

The Avalon Gazette - May 2021



A note from Avalon Management:

We are so excited to see you all again as we move closer to our new “normal.” After in depth discussion with various similar communities and reviewing of guidelines, we have decided to take the approach of easing back in to activities with a cautious approach. We want to ensure we are taking adequate precautions, as well as being mindful of all people’s ongoing concerns with resuming activities. We are aware that many of you want to resume activities and some are still not quite ready. We respect everyone’s opinions and hope those of you who are interested in resuming will take advantage of the activities we will be offering for May. We are in hopes to open up more activities for June and will communicate updates as June grows closer.

Office Closed Reminders

- ❁ The office will be closed in observation of **Memorial Day** on Monday, **May 31st**.

-
- ❁ We still have available **garden beds** in the Avalon garden. If anyone is interested, please contact the office to be assigned a bed.

May Activities

- ❁ **Virtual Yoga** – Every **Tuesday** at **11:15am**. Continue to join Julie Milan via Zoom yoga. For more information, please contact her at: milanyogawellness@gmail.com.
- ❁ **In-person Yoga** – Starting **Thursday, May 6th** at **10am**, continuing every Thursday. Julie Milan will teach this class in the Manor House upper living room, while maintaining social distancing. **Masks are required and space is limited to 10 participants.**
- ❁ **Bocce** – Starting **Friday, May 7th** at **3pm**, continuing every Friday. (Weather permitting.) Located near the Avalon garden. Refreshments will be provided and no sign-up is necessary.
- ❁ **Tai Chi** – Starting **Thursday, May 13th** at **11am**, continuing every Thursday. Andy Stewart will teach this class in the Manor House upper living room, while maintaining social distancing. **Masks are required and space is limited to 10 participants.**

- ❁ **Men's Lunch** – **Wednesday, May 19th** at **12:30pm**. (Rain Date – Friday, 5/21) Join us for a lunch outside behind the Manor House. **Sign-up is required – Please contact the Avalon office.**
Menu: Appetizer – Bacon wrapped scallops
Main Course - BBQ Pulled Pork sandwiches with coleslaw, pickle, potato salad and pasta salad
Dessert - Turtle brownie sundae

- ❁ **Ladies' Lunch** – **Wednesday, May 26th** at **12:30pm**. (Rain Date – Friday, 5/28) Join us for a lunch outside behind the Manor House. **Sign-up is required – Please contact the Avalon office.**
Menu: Appetizer – Caprese salad
Main Course - Hawaiian chicken kabobs, strawberry spinach salad, honey garlic carrots
Dessert - Blueberry buckle with ice cream

Tai Chi is coming back! New participants welcome!



We are looking forward to re-starting Tai Chi class again with the first session being held at the **Manor House** on **Thursday, May 13th** at **11:00 a.m.** We ask that folks wear masks and we will socially distance ourselves as well. Classes generally last about forty minutes. Both experienced practitioners, as well as folks who want to see what Tai Chi is all about, are encouraged to attend so that we can assess how many folks we have, as well as what their experience level is, and this session will give us a feeling for how to proceed. Experienced participants won't be expected to sit through a beginner class, and if enough new participants show up, we will structure future sessions to accommodate both groups.

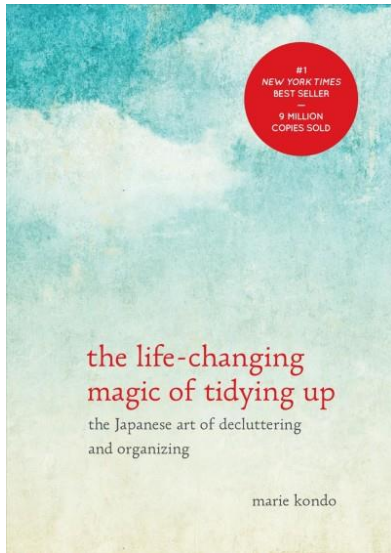
Why should you explore starting a Tai Chi practice? The benefits of practice are many - stress relief, improved balance, sharper mental focus being but a few. Tai Chi is frequently referred to as “meditation in motion” and it involves a series of movements that ultimately engage almost every muscle in the body, yet it is done in slow and continuous sequence. You will never get out of breath doing Tai Chi. Each movement is fairly simple to master, yet doing them all in sequence can be a mental challenge. We have found that while doing a sequence for several weeks seems easy, it is challenging to maintain the correct sequence when the orientation of the class in its physical space is changed. Tai Chi is full of surprises like this!

Tai Chi is fun and relaxing. Come and learn about it at our introductory session on **May 13th!**

-Andy Stewart

Discover Different Types of Organization

These books, which can be found at your local library, can help get your life more than just physically organized!



The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing

by Marie Kondo

This book teaches that if you properly simplify and organize your home once, you'll never have to do it again. Kondo uses a method of cleaning by category, rather than by room, and then asks whether or not those objects spark joy within you.

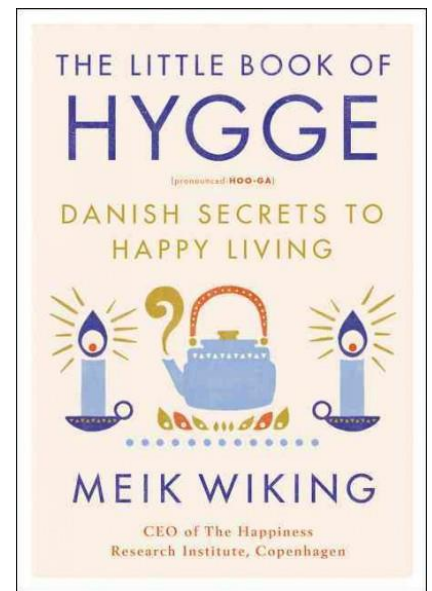
*(Also read her book **Spark Joy**)*

The Little Book of Hygge: Danish Secrets to Happy Living

By Meik Wiking

The Danes are famously the happiest people in the world, and hygge is a cornerstone of their way of life. Hygge (pronounced hoo-ga) loosely translates as a sense of comfort, togetherness, and well-being.

*(Also read his book **The Little Book of Lykke**)*



Making Space, Clutter Free: The Last Book on Decluttering You'll Ever Need

By Tracy McCubbin

McCubbin explains what she calls the "7 Emotional Clutter Blocks," unconscious obstacles that stand between you and financial freedom, healthy relationships, and positive outlooks. She then offers a realistic approach to managing your belongings, and helps you create an individual strategy that helps you attain your life goals.

Organize that Cluttered Medicine Cabinet

We've all been there. You go to get something out of the medicine cabinet and it causes an avalanche, or you find a bottle in the back and wonder how long it's been there. This spring, let's take the time to get this area organized!



- The best cure for a disorganized medicine cabinet is prevention. To avoid being caught unprepared for the flu or minor injuries, clean out and organize your medicine cabinet at least once a year, discarding all old or unused prescriptions, over-the-counter drugs, ointments and medicated creams.

- If there's no expiration date, take a look at the condition of the container. If it looks old or damaged, discard it. For new prescriptions or over-the-counter medications without expiration dates, mark the date of purchase on the containers and throw them out after a year.

- For medicine cabinets that are in need of an organization treatment, start by examining contents thoroughly, taking note

of the package sizes and types of health care products, as well as other items stored on cabinet shelves.

- Determine if there are personal toiletries — such as shampoo, shaving cream, make-up and toothpaste — that might be stored better elsewhere in the bathroom. These items can be stored in baskets under the sink, in a drawer or on a shelf to free up valuable space in the medicine cabinet. If cabinet space is limited, add wall-mounted shelving to store toiletries.
- Choose clear containers in order to see what you have (whether they be small tubs or drawers), and label accordingly: **Prescriptions, Cold & Flu, Pain Relievers, Stomach, Allergies, First-Aid, Creams, Travel Size, Etc.**
- For small medicine cabinets, like those above the sink, use small containers like cups to hold loose objects.



Triple Herb Chicken & Zucchini Skewers

Barbecue season is upon us! Enjoy these fresh dishes out on the patio.

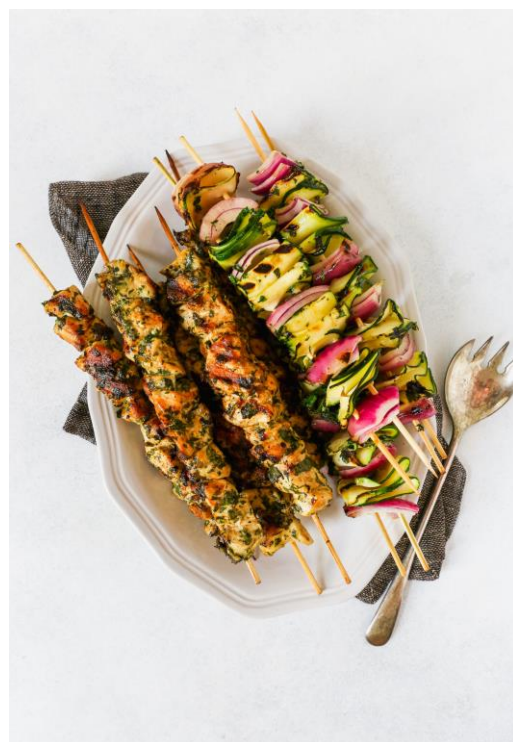
INGREDIENTS

- ½ cup extra virgin olive oil
- Minced zest of 1 lemon
- ¼ cup minced fresh basil
- ¼ cup minced fresh parsley
- ¼ cup minced scallions
- 2 Tbsp minced fresh oregano
- 1 tsp minced fresh garlic
- 1 tsp each salt and pepper
- 1 lb boneless, skinless chicken breast, cubed
- 2 zucchini squash, peeled into ribbons
- 1 red onion, cut into wedges

INSTRUCTIONS

1. Combine oil, zest, basil, parsley, scallions, oregano, garlic, salt and pepper in a large bowl; reserve ¼ cup marinade.
2. Add chicken to remaining marinade and stir to coat. Cover and refrigerate 30 minutes. Meanwhile, alternate threading zucchini and onion onto wood skewers. Brush with reserved ¼ cup marinade.

3. Grill zucchini skewers over medium heat until vegetables are tender and charred on all sides, 6-8 minutes.
4. Thread chicken onto 4-6 wood skewers; discard marinade. Grill chicken, covered, until cooked through, turning to grill on all sides, 10 minutes.



Balsamic Grilled Eggplant



INGREDIENTS

- 1 large eggplant, washed and sliced ½ inch thick
- 1 Tbsp extra virgin olive oil
- 1 Tbsp balsamic vinegar
- 1 Tbsp Italian seasoning

INSTRUCTIONS

1. Whisk together oil, balsamic vinegar and Italian seasoning. Quickly marinate the eggplant slices in the mixture.
2. Place marinated eggplant on the warm grill, then put the top down. Let them grill 3-4 minutes, or until browned with grill lines.

No Bake Energy Balls

Energy balls/bars are a great option as a snack on the go, whether it's hiking or working in the garden, or just as an afternoon pick-me-up!

INGREDIENTS

- 1 cup old fashioned rolled oats
- ½ cup peanut butter (or nut butter of choice)
- ¼ cup honey
- ¼ cup unsweetened shredded coconut
- ¼ cup chocolate chips
- 2 Tbsp ground flaxseed
- 1 tsp vanilla
- Pinch of sea salt



INSTRUCTIONS

1. Place all ingredients in a large bowl and stir together well to combine.
2. Place bowl of “dough” in the fridge for 30 minutes to an hour so it can set.
3. Bring dough out of fridge and roll into balls about one tablespoon in size.
4. Store in a covered container in the fridge (1-2 weeks) or freezer (up to 3 months).

No Bake Energy Bars



INGREDIENTS

- 1 cup almonds, pulsed or roughly chopped
- 1 ½ cup quick 1-minute oats, uncooked
- ½ cup honey (or maple syrup)
- 1 cup almond butter (or nut butter of choice)
- 2 Tbsp coconut oil, melted
- ½ tsp salt (optional)

Mix-ins:

- 1 cup dried cranberries, dried tart cherries, chocolate chips, other dried fruits or nuts.

INSTRUCTIONS

1. Stir almonds, oats, and mix-ins in a medium sized bowl.
2. Heat honey, coconut oil, and nut butter in a small saucepan over low heat until mixed. Pour wet mixture over dry mixture in bowl and stir together.
3. Once mixed, transfer to an 8x8-inch baking dish and flatten into a 1-inch thick square.
4. Cover with plastic wrap and place in the fridge overnight or for 2-3 hours. Then, cut into bars and store in an airtight container. Will stay good for up to five days in fridge.

Did you Know: Interesting Facts About May Day

- May Day is a public holiday usually celebrated on the 1st of May or the first Monday of May. It is an ancient festival of spring.
- May Day has a long history and tradition in England. The day is celebrated with music and dancing. Perhaps the most famous part of the celebration is the Maypole. Children dance around the Maypole holding onto colorful ribbons. Many people use flowers and leaves to make hoops and hair garlands as well. A lot of towns crown a May Queen on this day.
- Maypoles were sometimes made from old ship's masts.
- A Maypole stands all year long in Inkwell, England. It has been there since 1894.
- Historians believe the first maypole dance originated as part of a fertility ritual, where the pole symbolized male fertility and baskets and wreaths symbolized female fertility.
- Early incarnations of the holiday involved all kinds of raucous debauchery. Persecution of May Day festivities began as early as the 1600s, and in 1640 the Church ruled against the debauchery when the British Parliament banned the traditions as immoral. A much tamer version was brought back in 1644 under the rule of Charles II.
- Some beliefs held that May Day was the last chance for fairies to travel to the Earth.
- Tradition dictates that washing one's face in the dew from May Day morning beautifies the skin.
- The giving of May Baskets has, sadly, faded since the late 20th century. Small baskets of sweets and flowers would be left anonymously on doorsteps to the delight of neighbors.
- In Italy, May Day is regarded as the happiest day of the year, by some accounts.
- Some countries in Europe celebrate the night before May Day, called Walpurgis Night. The celebration is named after English missionary Saint Walpurga. People celebrate with large bonfires and dancing.
- Today, May Day is an official holiday in 66 countries and unofficially celebrated in many more, but ironically it is rarely recognized in the country where it began, the United States of America, after workers protested harsh work environments. Eight-hour workdays were born from this.
- In 1894, President Grover Cleveland officially moved the U.S. celebration of Labor Day to the first Monday in September, intentionally severing ties with the international worker's celebration for fear that it would build support for communism and other radical causes.

Astrological Corner:



April 20th to May 20th

Venus will move into your Sun sign where it will remain until May 7. During these days, you'll have extra support for relationships and improving your financial flow. Your personal goals will be highlighted, and you'll have a magnetic allure that will help you to attract favorable situations. Get the ball rolling on new actions, especially those related to important conversations or making new connections, before the end of May for best results.



May 21st to June 20th

Venus will move into Taurus where it will remain until May 7. During these days, you're likely to have a strong sense of intuition, particularly when it comes to what your body needs. Pay attention to cravings or areas of physical discomfort. A mind-body-spirit approach to healing will be especially effective. Try to get some extra rest between this date and May 20, when the Sun will enter your sign and you'll likely get a bit busier.

SUDOKU

Difficulty: Medium

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

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

Crossword Puzzle

Difficulty: Hard

LA Times

By Jeff Stillman / Ed. Rich Norris

©2020 Tribune Content Agency, LLC

ACROSS

- 1 Go __: hit to right field batting right-handed, say, in baseball lingo
 5 Trying to block
 9 Performs like Missy Elliott
 13 Ruckus
 14 Eve's opposite
 15 Sun: Pref.
 16 *Second Commandment prohibition
 18 Heroic sagas
 19 "Awake and Sing!" dramatist
 20 South Carolina state tree
 22 *Old-fashioned parting words
 25 See stars
 26 Widen, as pupils
 30 Fri. preceder
 33 "Oh dear!"
 36 Sherpa's home
 37 *"Cheese stands alone" kids' song title guy
 41 When some dinners are served
 42 Delhi wrap
 43 "Narcos" org.
 44 Certain Tibetan
 46 Sounds of disgust

- 49 *Metaphorical insect observer
 55 "Yada, yada, yada"
 58 Old copy
 59 Little pigs number
 60 Go to pieces, or what's literally hidden in the answers to starred clues
 63 Tally again
 64 Skeleton prefix
 65 Grandson of Eve
 66 Geologic spans
 67 __ buco
 68 "The Banana Boat Song" opener

DOWN

- 1 No longer using
 2 Designer bag brand
 3 Not as bright
 4 Raw bar mollusk
 5 "__ imagining things?"
 6 Doze
 7 Figurative expression
 8 Eloper's acquisition
 9 Drove back
 10 Came down
 11 Early Briton
 12 Just okay
 15 Fashion variable
 17 Sunrise dirección
 21 Was ahead
 23 Get wind of
 24 MLB pitcher Dock profiled in the 2014 film "No No: A Dockumentary"
 27 Parroted
 28 One shared at a campfire
 29 Jazz legend Fitzgerald
 30 Maker of nonstick cookware
 31 Doth possess
 32 Constellation bear
 34 Political commentator Navarro
 35 Walk with a swagger
 38 Many printer jams
 39 Praised highly
 40 Elevation word
 45 "Science Guy" Bill
 47 Blood: Pref.
 48 Ran through a reader
 50 Lover of Euridice, in a Monteverdi work
 51 Tandoori breads
 52 Maytag rival
 53 "Bad, Bad" Brown of song
 54 Bear voiced by Ned Beatty in "Toy Story 3"
 55 Basic French verb
 56 "Sons of Anarchy" actor Rossi
 57 Fruit drink prefix
 61 Mormons' gp.
 62 Bath bathroom

| | | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 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 | | | |
| 66 | | | | | 67 | | | | | 68 | | | |



Cinco de Mayo

Word Search



V M A R A C A S O N C R O P B
 S I O N F R I M A Y U B C U U
 O B A V I C T O R Y L A R E R
 M T R Y E B M A Y E T T O B A
 B Y A O S V U E O T U L M L T
 R D A C T T O R X I R E I A C
 E A V P A R A D E F E T N T O
 R N T S A L A C O S R S C R S
 O C M O P I N A T A C A I D A
 M I C E L E B R A T I O N A T
 A N M O X A C O S A A T C C T
 R G C R A I N S A C C A O Y E
 A T M A Y O C A T O S A S A N
 O F R A I C S O H S A L S A G
 B A T T L E B U R R I T O S S



BATTLE
 BURRITOS
 CELEBRATION
 CINCO
 CULTURE
 DANCING

FIESTA
 FRANCE
 MAYO
 MARACAS
 MEXICO
 PARADE

PINATA
 PUEBLA
 SALSA
 SOMBRERO
 TACOS
 VICTORY



Back Care for Gardeners

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

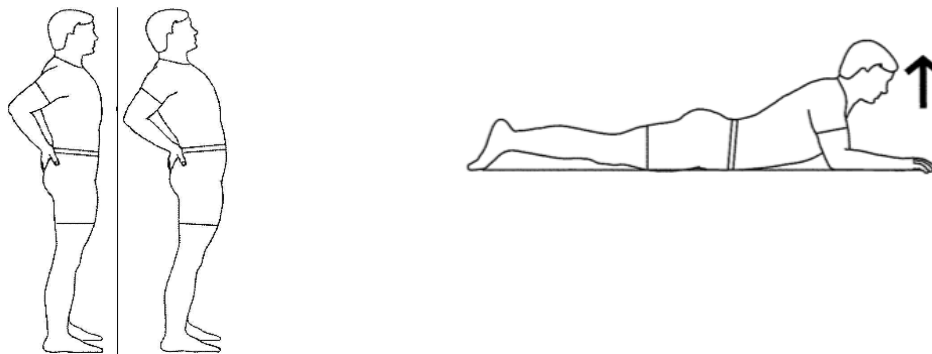
I have no doubt that all of you gardeners out there are already dreaming of those plump, juicy tomatoes or gorgeous blossoms of your favorite flowers this summer, and probably chomping at the bit to get started on your gardening plans ASAP! Though gardening devotees will be the first to exclaim the powerful psychological benefits of this hobby, not everyone is aware of the myriad physical benefits as well. Here are some statistics that may surprise you, and encourage those who don't currently garden, to join in the fun: 1) according to a large-scale Stockholm study, the risk of heart attack and stroke dropped by 30% in people over 60 who gardened regularly, and 2) another long-term study that followed 3,000 older adults for 16 years showed that daily gardening reduced the incidence of dementia by 36%, with another study estimating the risk reduction to be as much as 47%!

While gardening is an excellent form of low-impact exercise, the joy of it can sometimes be diminished by the incidence of pain - most commonly, back pain. However, this can easily be avoided by following some basic tips, as I have outlined for you here:

1. Warm-up! Though most people don't think of gardening as a competitive sport, taking time to warm-up your body is the first step in preparing your body for a pain-free day in the garden. This can be done easily by spending 10 minutes going for a brisk walk, flowing through your favorite yoga or tai chi sequence, or performing some dynamic stretches before digging in.
2. Don't overdo it! Set modest goals for your day, and break up your work into several manageable sessions.
3. Work smarter, not harder! Plan narrow flower beds to decrease reaching excursions, use mulch to fill in spaces between plants to minimize weeds, use a hose instead of a watering can when possible, keep your tools sharpened, and wear a gardener's tool belt to keep everything handy without having to bend over constantly to pick up your implements.
4. Lighten your load! If using a hose is not practical, use a half-filled watering can and make several trips (the extra walking is good for you!). The same can be said for loads of mulch or soil - it is better for your back to haul several smaller loads than to try to manage a heavier load once. Use a wheeled-wagon to transport your heavy bags or buckets when necessary.
5. Lift carefully, and use proper body mechanics to minimize the stress on your back. The muscles in your legs are bigger and stronger than the muscles in your back, which are more vulnerable to being strained, especially in flexed positions. Therefore, it follows that you should always try to maintain a long, straight spine, and use your legs to do the work of lifting. Keep your feet wide apart, hinge

slightly from the hips, contract the muscles in your core (trunk), keep the load close to your body, and avoid twisting whenever lifting objects.

6. Get on the same level as your plants! One way to do this is to raise the level of the plants by building raised beds, using pots on wheeled-casters, or hanging containers from tree branches and overhead hooks. The other way is to get closer to the ground: use thick knee pads or a cushioned kneeling pad to get down onto your hands and knees. Some kneeling pads even have handles that can help you get back onto your feet, or convert the pad into a raised seat by turning the whole thing upside down.
7. Be ambidextrous! Try doing some things with your non-dominant hand, and switch sides when raking or shoveling to decrease the repetitive stress on your joints. (This is also good brain exercise!)
8. Switch it up! Change positions and activities at least every 15 minutes. Take frequent breaks to stand and stretch, drink water, and to walk around admiring your work! Below I have shown some great back extension stretches to counteract the flexion associated with gardening. Try them before, during, and after your day in the garden for a healthy back.



As always, please be sure to call (249-9410) or email me (sonja@designingfitness.com) with any questions you have! I'd love to hear from you!

Happy Gardening!!

Be strong, stay active, LIVE life!

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