

# The Avalon Gazette – November 2020



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

Avalon Management is once again happy to report, to our knowledge, there have been **NO cases of the Corona virus with any of our Avalon residents**

**This is truly something to be thankful for!**

## Office Closed Reminders

- ❖ The office will be **closed** in observation of **Veteran's Day** on Monday, **November 9, 2020**.
- ❖ The office will be **closed** in observation of **Thanksgiving** on Thursday and Friday, **November 26th and 27th**.

## The following reminders will continue to remain in place

- ❖ 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.

**As we are unable to hold**  
**“Gather and Be Thankful Together”**

due to Covid-19, we are working on something we hope you will all enjoy that will be delivered to each cottage around  
**Thanksgiving** time!

We will also be giving away **3 baskets** filled with prizes as we did the last 2 years at this event!

**All** resident names will be placed in a basket, 3 names will be drawn and winners will be announced via email and the baskets will be delivered to their cottages.

**Update on Avalon Staffing**  
**Avalon Office**

As many of you have already heard **Sherry Molcan** will be leaving her position at Avalon effective Friday, November 6th to pursue an online business of her own. Sherry has been a valued employee and we will miss her greatly but wish her all the best in her future endeavors!

Her replacement is **Ariel Bonin** who is a native to Hampden. Ariel has worked at the Edythe Dyer Library since 2005; many of you may already be acquainted with Ariel through the Library. I am confident that Ariel will make a wonderful addition to our staff and I hope you will all welcome her. Her first day is November 2<sup>nd</sup>.

**Maintenance Staff**

Ben Dow will begin working part time starting the week of November 9<sup>th</sup>. He will be working 3 days a week and we will be looking for a part time person only. Adam will remain working full time in his position.

# PUMPKIN CARVING/DECORATING CONTEST

1<sup>st</sup> Place Winners  
**Ted & Anna Kessler!**



2<sup>nd</sup> Place Winner  
**Pat Bean!**



**Thank you to everyone who participated!**

# November Recipes

## Turkey & Wild Rice Casserole



### Ingredients:

- 6 ounces (or 3/4-cup) **long grain and wild rice blend**, cooked according to package directions
- 2 tablespoons butter
- 1 small yellow onion, diced
- 2 celery stalks, thinly sliced
- 8 ounces canned mushroom slices, drained
- 3 cloves garlic, minced
- 2 to 3 cups cooked turkey, cubed
- 1 cup shredded Swiss cheese, divided (you can also use mozzarella or whatever shredded cheese you have on hand)
- 1/2 cup 2% milk
- 1/4 cup heavy cream
- 1/4 cup low sodium chicken broth
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon salt
- 1/4 teaspoon fresh ground pepper
- sweet or smoked paprika, to taste
- 1/8 teaspoon ground nutmeg
- 1/4 cup shredded parmesan cheese for topping, optional

### Directions:

1. Preheat oven to 350°F degrees.
2. Prepare rice according to package directions.
3. In the meantime, melt butter in a large skillet over medium-high heat.
4. Add diced onions and celery to the skillet and cook for 3 minutes, or until softened, stirring frequently.
5. Stir in mushroom slices and garlic; cook for 2 minutes.
6. Add cubed turkey and mix; remove from heat.
7. Transfer mushroom mixture, prepared rice, and 1/2 cup shredded cheese to a 2-quart baking dish; stir and set aside.
8. In a mixing bowl whisk together milk, heavy cream, chicken broth, garlic powder, onion powder, salt, pepper, paprika, and nutmeg; whisk until thoroughly incorporated.
9. Add milk mixture to the baking dish and mix until everything is completely combined.
10. Add remaining cheese on top.
11. Bake for 30 to 35 minutes, or until hot and bubbly.
12. Remove from oven and let stand 5 minutes.

# Pecan Pie Thumbprint Cookies



## Ingredients:

- 2/3 cup butter
- 1-1/2 cups flour
- 1/2 cup sugar
- 2 egg yolks
- 1 teaspoon vanilla
- 2 egg whites, beaten

## **Filling:**

- 1/4 cup powdered sugar
- 2 Tablespoons corn syrup (light or dark)
- 3 Tablespoons butter
- 1/2 cup finely chopped pecan

## Directions:

1. Beat butter until creamy. Add half of the flour with sugar, egg yolks, and vanilla. Beat until thoroughly combined. Beat in remaining flour. Cover and chill for 1 hour or until easy to handle.
2. While your dough chills make your filling. In a small saucepan, combine powdered sugar, butter and corn syrup. Stir until melted and just boils on the edge. Remove from heat and stir in pecans. Set in fridge on a hot pad, cooling for at least 30 minutes.
3. Roll in egg whites or you could brush it on.
4. Press center down with your thumb.
5. Bake at 375 degrees for 5 minutes. Remove from oven so you can fill centers.
6. Add a heaping 1/4 teaspoon of your pecan pie filling. Don't add too much or it will bubble over your cookie.
7. Bake for 5-7 more minutes or until golden brown. Cool on sheet for 2 minutes. Remove to rack to cool.

## Exercise of the Month:

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

### 3 Best Stretches After Walking

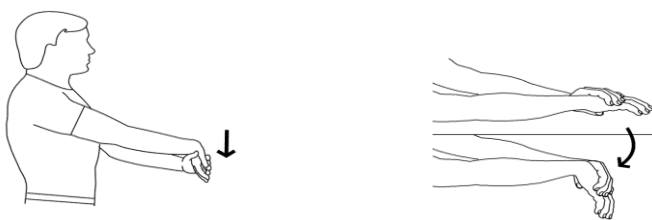
By Sonja Parker, MSPT, LMT  
Designing Fitness Physical Therapy, LLC

### 3 Best Stretches After Sitting at the Computer, or Knitting, or....

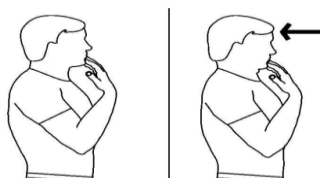
By Sonja Parker, MSPT, LMT  
Designing Fitness Physical Therapy, LLC

Hello! I hope this finds you all healthy, and innovative in coming up with ways to stay connected to family and friends during this strange and crazy time. While technology can be frustrating and alienating at times, one of the recent upsides to it has been providing us with the ability stay in frequent touch with people we love far and near, or to provide us with some entertainment or distraction as we find ourselves at home more. You may find that you are spending more time on the computer than ever before, and if that's the case, this article was written for you! Sitting at a computer can put a strain on many areas of our bodies. So, I thought this month I would focus on 3 stretches that would be very good for you to do at least every 30 minutes if you find yourself lost in computer-world. Come to think of it, these exercises would be great for knitters or sewing enthusiasts, or crossword puzzle fanatics, or....(I could go on and on, but I think you get the gist!)

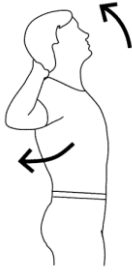
- 1) Wrist Stretches: A. With your arms stretched out in front of you and palms up, gently pull the fingers on one hand back and down with your other hand. Hold for 30 seconds, or 3 deep breaths. Repeat on the other side. B. Now repeat this, but with your palms facing down. Remember to keep your arms out straight so that your elbows are not bent. Hold for 30 seconds, or 3 deep breaths. Repeat on the other side.



- 2) Chin Tuck: Sit up tall, and then pull your chin back and in, as if making a double chin. You may use your fingers on your chin to help guide your head straight back. Try not to tilt your chin up or down, just pull it straight back so that you feel a nice stretch up the back, top part of your neck. (This is an awkward exercise, but a good one to counteract the "forward head posture" so many of us adopt the longer we sit at a computer!) Hold this for 2-3 seconds, and repeat 10 times.



- 3) Butterfly Stretch: Bring your hands back behind your head, or if this is difficult, just place your fingertips beside your ears. Sit up tall, and then arch back, spreading your elbows out to either side and lifting your chest toward the sky. Hold this for 2-3 seconds, and then repeat 10 times.



I think these exercises feel sooooo good! Try them the next time you find yourself sitting at a computer for too long. And truly, these stretches are good for all of us who do any kind of a hobby that requires sitting and using our hands. Give them a try - your body will thank you!!!

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

Enjoy these cool 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.*