

The Avalon Gazette – September 2020



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 September.

The activities for September will remain with Chair Yoga, Tai Chi & Bocce.

Chair Yoga classes with **Julie Milan (10:00 a.m.)** and **Tai Chi** classes with **Andy (11:15 a.m.)** will remain same schedule on **Tuesdays OUTSIDE**, behind the Manor House. Classes will remain **6 feet apart** with disinfectant wipes and hand sanitizer for all available.

Bocce!

Bocce will take place on **Friday's** at **3:00pm.**

We kindly require that anyone who wishes to participate to **please wear a mask and practice social distancing.**

We will have hand sanitizer and wipes available at the field for use.

Once again, we are very happy to report, to our knowledge, there have been **no cases of the Corona virus with any Avalon residents.**

Stay Healthy!!

Reminders

- ❖ The office will be **closed** in observation of **Labor Day** on Monday, **September 7, 2020**.
- ❖ The Annual Meeting will take place on **Monday, September 14th** beginning at **6:00p.m.**, at the Manor House in the upper living room.
- ❖ 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.

Resident Spotlight – Roger & Nadine Morse

Meet Your Neighbors . . . Roger and Nadine Morse

They say that adapting your skills and accepting new challenges creates an interesting life. For Roger and Nadine Morse, that has certainly been true.

Roger, who originally hails from Oklahoma, began his career as a helicopter pilot during the Viet Nam War. Upon returning to the states, he earned a business degree and ventured into the news business. For the next 33 years, he worked in the television industry as a videographer, editor, tv engineer/satellite truck operator, and computer systems administrator. His career took him to China with Columbus Zoo Director Jack Hanna to obtain pandas for the zoo; to Amsterdam with former astronaut and then Senator John Glenn as part of a group planning the international horticultural exhibit, AmeriFlora '92; to his home state covering the Oklahoma City Bombing; to numerous Ohio State Buckeyes' tournament games; and in 2001 he took the satellite truck to New York City for three weeks to cover the 9/11 attacks for The Today Show. He has covered east coast hurricanes, has been honored to shoot live coverage of six presidents during their visits to Ohio, and was greatly moved when up linking the memorial service for John Kennedy, Jr. in New York City.

The last five years of his career were spent as a systems administrator in the computer department for the City of Reynoldsburg working with all city departments, primarily the police department. In his downtime while living in Ohio, Roger enjoyed photography and riding his bicycle with friends—riding from 30-40 miles a Saturday to 205 miles in the Tour of the Scioto Valley (TOSRV). He's now concentrating on developing his guitar skills, something he's always had a strong interest in doing.

Nadine, an Ohio native, left college early to marry and start a family, but always maintained her love of dancing by teaching, choreographing, participating in community theater, and even won a trip to New York City in an Ohio Theater talent competition. She met Roger when she was managing a retail store and went on to work for a management consulting company and, soon after, became assistant director for the Worthington Arts Council.

They presented numerous visual and performing artists, including vocalist Judy Collins, The Kingston Trio, various Broadway shows, and artist Han Xin.

She then had the opportunity to do freelance writing for local papers, with her major client being Riverside Methodist Hospitals. Transitioning to a government position, she worked for the City of Reynoldsburg as a clerk in the police department, and was then appointed as administrative assistant to the Development Department, working with various government officials and coordinating several boards. Nadine also was tapped to create the city's farmers market which she coordinated for several years.

Over the years, Nadine has taken several computer graphics courses at Columbus State Community College which helped her determine that she wanted a more hands-on approach. She is now learning the art of stained glass—something that has always intrigued her.

Roger and Nadine have four children between them—Roger with two girls and Nadine with two boys—and one adult granddaughter. There's not much of an opportunity to see them since they live in Ohio, Texas and California, but that doesn't change how proud Roger and Nadine are of their successful careers and their own loving families.

The Morse's moved to Maine after thoroughly investigating their retirement options in other states. They had looked at Washington, North Carolina, Arizona, California and Michigan. After three visits to Maine, they knew that's where their hearts were. And after hours of analysis, they determined that Avalon Village gave them the environment they we're looking for and the easy access to all their needs. The fact that they thoroughly enjoy their neighbors is an added bonus!

September Recipes

Bacon & Bean Soup



Ingredients:

- 10 to 12 strips bacon diced
- 1/2 yellow onion diced
- 1 celery stalk diced
- 1 carrot peeled & diced
- 2 garlic cloves
- Two 15 ounce cans Great Northern beans drained
- 2 to 3 cups chicken broth
- 1 bay leaf
- 4 ounces tomato sauce
- Salt & pepper to taste

Directions:

Heat a large pot over medium-high heat. Add bacon and cook until crispy, about 5 to 8 minutes. Remove to a paper towel lined plate.

Discard all but 2 tablespoons of the bacon fat. Add the onion, celery, carrots, and garlic to the bacon grease. Cook for 5 minutes until soft.

Add the beans and chicken broth. Stir to combine. Add the bay leaf.

Increase heat to high and bring the soup to a boil. Reduce heat to medium and simmer for 1 hour, stirring occasionally.

Remove the bay leaf from the soup, Transfer the soup to a blender, food processor, or grab your immersion blender. Carefully pulse the soup until your desired consistency is reached. (I like the beans broken down, but not completely smooth.)

Return the soup to the pot (unless you used your immersion blender) and add the tomato sauce. Stir to combine. Add 1/2 of the bacon back into the soup, and season with salt and pepper to taste.

Portion soup into serving bowls and garnish with remaining bacon. Serve immediately.

Apple Spice Cake with Cream Cheese Frosting



Ingredients:

For the Apple Spice Cake

- 2 1/4 cup all-purpose flour
- 2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 2 teaspoon cinnamon
- 1/2 teaspoon ginger
- 1/4 teaspoon nutmeg
- 1 1/2 cups grated apple
- 1/3 cup sour cream
- 2/3 cup vegetable oil
- 3/4 cup white sugar
- 3/4 cup packed brown sugar
- 3 large eggs room temperature
- 2 teaspoon vanilla extract
- 1 cup apple sauce

For the Cream Cheese Frosting

- 1/3 cup unsalted butter softened to room temperature
- 8 oz cream cheese brick style, full-fat
- 3 cup powdered sugar
- 1-2 tablespoons heavy cream as needed
- chopped walnuts optional

Directions:

For the Apple Spice Cake

1. Preheat the oven to 350F degrees.
2. Grease and flour a 9x13 inch cake pan.
3. In a large bowl whisk together the flour, baking soda, baking powder, salt, cinnamon, ginger & nutmeg.
4. In a large bowl using an electric mixer beat together the oil, sugars, eggs and vanilla. Then stir in the apple sauce, grated apple and sour cream.
5. Slowly beat in the flour mixture, turning off the mixer and scraping down the sides of the bowl as necessary.
6. Pour into the prepared pan and bake for 40-45 minutes or until an inserted toothpick comes out clean.

For the Cream Cheese Frosting

1. In a large bowl beat together the butter until soft. Then beat in the cream cheese until no lumps remain.
2. Slowly beat in the powdered sugar about 1 cup at a time. Beat in 1-2 tablespoons cream as needed until the desired sweetness is reached.
3. Frost the cooled cake, then top with chopped walnuts.

Exercise of the Month:

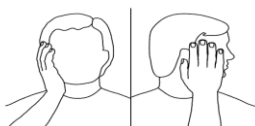
By Sonja Parker, MSPT, LMT Designing Fitness Physical Therapy, LLC

3 Best Stretches for Neck Health

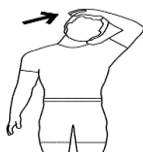
Hi Everyone!

I hope that this finds you well, staying safe and staying active in this beautiful weather. It is always so much fun for me to see all the people out walking when I am in the Avalon neighborhood! In previous articles we have touched on stretches for several different areas of the body, including the back, hips, knees, and shoulders. So, I thought I would focus this article on the three stretches I most often recommend for the neck.

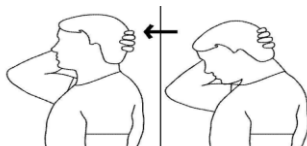
- 1) Neck Rotation Stretch: Start by sitting or standing up tall with your best posture. Then turn your head as far as you can in one direction, as if looking over your shoulder. You may increase this stretch by placing your hand on the side of your head in front of your ear, and gently pulling further in this direction, as pictured. Hold for 30 seconds, or 3 deep breaths. Repeat on the other side.



- 2) Side Neck Stretch: Sitting or standing up straight with your best posture, tilt your head directly to the side, as if moving your ear down toward your shoulder. Be sure not to “hunch” your shoulders up toward your ears - keep both of your shoulders anchored down so that you get the most benefit from this stretch. You may want to apply a little bit of extra stretch by pulling gently with your opposite hand on your head, as pictured. Hold for 30 seconds, or 3 deep breaths. Repeat on the other side.



- 3) Back of Neck Stretch: Start again by sitting up as tall and straight as you can. Gently tuck your chin in (as if making a double-chin), and then tilt your head straight down, as if looking at your navel. You can increase this stretch by placing both hands behind your head, interlocking your fingers, and gently pulling your head down farther. You should feel this high up on the back of your neck. Hold for 30 seconds, or 3 deep breaths.



As with all stretches, these neck stretches are most effective when done daily. Feel free to do 1-3 repetitions of each stretch, and try sprinkling them throughout your day to keep your neck healthy and functional. If any of these exercises cause pain, let off any over-pressure you may be applying with your hands and try them without using your hands for a gentler stretch. Then, the next time you are out walking, use your neck range-of-motion to look all around and enjoy the wonderful summer scenes you come across.

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

Yours in good health,
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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.

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, or by phone, at 249-9410. **Be Strong, Stay Active, LIVE life!**