



### Office Closed Reminders

- \* The office will be closed in observation of **President's Day** on Monday, **February 15<sup>th</sup>**.

### 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.

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Stay tuned for a fun February treat to show our residents

how much we **value** and **care** about them!

## YOGA NEWS...

### Virtual YOGA, with Julie Milan

*A Class for **all** skill Levels from first timers to avid Yoga users!*



*A **bright ray of contentment** is available during these difficult pandemic times!*

If you speak with anyone who regularly attends Julie Milan's virtual yoga class, I think you'll find a strong statement of support for this gathering. It is both **active and social**, and Julie has established it as one of Avalon's true gifts to its residents. If you have never done yoga, consider giving this class a try.

Julie has created a program **specifically designed for older participants**, and she offers many options with each pose.

Yoga can be done at **any age** and it brings to its practitioners **an energy and sense of deep relaxation**, as well as **confidence in our body posture and sense of well being**.

Yoga literally means "**UNION**" and, with its focus on the breath and body, it brings together physical form and spiritual awareness. It can touch every aspect of our being, and although Julie never preaches, she embodies the yoga spirit in her manner and teaching. Anyone wishing to attend can do so either **with or without a screen presence**. You have nothing to lose by trying this class and the rewards are profound.

--Class participant, Andy Stewart

- **Tuesdays at 11:00 a.m. to 12:00 p.m.**
- Interested participants should contact **Julie at [milanyogawellness@gmail.com](mailto:milanyogawellness@gmail.com)**. Once she receives an email confirming your interest in the class, you will then receive a link to join the yoga class via Zoom.

# Our previous administrative assistant, Sherry Molcan, has been working hard on products for her crafty company **Yellow Boat**

“Yellow Boat uses simple and organic ingredients. No chemicals. You will do good for the environment and you will do good for others!”

You can find her products at: [www.yellowboatme.com](http://www.yellowboatme.com)



## February Recipes

In continuing the spirit of a new year, this month's recipes are inspired by eating healthy!

### ***Balsamic Roasted Beets***

#### **Ingredients:**

- 3 beets, peeled and diced (about 3 cups)
- 1 Tbsp olive oil
- ½ tsp sea salt
- 1 Tbsp balsamic vinegar
- 1 Tbsp honey or pure maple syrup

#### **Instructions:**

1. Preheat oven to 425° F.
2. Peel and cut beets into 1" cubes.
3. Toss beets with olive oil and sea salt.
4. Spread onto a greased baking dish in an even layer.
5. Bake in oven for 15-20 minutes.
6. Stir and bake for 10 more minutes or until beets feel soft to the touch.
7. Meanwhile, mix together balsamic vinegar and honey or maple syrup.
8. When beets feel soft to the touch, remove from oven and add liquid mixture to the baking dish.
9. Stir until all the beets are evenly coated, and then return to the oven, stirring once halfway through.
10. When the beets are no longer runny, remove from oven and serve warm, or store and serve later on top of a salad.



# More Homemade Salad Dressings to Try!

## *Greek Yogurt Ranch*

### **Ingredients:**

- 1 cup plain nonfat Greek yogurt
- 1 tsp each dried dill, dried chives, dried parsley, garlic powder, onion powder
- 1 cup plain Greek yogurt
- 1 Tbsp rice vinegar
- ½ tsp salt and ½ tsp cracked black pepper
- 1-2 Tbsp water, as needed

### **Instructions:**

1. Blend all until smooth in food processor. Add salt & pepper to taste and water to thin to desired consistency. Stores in fridge up to one week.



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## *Honey Dijon Vinaigrette*

### **Ingredients:**

- 1/3 cup olive oil
- 1 Tbsp dijon mustard
- 3 Tbsp apple cider vinegar
- 3 Tbsp honey
- 1 tsp ground black pepper
- ¼ tsp salt

### **Instructions:**

Add all ingredients into a jar, close tightly, and shake. If you don't have a jar, add all ingredients to a small mixing bowl and whisk. Stores in fridge in air-tight jar/container for up to two weeks.



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## *Smoky Chile Lime Dressing*

### **Ingredients:**

- ¼ cup olive oil
- ¼ cup white wine vinegar
- 1 Tbsp lime juice
- ¼ tsp salt
- ¼ tsp pepper
- ½ tsp chili powder
- ½ tsp smoked paprika

### **Instructions:**

Add all ingredients into a jar, close tightly, and shake. If you don't have a jar, add all ingredients to a small mixing bowl and whisk. Stores in fridge in air-tight jar/container for up to two weeks.

# Did you Know: Why are there only 28 days in February?

It's the Romans' fault. Our modern calendar is loosely based on their old, confusing one. Though records on the Roman calendar are sparse and sketchy, legend has it that Romulus, the first king of Rome, devised a 10-month lunar calendar that began at the spring equinox in March and ended with December. It is unclear whether there were any official months between December and March, but it's likely they were left off because the wintertime wasn't important for the harvest.

The second king of Rome, Numa Pompilius, decided to make the calendar more accurate by syncing it up with the actual lunar year—which is about 354 days long. Numa tacked on two months—January and February—after December to account for the new days.

The new months each had 28 days. But that didn't sit well with Numa because even numbers were considered bad luck at the time. So, he added a day on to January, giving the year an odd-numbered 355 days. No one knows why February was left with 28 and remained an unlucky month. It may be related to the fact that Romans honored the dead and performed rites of purification in February. (The word *februare* means “to purify” in the dialect of the ancient Sabine tribe.)

The 355-day calendar couldn't stay in sync with the seasons because it didn't account for the amount of time it took for the Earth to orbit the sun. So, an extra “intercalary” month of 27 days was inserted after February 23 every couple of years or so to even things out. The pontiffs who were in charge of calendar upkeep didn't always add the extra month on schedule. (Some officials took advantage of the system to extend their time in office, for example.)

In around 45 B.C., Julius Caesar commissioned an expert to put aside the lunar origins of the Roman calendar and make it sun-based, like the Egyptian one. Caesar added 10 days to the calendar year and an extra day in February every four years. (The leap-year day was inserted after the 23<sup>rd</sup>, the same time as the old intercalary month.) Now, the year averaged out to 365.25 days, very close to the actual average length of a year: 365.2425 days (and even that varies).

## Astrological Corner:



*Aquarius*

### January 20<sup>th</sup> to February 18<sup>th</sup>

The main plot of 2021's astrology reaches its first of three pinnacles this month. Consider this, dear Aquarius; who you are becoming and growing into requires an honest reckoning with your past. Allow for new narratives and different versions of the same stories shared within your family to blossom from deep within. You might just discover truths that give you permission to free yourself from the burdens of yesterday.



*Pisces*

### February 19<sup>th</sup> to March 20<sup>th</sup>

There is a turbulent storm brewing deep inside you. The tension between going inward and the urgency to externalize is poignant and loud this month. Take some time processing your thoughts and feelings so you can translate them into coherent words. New insights become more available if you allow yourself stillness and solitude. Don't miss out on other people showing their true colors. Pay attention.

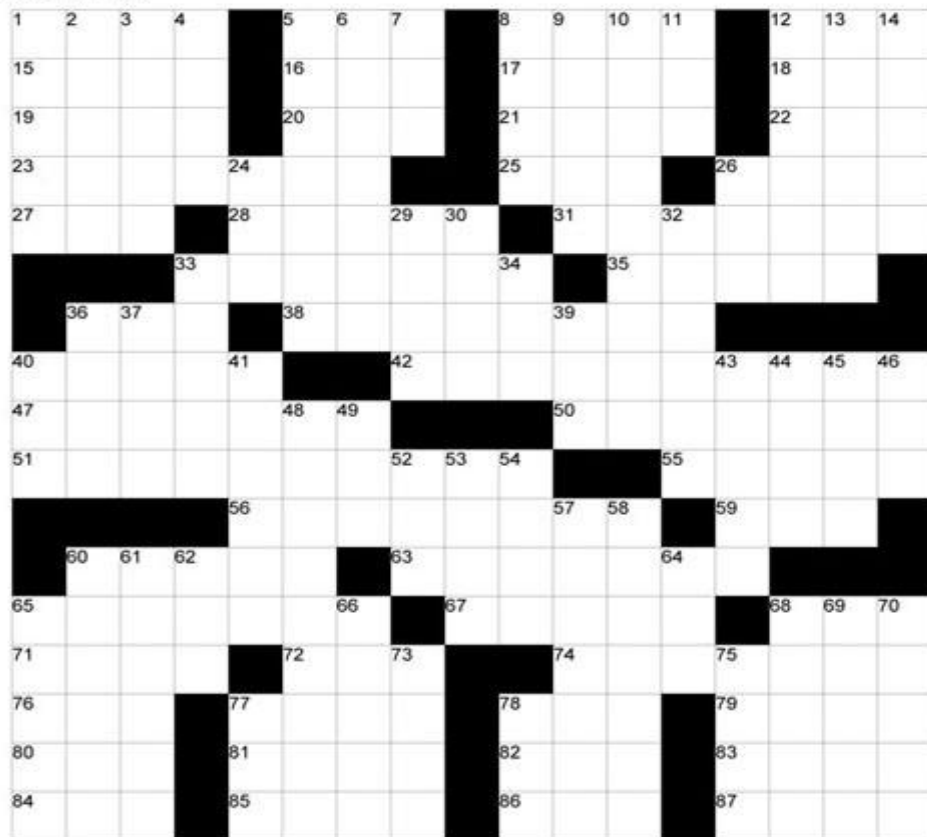
# Crossword Puzzle

Difficulty: Hard

Chemistry or Not? Robert D. Pike

## ACROSS

1. Electron property or partisan lens?
5. Philosophical fad
8.  $KAl(SO_4)_2 \cdot 12H_2O$
12. Courtesy title, abbrev.
15. Hiro-\_\_\_\_\_ 20th century Japanese emperor
16. Early Apple computer innovation
17. The \_\_\_\_\_ Ranger
18. Environmental prefix
19. Force applied over distance, abbrev.
20. Hoops league
21. Norse All-Father god
22. Confederate
23. Blood-revealing compound in forensics
25. Narcissism
26. Kind of duck
27. Vinyl records
28. Kind of ballerina
31. Braid
33. Rolling musical effect
35. Smooths out
36. Sault \_\_\_\_\_ Marie
38. Portray as the bad guy
40. Vader to his friends
42. Ban from school or opaque mixture?
47. Seaweed-based polysaccharide gel
50. Add-ons to the docket
51. A time apart or chromatography?
55. Dive down rapidly
56. New companies
59. Radical sensing techn.
60. Gallic farewell
63. Addition to a motorcycle
65. Salon activity
67. Describing a developing ecosystem
68. Mao's country, abbrev.
71. As well
72. Fitting
74. Nickname for Vlad Dracula, with "The"
76. Institute legal proceedings against
77. French verb to be



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78. Part of a drum kit
79. Spaghetti sauce brand
80. Reason for discount, abbrev.
81. A criterion for scholarship eligibility
82. Fruit juice
83. Wee bit
84. Those in France
85. Dentists' degrees
86. Newest computer drives, abbrev.
87. Large group of things or garden pest?

## DOWN

1. Electron group or mollusk covering?
2. The most famous was Betty Grable
3. Things
4. Edible seaweed
5. Didn't listen to
6. Convert a solid to a gas or wonderful?
7. "Mamma \_\_\_\_\_"
8. Soothing plant extract
9. Henry Cabot \_\_\_\_\_

10. Neutral or dues-paying workers?
11. Human males
12. Contained inside
13. "\_\_\_\_\_ Eleven"
14. Kind of gas or of good blood?
24. High-brow radio
26. Third number in the Fibonacci series
29. Maters
30. Baseball family of Moses
32. They are found in graphs
33. Greek prefix for four
34. Toggle switch positions
36. Wise one
37. Snare
39. Hopsy brew
40. Prosecutors
41. \_\_\_\_\_ around (frolicked)
43. Underground system
44. Slang for non-functional device
45. Smell
46. Siesta

48. Full of solute or rich in color?
49. When you'll get there, abbrev.
52. Tax collection agy.
53. Elevator inventor
54. Pantyhose color
57. Columns on the table or full stops?
58. Cheated
60. Attraction
61. Dispensers of meds
62. \_\_\_\_\_ Jima
64. Swiss mountain
65. Alkaline or simple?
66. Site of first gas attack in WWI
68. Aristotle's teacher
69. Kingly
70. Impure or profane?
73. Talks by smarties
75. Biblical Syria
77. Terminus
78. Grad students in undergrad labs



## **February Heart Health**

By Sonja Parker, MSPT, LMT

Designing Fitness Physical Therapy, LLC

Hello Everyone! With February being the “American Heart Month” (and yes, Valentine’s Day too), I thought it would be a good time to discuss some of the things you can do to improve the health of your heart. The American Heart Association has an excellent website that I recommend you check out. But in the meantime, here are some highlights from this website related to exercise:

### **In case you need convincing, there are myriad benefits related to aerobic exercise, including:**

- Lower risk of many diseases, including heart disease, stroke, type II diabetes, high blood pressure, Alzheimer’s and dementia, as well as several types of cancer
- Improved sleep, including less insomnia and improvement in obstructive sleep apnea
- Enhanced cognition, including memory, attention, and processing speed
- Decreased obesity and related chronic health conditions
- Increased bone health and balance
- Reduced depression and anxiety
- Elevated quality of life and sense of well-being

### **What type, and how much exercise is enough to reap these benefits, you ask? The American Heart Association recommends:**

- At least 150 min (2.5 hrs) of moderate-intensity exercise per week, preferably spread throughout the week. Exercising for 30 min at least 5 days a week would fit the bill, and even those 30 minutes a day can be broken up into 10 minute sessions, 3 times a day. “Moderate” intensity is enough to get your heart pumping, but you should still be able to carry on a conversation. Great ways to do this are walking, swimming, dancing, or riding a bike (stationary or traditional - recumbent is more comfortable).
- Moderate-to-high-intensity strengthening activity with weights or another form of resistance at least twice a week. This can be with hand/ankle weights or resistance bands. Or if you don’t have access to these, there are many great strengthening exercises that just use your own body weight! Generally, to be strengthening at moderate-to-high intensity means doing exercises that are challenging after just 10 repetitions.
- If you increase the amount and intensity of your exercise over time, you will reap even greater benefits.
- If all else fails, just make it a point to sit less! Even just getting up and moving around your home more has been shown to make a positive difference in your health.

Hopefully this information inspires you to learn more, and to become more active in order to improve your overall health - both physical and mental. If you have any questions or concerns about the safest way for you to increase your activity level and achieve these benefits, don’t hesitate to reach out! Your health care providers are always here to help you.

**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.*