

The Avalon Gazette - March 2021



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.

Reminder of Virtual **YOGA** with Julie Milan

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



- **Tuesdays at 11:00 a.m. to 12:00 p.m.**
- Interested participants should contact Julie at 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.

Covid-19 Vaccine

We have been told that many of you have now been able to obtain the vaccine, great news! We are in hopes that those of you who still wish to obtain the vaccine are able to in the very near future. The reviews from those who obtained the vaccine at the Cross Center have been very positive. If anyone needs assistance with a ride, please be sure to contact Ariel in the office and she will do her best to assist in arranging for anyone.

Below is some information we thought might be helpful for those who have yet to obtain the vaccine.

What to expect after getting a Covid-19 Vaccine:

COVID-19 vaccination will help protect you from getting COVID-19. You may have some side effects, which are normal signs that your body is building protection. These side effects may affect your ability to do daily activities, but they should go away in a few days.

Common Side Effects:

- ✿ On the arm where you got the shot, there may be some pain and swelling
- ✿ Throughout the rest of your body, you may experience fever, chills, tiredness and headache

Helpful tips:

If you have pain or discomfort, talk to your doctor about taking over-the-counter medicine, such as ibuprofen, aspirin, antihistamines, or acetaminophen, for any pain and discomfort you may experience after getting vaccinated. You can take these medications to relieve post-vaccination side effects if you have no other medical reasons that prevent you from taking these medications normally. It is not recommended you take these medicines before vaccination for the purpose of trying to prevent side effects, because it is not known how these medications may impact how well the vaccine works.

- ✿ To reduce the pain and discomfort where you got the shot, apply a clean, cool, wet washcloth over the area. Also, you can try using or exercising your arm.
- ✿ To reduce discomfort from fever, drink plenty of fluids and dress lightly.

Remember:

- ✿ Side effects can affect your ability to do daily activities, but they should go away in a few days.
- ✿ With most COVID-19 vaccines, you will need 2 shots in order for them to work. Get the second shot even if you have side effects after the first shot, unless a vaccination provider or your doctor tells you not to get a second shot.
- ✿ It takes time for your body to build protection after any vaccination. COVID-19 vaccines that require 2 shots may not protect you until a week or two after your second shot.

Feeling Stressed? Agitated? Try **Meditation**

How to Meditate:

A 14-Step Guide for Beginners

-  **1** Schedule a time and a prompt for your meditation technique.
-  **2** Use a prompt to motivate you.
-  **3** Find a quiet and comfortable place to do your practice.
-  **4** Make yourself comfortable.
-  **5** Notice what your legs are doing.
-  **6** Sit up straight, but make sure that you're relaxed.
-  **7** Feel and think about your arms.
-  **8** Soften your gaze.
-  **9** Keep your entire body relaxed.
-  **10** Think about what your purpose and intentions are.
-  **11** Focus on your breathing.
-  **12** Pay attention to your wandering mind, and don't fight with it.
-  **13** After your meditation, slowly lift your gaze.
-  **14** Bring your attention back to the present.

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Mindfulness Resources:

Meditative Mind on YouTube –

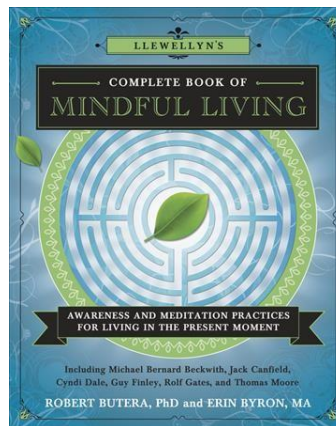
Meditative Mind creates meditation music, healing music based on solfeggio frequencies, mantra chants and various other resources for meditation, relaxation, sleep and healing. **(Free)**



Meditative Mind ✓

3.67M subscribers

SUBSCRIBE



“Llewellyn’s Complete Book of Mindful Living” by Robert Butera, PhD – Available for checkout at the Edythe Dyer Library

Medito: **Free** Meditation, Sleep & Mindfulness –

App Available for both Android and Apple devices

Relax, De-stress, Sleep Better, Practice Gratitude, Breathing Exercises and Wellness.



Mindful.org – *Mindful Communications* is a Public Benefit Corporation. We are dedicated to sharing the gifts of mindfulness through content, training, courses, and directories—helping people enjoy better health, foster more caring relationships, and cultivate a more compassionate society. **(Free)**

mindful

healthy mind, healthy life

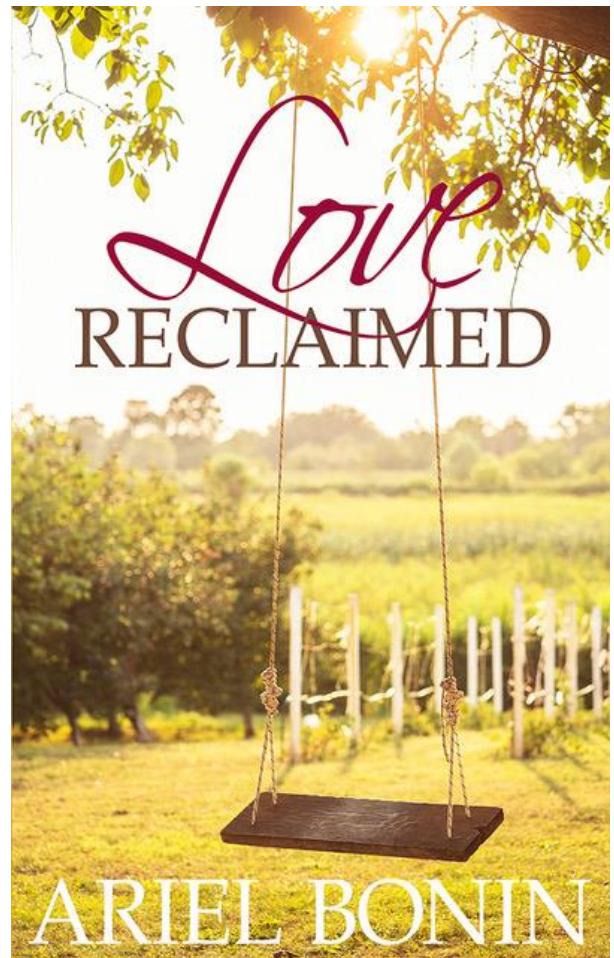
*Are you looking for a good book to read?
Some of you may not be aware that our very own
Administrative Assistant, **Ariel Bonin**, has just
published a new book!*

*If you love a good love story, with threads of mystery and
intrigue, this is the book for you!*

As Madison Reid struggles with the sudden death of her husband Nathan, his younger brother Colby comes to town for the funeral. What began as a high school friendship grows into something they both might not be ready for.

When evidence turns up that her husband's accident may not have been an accident after all, Madison and Colby seek to find out the truth. This leads them down a confusing path of lies and corruption, all while trying to accept their intense feelings for one another.

Just when it seems like they may have found solace, a personal secret rocks Madison's world, and sets them both on a trajectory that could end with another love lost.



Available to order on Amazon or read on Kindle!
**If you would like to purchase a signed copy,
email Ariel at ariel@avalonvillage.com.**

Coconut Green Soup with Celery, Kale & Ginger

Creamy, comforting, and restorative with a touch of spice. Delicious and super healthy!

INGREDIENTS

- 1 teaspoon whole cumin seeds
- 1 teaspoon whole coriander seeds
- 2 teaspoons coconut oil
- 1 large shallot, chopped (about ¾ cup diced shallot)
- 1 medium zucchini, chopped
- 1 small bunch of celery, chopped (about 4 cups chopped celery)
- 1 medium apple, peeled, cored and chopped
- 3 inches fresh ginger, peeled and chopped (roughly 2 tablespoons)
- 6 cups vegetable stock
- sea salt and ground black pepper, to taste
- 4 cups chopped and packed greens (I used kale and a bit of chard)
- 1 14-ounce can full fat coconut milk
- 2 tablespoons lime juice

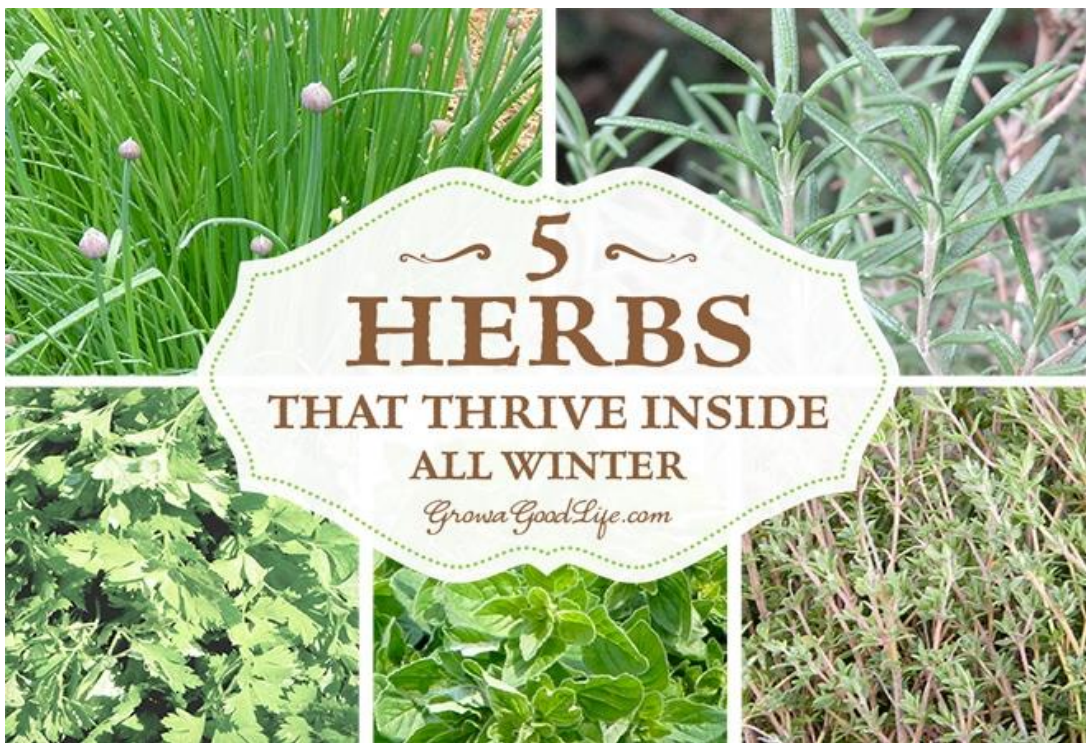


For Topping/Garnishing

- cooked brown rice
- cooked lentils or chickpeas
- sliced ripe avocado
- extra coconut milk
- olive oil or chili-infused olive oil
- chopped basil or chives

INSTRUCTIONS

1. Heat a large, heavy pot over medium heat. Add the cumin and coriander seeds to the pot and toast in the dry pot until fragrant, about 1 minute. Remove the spices from the pot and grind them to a powder. Set aside.
2. Drop the coconut oil into the pot and let it melt/heat up for 30 seconds. Add the shallots to the pot and cook, stirring frequently, until soft and translucent, about 3 minutes. Add the zucchini, celery, and apple to the pot and stir. Add the ginger, ground cumin and coriander to the pot and stir to distribute the spices among the vegetables.
3. Add the vegetable stock to the pot and stir. Season with salt and pepper. Bring the vegetables and broth to a boil and then simmer, stirring here and there, until the zucchini is very tender, about 10 minutes.
4. Add the chopped greens and coconut milk to the pot and stir to mix. Keep simmering and stirring until the greens have wilted and are bright green. Remove the vegetables and stock from the heat.
5. Purée the soup with a stick blender or in batches using an upright blender. Return the puréed soup to the pot and bring it to a boil. Stir the fresh lime juice into the soup and adjust any other seasoning. Serve coconut green soup hot with any garnishes you like.



Chives: If you grow only one herb indoors over winter, let it be chives. The mild onion flavor compliments many dishes of numerous cuisines from breakfast to dinner. **Sun:** 4-6 hours. **Temperature:** Average room temperature. Will withstand temperature fluctuation of 55-75°F (13-24°C). **Soil:** All-purpose potting mix. **Water:** Twice a week when soil surface feels dry. Tips of foliage will turn yellow if the plant is too dry. **Harvest:** Once the plant is 6 inches (15 cm) tall, cut leaves as needed leaving at least 2 inches (5 cm) of growth above the soil. The plant will continue to grow.

Oregano: Oregano is a staple in our household and is used most frequently in Italian dishes and as a pizza topping. **Sun:** 6-8 hours. **Temperature:** Average room temperature. Will withstand temperature fluctuation of 55-75°F (13-24°C). **Soil:** Well-drained, sandy soil mix. Mix equal parts all-purpose potting mix and sharp sand. Or use cactus-potting mix. **Water:** Water when soil surface feels dry about once a week. Oregano is susceptible to root rot so do not overwater. **Harvest:** Once the plant is 6 inches (15 cm) tall, cut stems as needed leaving at least two sets of leaves. Frequent trimmings produce a bushy, compact plant with healthier foliage making Oregano one of the easiest herbs to grow indoors over winter.

Rosemary: I've grown the same rosemary plant in a pot for the last three years. I bring inside each winter. **Sun:** At least 6 hours.

Temperature: Average room temperature. Will withstand temperature fluctuation of 45-70°F (7-21°C) in winter. **Soil:** Well-drained, sandy soil mix. Mix equal parts all-purpose potting mix and sharp sand. Or use cactus-potting mix. **Water:** Allow top few inches of soil to dry out between waterings then water thoroughly. Rosemary likes to stay on the dry side. **Harvest:** Once the plant is 6 inches (15 cm) tall, cut stems as needed. New growth will continue forming on the stem. Rosemary grows slowly so don't harvest more than 1/3 of the plant at one time.

Thyme: The intense flavor of Thyme complements most meats, including chicken, beef, pork, and game. I use thyme in winter in crockpot stews and roast. **Sun:** At least 6 hours. **Temperature:** Average room temperature around 50-75°F (10-24°C). **Soil:** Well-drained, sandy soil mix. Mix equal parts all-purpose potting mix and sharp sand. Or use cactus-potting mix. **Water:** Allow top 1-inch (2.54 cm) of soil to dry out between waterings then water thoroughly. Once established, Thyme is drought resistant. **Harvest:** Once the plant is established, cut foliage as needed leaving at least 3-inch (7.5 cm) stems to continue growing.

Parsley: More than just a garnish, parsley adds a light, fresh flavor and burst of color to many dishes including, roasts, grilled steaks, chicken, fish and vegetables. **Sun:** At least 6 hours. **Temperature:** Average room temperature. Will withstand temperature fluctuation of 55-75°F (13-24°C). **Soil:** All-purpose potting mix. **Water:** Twice a week when soil surface feels dry. **Harvest:** Once the plant is established, cut stems at the base leaving at least 2-inch (5 cm) stems to continue growing.

Enjoy A Comforting Cup of Tea and Discover Its Health Benefits. Cheers!

Choose and Brew the Perfect Cup

 Black	Bold, hearty, slightly bitter	40-60 mg Caffeine	195-205° 	3-5 mins 
 White	Mild, subtle, delicate	10-15 mg Caffeine	175-185° 	2-3 mins 
 Green	Smooth, fresh, delicate	23-35 mg Caffeine	175-185° 	2-4 mins 
 Herbal	Varies with specific tea types	None Caffeine	205° 	5-6 mins 
 Oolong	Delicate, fruity, sweet	30-50 mg Caffeine	185-205° 	3-5 mins 
 Pu'erh	Earthy, rich, intense	30-40 mg Caffeine	195-210° 	3-4 mins 
 Yerba Mate	Bold, slightly bitter, grassy	35 mg Caffeine	205° 	3-5 mins 
 Rooibos	Sweet, nutty	None Caffeine	205° 	5-7 mins 

Note: Coffee contains 95 mg caffeine.

 GREEN TEA	 BLACK TEA	 OOLONG TEA
<ul style="list-style-type: none"> *High in antioxidants *Reduces bad cholesterol *Promotes healthy cell growth *Has a relaxing and calming effect 	<ul style="list-style-type: none"> *Lowers the risk of heart disease and diabetes *Regulates blood sugar levels *Has anti-inflammatory properties 	<ul style="list-style-type: none"> *Aids weight management *Helps alleviate skin conditions
 WHITE TEA	 ROOIBOS	 PEPPERMINT
<ul style="list-style-type: none"> *Has the highest antioxidant properties *Low in caffeine *Can lower cholesterol and blood pressure *It's antibacterial 	<ul style="list-style-type: none"> *It's naturally caffeine-free *Has benefits for skin irritations *Contains cancer fighting properties 	<ul style="list-style-type: none"> *Decongestant *Anti-inflammatory *Helps suppress the appetite
 DRIED GINGER	 STINGING NETTLE	 YERBA MATE
<ul style="list-style-type: none"> *Has antihistamine properties *Anti-inflammatory *Eases motion sickness *Great flavor booster 	<ul style="list-style-type: none"> *Recommended remedy for seasonal allergies *Energy booster *Great for treating arthritis 	<ul style="list-style-type: none"> *Helps open up respiratory passages *Lowers lipids, leading to reduced cholesterol and lower blood pressure
 LEMON BALM	 CHAMOMILE	 HIBISCUS
<ul style="list-style-type: none"> *Has calming effects *Helps with the common cold and other respiratory issues *Alleviates digestive problems *Helps treating headaches and toothaches 	<ul style="list-style-type: none"> *Great for treating sleep and stomach troubles *Antibacterial 	<ul style="list-style-type: none"> *Refreshing *Helps lower blood pressure *Naturally high in vitamins *Diuretic
 RED CLOVER	 DANDELION	 CINNAMON
<ul style="list-style-type: none"> *Lessens menopausal symptoms *Can help protect against cardiovascular disease *Can reduce the Prostate-specific antigen 	<ul style="list-style-type: none"> *Stimulate digestion *Can be used to treat hepatitis, jaundice and dyspepsia *Lessens hot flashes *Combats the formation of kidney stones. 	<ul style="list-style-type: none"> *Lowers cholesterol *Fights viruses *Increases antioxidants *Alleviates arthritis symptoms

Did you Know: 9 Interesting St. Patrick's Day Facts

- ❁ Saint Patrick didn't wear green. His color was "Saint Patrick's blue." The color green became associated with St. Patrick's Day after it was linked to the Irish independence movement in the late 18th century.
- ❁ Despite his Irish notoriety, Saint Patrick was British. He was born to Roman parents in Scotland or Wales in the late fourth century.
- ❁ According to Irish legend, Saint Patrick used the shamrock as a metaphor for the Holy Trinity when he was first introducing Christianity to Ireland.
- ❁ Saint Patrick is credited for driving the snakes out of Ireland, but according to the fossil record, Ireland has never been home to snakes as it was too cold to host reptiles during the Ice Age. The surrounding seas have kept snakes out since.
- ❁ There isn't any corn in the traditional St. Patrick's Day meal of corned beef and cabbage. The name is a reference to the large grains of salt historically used to cure meats, which were also known as "corns."
- ❁ Saint Patrick was born "Maewyn Succat" but changed his name to "Patricius" after becoming a priest.
- ❁ Irish immigrants began observing St. Patrick's Day in Boston in 1737 and the first St. Patrick's Day parade in America was held in New York City in 1766.
- ❁ In Chicago, the Plumbers Local 110 union dyes the river Kelly green. The dye lasts for around five hours.
- ❁ On or around St. Patrick's Day, the Irish *taoiseach*, or prime minister, presents the U.S. president with a crystal bowl of live shamrocks as a symbol of the close ties between the two countries.

Astrological Corner:



February 19th to March 20th

The Sun will shine in Pisces through the 20th, putting you in touch with your subconscious, intuition, and inner wisdom. The first part of the month will be ideal for brainstorming and gaining rapid insights. However, wait until after the 20th to take action on any new ideas that come to you.



March 21st to April 19th

Much of this month's activity will be focused on your personal and professional connections. The Sun will shine in Pisces through the 20th, highlighting your social groups and ability to work well with others. You may discover just the right person or people to team up with, and it's quite possible friends or business associates from the past will play a starring role in some way.

Crossword Puzzle

Difficulty: Hard

Take Care

Robert Stockton

ACROSS

- 1. Operator of a "2001" space plane
- 6. Feature of sportscasts and TiVos
- 11. Short sleepwear?
- 14. NAACP locale
- 15. Historically popular food fowl
- 16. The safe side
- 17. Flavorful name for an East coast city
- 19. Dedicated work
- 20. 1962 "Space Age" hit for The Tornados
- 21. Kind of neat?
- 23. Discovered, in Derbyshire
- 26. Classical tune featured in "Ordinary People"
- 33. "Fooled ya!"
- 34. Mad Cow Disease, initially
- 35. Ending with centi- or milli-
- 36. She was seduced by Zeus
- 37. Changes shade after seeing one?
- 39. Believe, old style
- 40. Let go
- 41. GP's grp.
- 42. Variety show
- 43. Four before "Hi-ho, the derry-o"
- 47. Without leadership
- 48. Tired-out trotter
- 51. Son of Cedric, per Scott
- 56. Critter compound
- 57. The part you point, and a hint to 17, 26, and 43 across
- 60. Messenger maker
- 61. Former White House Bush
- 62. Not so hot
- 63. Had, at the table
- 64. Oglers

1	2	3	4	5		6	7	8	9	10		11	12	13	
14						15						16			
17					18							19			
20									21		22				
				23			24	25							
26	27	28	29									30	31	32	
33							34					35			
36						37	38					39			
40						41						42			
43				44					45	46					
			47												
48	49	50							51			52	53	54	55
56						57	58	59							
60						61						62			
63						64						65			

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65. Emulates Ella

DOWN

- 1. Short shot in the U.S. Open
- 2. 1968 winner of the US Open
- 3. Coward on stage
- 4. B1 landing spots
- 5. Restaurant VIP
- 6. Egyptian beetle or brooch
- 7. Luxury spot?
- 8. The other side: abbr.
- 9. Blackstrap, e.g.
- 10. "Be right there!"
- 11. Two fourths of an antacid sound
- 12. Force user
- 13. Spotted

18. Manx man, e.g.

- 22. Adjusted
- 24. He played opposite Schwimmer and Perry
- 25. Dutch diva Delange
- 26. Rice dish
- 27. Billy Joel's singing daughter
- 28. It may be hard or mulled
- 29. Chief
- 30. Chutzpah
- 31. Two-time batting champ Lefty
- 32. Stairway support
- 37. Country called "The Heart of America"
- 38. Arab chief
- 42. Moulds a statue anew

44. Make possible

- 45. ___ a rail
- 46. Where you might find your honey
- 48. Emerald City princess
- 49. Word with art or heart
- 50. Accomplished
- 52. 11 in. of wire, as distributed by Grace Hopper
- 53. Trademarked filter technology
- 54. "I've already started that task!"
- 55. TV personalities Byrnes and Hall
- 58. Litigate
- 59. Factory second label: abbr.

SUDOKU

Difficulty: Medium

4		6		2				
	8		4				9	3
3				8	5			2
7		9						8
	5			7			4	
6						7		1
9			2	4				5
2	6				8		7	
				3		1		9

If you would like the answers to any of the puzzles, send an email to:
ariel@avalonvillage.com

St. Patrick's Day word scramble

IIRHS _____ LDOG _____
 OABIRWN _____ KAPCIRT _____
 ADIELRN _____ NEEPHEARCU _____
 MHSOKCRA _____ HRCMA _____
 YKLCU _____ NREGE _____
 BACBAEG _____ ORLECV _____
 NETESENEV _____
 TISNA _____
 ARDEAP _____
 ACDNE _____



Time to Get Outside!

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

Well here we are into March already! While I always enjoy looking ahead to the warm sunny days of spring and summer, I find March is a wonderful time to really get out and enjoy the beautiful snowy days of winter we have left...the temperatures are milder, the winds may be less "biting", the air is still so invigorating and the snow-covered scenery is spectacular!

Just getting out and walking is a terrific way to get some of that incredible fresh air and get your heart rate and muscles pumping - just make sure you wear appropriate footwear, and the walkways and roads are free from ice - avoid shadowy areas where black ice may not yet have been melted by the sun!

And if you are feeling more adventurous, it is a great time to get out on some snowshoes or cross-country skis! Both of these options will provide excellent cardiovascular benefits, great muscle-building opportunities, and top-notch mood-boosting endorphin flows that will leave you feeling amazing. (**Ski Rack Sports in Bangor offers snowshoe rentals if you are new to this and just want to try it out!**) One caveat: these activities require excellent balance and decent coordination...if you are new to these challenges, please check with your health care provider first and have a professional instruct you.

There are sooo many beautiful areas to check out right around us, including right outside your doors there at Avalon Village. But if you are looking for a new adventure, other close options are the **Bangor City Forest**, **Bangor Municipal Golf Course**, and **Walden-Parke Preserve** - and that, of course, is just the tip of the iceberg (see what I did there? haha...)

Here are some tips to make your outdoor adventure safe and fun:

Bring hiking or ski poles: while this is obvious if you are cross-country skiing, you may not think of them for walking or snowshoeing. But they are a great way to stay balanced on any uneven terrain, and can provide some extra stability if you do happen onto a little patch of ice. Plus, they increase the amount of exercise you will be getting by working all of the upper body and "core" muscles as well. This in turn will increase the cardiovascular benefits of whatever exercise you choose!

Dress appropriately: layers, layers, layers! While you may feel the cold as you first step out the door, your internal body temperature will quickly rise as your muscles start working and your heart starts pumping with the intensity of your choice of exercise. I like to wear a light outer layer that I can easily take off and tie around my waist as I get going. I find pockets to be essential too, as I often find myself talking off my hat and/or mittens as I heat up from the inside out - LOVE that feeling!

Hydration: A small backpack is another way to easily store your mittens or hat, but it is also great for holding your **water bottle** from which you will be drinking often (right??) as you warm up! Don't forget this important part of keeping your body healthy as you exercise - you might not feel yourself becoming dehydrated, especially if the weather is cold.

Stretch! I wouldn't be a good PT if I didn't remind you to stretch before, and especially after you exercise! Trust me, your hamstrings, calf muscles, and hip flexors will thank you...

And last but not least, **bring a friend!** Especially if you are exploring some quiet wooded trails, it is best to have a buddy with you. Not only will you be staying safer, but you will be extending this gift of all of the benefits to someone you care about, and getting some nice "socially distanced" socialization in a safe, outdoor environment too.

If you've been hibernating all winter, now is the time to get outside! Enjoy!!!

Be strong, stay active, LIVE life!

Yours in good health,
Sonja Parker, MSPT, LMT
Phone: (207) 249-9410
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www.designingfitness.com

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.