 1 1/2 blocks)  
1 lb. fresh strawberries hulled and sliced  
1 lb. fresh blueberries

### **Lemon Syrup Ingredients:**

1/4 cup water  
2 Tbsp sugar  
2 Tbsp lemon juice from 1/2 medium lemon

### **Frosting Ingredients:**

2 packages 8 oz each cream cheese, softened at room temp  
3/4 cup granulated sugar  
2 cups heavy whipping cream  
1/2 tsp vanilla extract

### **What you will need:**

4 or 5 qt trifle dish I found mine at TJ max, or make it in a 9x13 casserole dish.

## **Directions:**

### **How to Make Lemon Syrup:**

In a measuring cup, combine 1/4 cup water, 2 Tbsp sugar and 2 Tbsp lemon juice and stir until sugar is dissolved. Set aside until needed.

### **How to Make the Trifle Cream:**

Beat together 1 lb. cream cheese and 3/4 cup sugar (with the whisk attachment) on medium speed until creamy and smooth, scraping the bowl a couple times. With mixer on, pour in 2 cups heavy cream then turn mixer to medium/high and continue beating until whipped and fluffy. Add 1/2 tsp vanilla and beat until incorporated.

### **Assembling the Berry Trifle:**

Place 1/3 of your sliced angel food cake into the bottom of your trifle dish and brush with 1/3 of your syrup. Add 1/3 of your cream and loosely spread it over cake pieces. Add 1/2 of the sliced strawberries. Repeat with remaining ingredients (adding 1/2 of the blueberries for the second fruit layer). Frost the top with last 1/3 of cream and decorate with remaining fruit. (Visit my blog for a closer look at the order of the cake layers).

### **Recipe Notes**

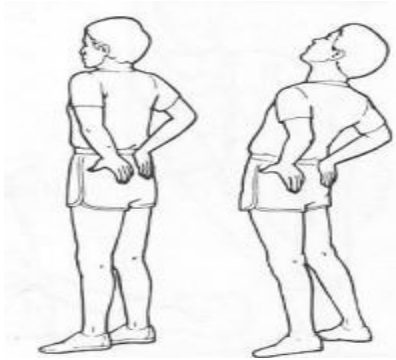
Important: This cake is best served the same day it's made. Refrigerate until ready to eat.

## Exercise of the Month: Back Extension

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

Hello and Happy Summer! The exercise for this month is specifically geared toward all you gardeners out there, but truly, it is good for everyone who happens to sit too long or bend over too much (uhm I think that includes just about all of us, right?). It is simple to do, and it would be optimal to scatter a few of these movements throughout your day - but especially after spending time sitting or working in your garden. The back extension exercise helps to balance-out your spine, counteracting the forces of gravity and our culture of sitting more than we should.

**How to do the back extension exercise while standing up:** Simply begin by standing with good posture, as straight and tall as you can. Place your hands on your low back/top of buttocks or hips, then lift your chest up as you arch back - as if performing a backward swan dive. Return to your "best-posture" starting position. Repeat 12 times slowly. If you are unsure of your balance, do this while standing in front of your bed or recliner.



**How to do the back extension exercise while lying down (more difficult for most people):** Begin by lying on your stomach on a firm surface or bed. Sometimes this is challenging enough! If so, just remain lying flat on your stomach for 1-2 minutes. If this is easy, try propping yourself up on your elbows, which will create a nice arch in your back. Hold this position for up to 20 sec, then return to your starting position. Repeat 3 times.



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**Benefits:** This exercise does a super job of moving your spine through its extended range of motion. Too often, our spines get stuck in a flexed position, and we tend to lose this extension range of motion over time. When our spines do not fully extend, the discs (which act as cushions) between our vertebrae get stiff and distorted (think of a well-used couch cushion that never gets flipped or fluffed!). These exercises are too important, and too easy to do, not to do them every day. Try doing a few right now - your spine will thank you!

\*If you have spinal stenosis, this exercise should be done only a few repetitions at a time. If your symptoms become worse, this exercise may not be appropriate for you.

As always, please don't hesitate to reach out with any questions or comments - I would love to hear from you! I can be reached by email at [sonja@designingfitness.com](mailto:sonja@designingfitness.com), or by phone, at 249-9410.

***Be Strong, Stay Active, LIVE life!***

*Please remember, before beginning this or any other exercise program, it is always a good idea to check in with your doctor. By performing any fitness exercises, you are performing them at your own risk. The exercise instruction and advice presented are in no way intended as a substitute for medical consultation. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.*

# [A Note from the Town of Hampden Recreation Department](#)

## [2020 Recreation Plan Update-Survey Responses Requested](#)

Time Flies...but your thoughts and opinions stay with us!

The Town of Hampden Recreation Department, and Hampden Recreation Advisory Committee are working to update the 2015 Recreation Plan this summer.

As a valued member of the community we serve, we'd like to invite you to participate in this survey regarding Recreation Facilities and Services for the Town of Hampden.

Your anonymous responses (unless you choose to identify yourself for possible future contact) will help evaluate department operations and provide feedback for consideration regarding the future of Recreation in the Town of Hampden.

This survey is being offered online via Survey Monkey. **The 17 question survey will be live July 1-July 31, 2020.** Please consider taking about 10 minutes to answer the [survey online Now!](#)

The Recreation Department and Recreation Advisory Committee will be reviewing the survey results in the late summer and will be considering the public feedback as goals and objectives and an action program is formed for the 2020-2025 period. Survey results will be available with the complete 2020 Recreation Plan update anticipated to be available in the late fall of 2020.

**Please visit this link to participate [before July 31st!](#)**

**<https://www.surveymonkey.com/r/59LD98K>**

Thank you for your time and commitment to supporting the Hampden Recreation Department in its planning for the future!