



The Manor House will remain closed to all except the residents and staff

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 will remain on Friday's at 1:30 p.m. Classes will continue until weather is too cold. An announcement will be sent out once that has been determined.

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!!

Resident Spotlight

We were unable to get a Resident Spotlight for this month, we encourage anyone who wishes to be in an upcoming Gazette to submit a resident spotlight about yourself. Please email this to Sherry at sherry@avalonvillage.com

Reminders

- ❖ The office will be **closed** in observation of **Columbus Day** on Monday, **October 12, 2020**.
- ❖ The Resident Zoom Meeting will take place on **Friday, October 2nd** beginning at **2:00p.m.**
 - ❖ 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.

Flu Season

It is that time of the year again, **Flu Season!**

Just a reminder that we are **unable to hold our annual flu vaccine** clinic due to the **COVID-19**

The best way to protect against the flu and its potentially serious complications is with a flu vaccine. The CDC recommends that almost everyone 6 months of age and older get a seasonal flu vaccine each year by the end of October

The **Walgreens in Hampden** can be reached by calling **862-4900**. They recommend calling ahead to ensure they have correct vaccine on hand before going into the store

The **Hannaford in Hampden** is currently out of the flu vaccine but are in hopes of getting some within the next 1 to 2 weeks. You can call them directly to check the status by calling **862-5280**

The **EMMC Family Med Center** in Hampden currently has no vaccine and they are unsure of when they will get it

The **SJH Family Med Center** in Hampden does have the vaccine but are currently only giving them to established patients during a regular appointment time. They will be holding flu clinics on Saturdays for established patients only. One Saturday clinic has been scheduled for this Saturday, October 3rd but is currently full. **They will be scheduling another for a Saturday in the future but that date has not yet been determined**

October Recipes

Pumpkin Ravioli



Ingredients:

- 18 ounces pumpkin ravioli
- 1/4 cup chopped walnuts
- 6 tablespoons unsalted butter
- 2 tablespoons olive oil
- 10-12 fresh sage leaves
- salt and black pepper *to taste*
- 1 lemon

Directions:

1. Boil a large pot of water. When boiling rapidly, add a large pinch of salt and the ravioli. Cook just to al dente, according to package directions, then drain and set aside.
2. Meanwhile, warm a large skillet over medium heat. Add walnuts to the dry skillet and toast for 2-3 minutes, just until fragrant and lightly browned. Stir them frequently and keep a close eye to ensure they don't blacken and burn. Remove walnuts to a plate, set aside, and lightly wipe out the skillet with a paper towel or clean dishcloth.
3. Return skillet to medium heat and add the butter. Let it melt, then bubble, then begin to turn brown, swirling the pan occasionally. When the butter is medium brown with darker flecks speckled throughout, and has a nutty aroma, swirl in the olive oil. Add sage leaves, and let them sizzle in the skillet for 2-3 minutes, just until they crisp and turn dark green. With a slotted spoon or tongs, remove the crisped sage to a cutting board, and lightly chop the leaves into smaller pieces.
4. Add cooked ravioli to the skillet, and toss to coat with the brown butter sauce. Season with salt and pepper to taste, and sprinkle the walnuts and chopped sage leaves on top. Serve immediately with a squeeze of lemon juice, and/or a small lemon wedge on each plate. Enjoy!

Pumpkin Pie Twist



Ingredients:

- refrigerated crescent roll dough 1 tube
- 1/2 cup pumpkin puree
- 1/4 cup brown sugar
- 1 Tablespoon maple syrup
- 1 teaspoon pumpkin spice
- 2 Tablespoons melted butter
- 1 Tablespoon sugar
- 1/2 teaspoon cinnamon
- whipped cream for dipping optional

Directions:

1. Preheat the oven to 375F. Line a baking sheet with parchment paper.
2. In a small bowl, mix together the pumpkin puree, brown sugar, maple syrup and pumpkin spice.
3. Unroll crescent dough on a cutting board. Cut the dough in half so you have two identical rectangles and lay them beside each other.
4. Evenly spread the pumpkin mixture over one of the rectangles of dough.
5. Place the second rectangle of dough on top of the first rectangle of dough (so the pumpkin mixture is sandwiched between them). Make sure you line up all the edges.
6. Use a pizza cutter to cut the dough into strips approximately 3/4 inch wide.
7. Transfer the strips to the parchment lined baking sheet.
8. Twist each strip by picking up one end and twisting it twice, then picking up the other end and twisting it another 2 or 3 times.
9. Brush melted butter generously over each twist.
10. Mix together the sugar and cinnamon then sprinkle evenly over each twist.
11. Bake at 375F for 8-11 minutes until golden brown.

Exercise of the Month:

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

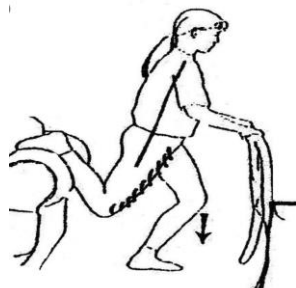
3 Best Stretches After Walking

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

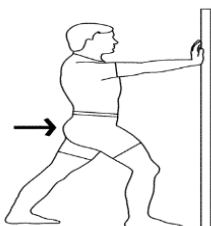
Hi Everyone!

It is always so much fun for me to see people out walking when I am in Avalon Village! And what better time of the year to get out for some fresh air, and to take in the stunning fall beauty all around us. So, I thought now might be a good time to dedicate an article to the top three stretches I would recommend after you have gone for a walk. Try doing this right after your walk, and perhaps before you go back inside...I know I am always looking for a reason to stay out *just a little bit longer* on these days that are getting shorter and shorter.

- 1) Quadricep Stretch: Standing and holding on to a railing (I'm thinking of your front porches here), place your foot behind you up on a chair or bench, as pictured. You may already feel a stretch here down the front of your thigh. If this feels too easy and you do not feel a stretch, simply bend your front knee (the leg you are standing on) until you feel a gentle stretch down the front of your back thigh. Hold for 30 seconds, or 3 deep breaths. Repeat on the other side.



- 2) Calf Stretch: Standing with your hands on a wall, chair, or railing in front of you, take a large step back with one foot. Press your heel down on the floor with your toes pointing forward and your back knee straight. Allow your front knee to bend with your weight shifting forward, all while keeping your back heel down. You should feel a gentle stretch in the calf of your back leg. Hold for 30 seconds, or 3 deep breaths. Repeat on the other side.



- 3) Hamstring Stretch: Start by sitting on a chair or bench, and sliding out so that you are sitting on the front edge of your seat. Sit up as tall and straight as you can. Place one leg out in front of you with the heel on the floor. Keeping that knee straight, hinge forward at your hips until you feel a gentle stretch on the back of your front leg. Hold for 30 seconds, or 3 deep breaths. Repeat on the other side.



These three exercises stretch the major muscle groups in your legs that are working as you walk. By stretching them after you finish walking, you are lengthening them back out after they have been contracting and shortening from the work of powering your walk. And by doing these while your muscles are still warm from the exercise of walking, you will be optimizing the beneficial stretch. Everything stretches better when warm!

Please be sure to reach out if you have any questions or problems with any of these exercises.

Enjoy these crisp fall days....and stay safe!

Be strong, stay active, LIVE life!

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.