

The Avalon Gazette - November 2021



Photo credit: Bill Gilfillan

The office will be closed **Friday, November 12** in observance of **Veteran's Day**, and **November 25 & 26** for the **Thanksgiving** holiday.

November Recreation Activities

- 🌸 **Yoga** – Every **Thursday** at **10:00 AM**. Julie Milan will teach this class in the Manor House upper living room, while maintaining social distancing. Masks are encouraged but not mandatory.
- 🌸 **Tai Chi** – Every **Thursday** at **11:15 AM**. Andy Stewart will teach this class in the Manor House upper living room, while maintaining social distancing. Masks are encouraged but not mandatory.

November Dining Activities

FIRST FRIDAY – Friday, November 5th

Wine & Cheese at 5:00pm

Socialize and mingle at the Manor House, while enjoying a selection of beer, wine, cheese and crackers. There is no charge for this.

Dinner at 6:00pm

Join us for dinner afterward in the Manor House dining room.

Cost is \$18 per person.

Sign-up is required for dinner – Please contact the Avalon office.

****RSVP BY MONDAY, 11/1****

Dinner Menu:

Appetizer – Mixed green salad

Main Course – Apple cider glazed chicken

Garlic parmesan mashed potatoes

Oven roasted vegetable medley

Dessert – Pumpkin cheesecake

Men's Breakfast – Wednesday, November 10th at 8:30 AM.

****RSVP BY MONDAY, 11/8****

Sign-up is required – Please contact the Avalon office.

Menu:

Mushroom & Spinach Egg Muffin

Pumpkin Pancakes

Bacon & Sausage

Fruit Plate

Ladies' Lunch – Wednesday, November 17th at NOON.

****RSVP BY MONDAY, 11/15****

Sign-up is required – Please contact the Avalon office.

Menu: Appetizer – Autumn Salad with maple dressing

Shrimp Cocktail

Main Course – Chicken Pesto Panini

Vegetarian option – Avocado & Tomato Pesto Panini

Dessert – Pumpkin Snickerdoodle

Gather and Be Thankful Together

*Join us for this
beloved annual
tradition!*

*Eat, drink, and
socialize with your
neighbors, and let us
be thankful for this
time together.*



Friday, November 19th at 2:00 P M

Please RSVP by Monday the 15th



Get into the holiday spirit with these local activities!



Gardens Aglow Coastal Maine Botanical Gardens

✨ A driving tour of magical light ✨
Nov. 20-Jan. 1
Arrival times every 15 minutes, 4:30-8:30
p.m., Thurs.-Sun.

Visit their website to purchase tickets:
<https://www.maineaglow.org/>

A red promotional poster for the Bangor Mall Craft Fair. The text is white and yellow. It features three small images of craft projects: a snowman, a decorated wagon, and two wooden signs with deer and fish designs.

BANGOR MALL CRAFT FAIR
NOV 6-7 & NOV 13-14

Sat 10-5 & Sun 10-4
\$1000 Door Prize For More info text 207-852-0520

Upcoming Events

Accents Home Furnishings and Décor, Inc.

Harlow Street in Bangor

Visit their Facebook page to
sign up for various holiday
craft classes!



SAT, NOV 6 AT 9 AM

Early Bird Wonderful Planters



WED, NOV 10 AT 6 PM

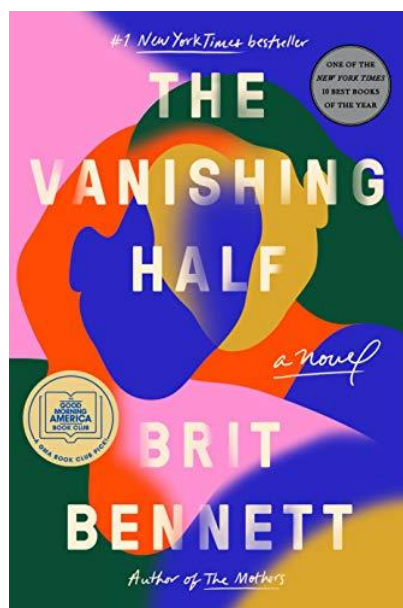
Holiday Wreath Class



WED, NOV 17 AT 6 PM

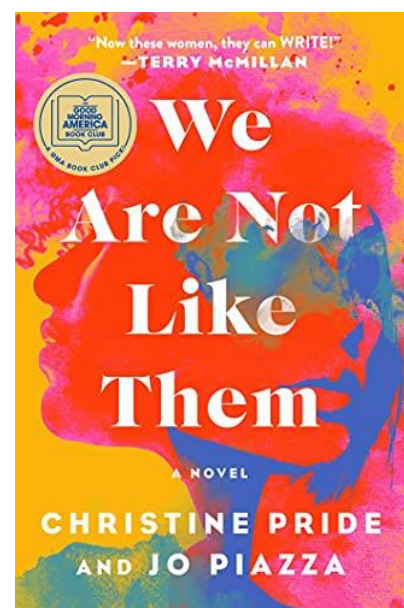
Frosted Holiday Wreath Class

The Book Corner



If you liked *The Vanishing Half*...
You might enjoy *We are Not Like Them* by Christine Pride & Jo Piazza

“Jen and Riley have been best friends since kindergarten. Jen married young, and is finally pregnant while Riley is poised to become one of the first Black female anchors of the top news channel in their hometown of Philadelphia. But the deep bond they share is severely tested when Jen's husband, a city police officer, is involved in the shooting of an unarmed Black teenager.”



Coming soon!

Contact the library to get on hold for these popular titles:

Nov 2 - Game On: Tempting Twenty-Eight (Stephanie Plum, Book 28) by Janet Evanovich

Nov 9 - Never: A Novel by Ken Follett

The Dark Hours (Renée Ballard and Harry Bosch, Book 4) by Michael Connelly

Nov 16 - Mercy (Atlee Pine, Book 4) by David Baldacci

Tom Clancy: Chain of Command (A Jack Ryan Novel, Book 21)

Nov 22 - Fear No Evil (Alex Cross, Book 29) by James Patterson

Nov 23- Go Tell the Bees That I Am Gone (Outlander, Book 9) by Diana Gabaldon

The Becoming (Dragon Heart Legacy, Book 2) by Nora Roberts

Nov 30 - Wish You Were Here: A Novel by Jodi Picoult

Book Discussion Group

Do you enjoy discussing books in a cozy environment with other book lovers?

Join one of the Edythe Dyer Library's book discussion groups!

The evening group meets the 2nd Tuesday of each month at 6:30pm.

The afternoon group meets the 2nd Wednesday at 1 pm.

If you are interested in attending future meetings, call the library and they'll request a book for you! 207-862-3550

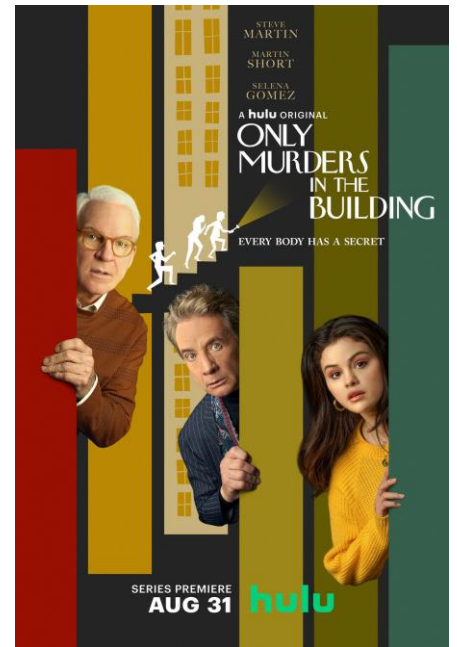
The Streaming Corner

Only Murders in the Building on Hulu

Comedy, Mystery – 1 Season

Starring: Steve Martin, Martin Short & Selena Gomez

Three strangers who share an obsession with true crime suddenly find themselves caught up in one. IMDb rating: 8.2/10 and Certified Fresh on Rotten Tomatoes!



THE GREAT BRITISH BAKING SHOW



The Great British Baking Show on Netflix

Reality, Cooking – 9 Seasons

Starring: Paul Hollywood & Mary Berry

Bakers attempt three challenges each week trying to impress the judges enough to go through to the next round and eventually are crowned Britain's best amateur baker.

iMDb rating: 8.5/10 and 89% Fresh on Rotten Tomatoes

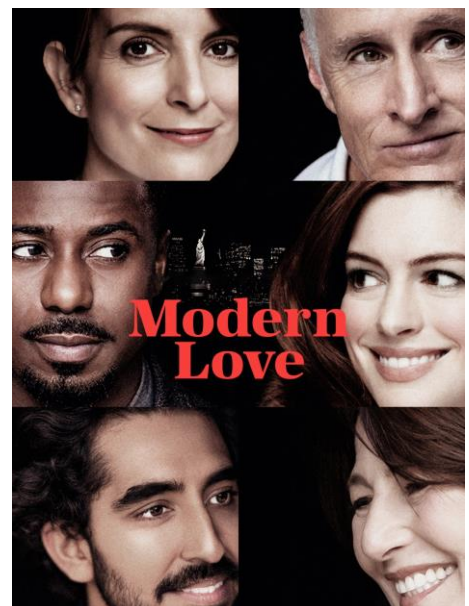
Modern Love on Amazon Prime

Comedy, Romance – 2 Seasons

Starring: Anne Hathaway, Tina Fey & Andy Garcia

TV series based on the *New York Times*' column that explores relationships, love and the human connection.

iMDb rating: 8.0/10 and 65% Fresh on Rotten Tomatoes



Slow Cooker Turkey and Rice Soup

A cozy recipe for that leftover turkey!

INGREDIENTS

- 1 ½ lbs turkey meat
- 1 cup diced yellow onion
- 3 medium carrots peeled, halved and sliced
- 3 stalks of celery, sliced
- 6 cups of chicken broth
- 1 tsp minced garlic
- 1 tsp dried thyme
- 1 tsp dried parsley
- 1 tsp salt
- ½ tsp black pepper
- 1 cup white or brown rice
- 2 Tbsp chopped fresh parsley

INSTRUCTIONS

1. Place the turkey, onion, carrots, celery, chicken broth, garlic, thyme, dried parsley, salt and pepper into a slow cooker.
2. Cook on LOW for 6-7 hours or HIGH for 4-5 hours.
3. Cook the rice as you normally would, and then add cooked rice to the soup before serving. (This keeps it from getting mushy in the crockpot. Some people have success adding uncooked rice to the crockpot during the last hour of cooktime.)
4. Sprinkle with fresh parsley and serve.



Creamed-Corn Cornbread

Easy to make and extremely moist!



INGREDIENTS

- 2 boxes Jiffy corn muffin mix
- 1 cup sour cream or plain nonfat Greek yogurt
- 3 eggs beaten
- 1/2 cup melted butter or margarine
- 1 tsp salt
- 16 oz. can creamed corn, undrained

INSTRUCTIONS

1. Mix all ingredients together and pour into greased 9x13 baking dish.
2. Bake at 375 degrees for 35 minutes or until lightly brown.

Macadamia Nut Cream Pie

A new favorite at Ariel's Thanksgiving!

INGREDIENTS

- 3/4 cup sugar
- 2 cups whole milk
- 6 large eggs yolks, lightly beaten
- 1/3 cup cornstarch
- Pinch of kosher salt
- 1 Tablespoon unsalted butter
- 2 teaspoons vanilla extract
- 1/2 cup plus 2 Tablespoons chopped macadamia nuts
- 1 baked and cooled pastry pie crust
- 2 batches (4 cups) stabilized whipped cream



INSTRUCTIONS

1. In a saucepan, combine 1/4 cup of the sugar and the milk. Heat over medium heat for 2-3 minutes, until the mixture begins to steam, then immediately remove the pan from the heat.
2. Meanwhile, in a bowl, whisk the remaining 1/2 cup sugar, egg yolks, cornstarch, and salt together until smooth.
3. Slowly ladle about 1 cup of the hot milk mixture, 1/4 cup at a time, into the egg yolks, whisking the entire time.
4. Pour the tempered yolk mixture into the saucepan and cook, whisking continuously, until thick, 5-6 minutes.
5. Remove the saucepan from the heat and whisk in the butter and vanilla until smooth. Stir in 1/2 cup of the macadamia nuts.
6. Pour the filling into the cooled pie crust and cover with a piece of plastic wrap directly touching the surface of the filling. Let cool to room temperature, then transfer the pie to the refrigerator to chill and set for 2 hours before serving.
7. Remove from the plastic wrap, top with the stabilized whipped cream and the remaining chopped macadamia nuts, and serve!

Stabilized Whipped Cream

Keeps your whipped cream from falling and helps it last longer in the fridge!

INGREDIENTS

- 8 tsp water
- 2 tsp unflavored gelatin
- 2 cups cold heavy whipping cream
- 1/2 cup powdered sugar
- 1 tsp pure vanilla extract

INSTRUCTIONS

1. Add the water to a microwave safe bowl and sprinkle the unflavored gelatin on top. Allow to sit for a few minutes.
2. Microwave the gelatin mixture until the gelatin is fully dissolved. This will take just a

few seconds. Stir the mixture, then set aside to cool.

3. In the bowl of a stand mixer fitted with the whisk attachment, or in a large bowl using an electric mixer, combine the heavy whipping cream, powdered sugar, and vanilla extract. Whip the mixture until it starts to thicken and soft peaks form, then turn the mixer to low speed. Slowly pour in the gelatin mixture until well combined. Increase the mixer to medium speed and continue mixing until stiff peaks form.

Did you Know: Interesting Facts About Thanksgiving

- The first Thanksgiving was celebrated in 1621 over a three day harvest festival. It included 50 Pilgrims, 90 Wampanoag Indians, and lasted three days. It is believed by historians that only five women were present.
- Turkey wasn't on the menu at the first Thanksgiving. Venison, duck, goose, oysters, lobster, eel, and fish were likely served, alongside pumpkins and cranberries (but not pumpkin pie or cranberry sauce!).
- Abraham Lincoln proclaimed Thanksgiving a national holiday on October 3, 1863. Sarah Josepha Hale, the woman who wrote "Mary Had A Little Lamb," convinced Lincoln to make Thanksgiving a national holiday after writing letters for 17 years.
- The average number of calories consumed on Thanksgiving is 4,500.
- Butterball answers more than 100,000 turkey-cooking questions via their Butterball Turkey Hotline each November and December.
- The original TV dinner was the result of a Thanksgiving miscalculation. In 1953, an executive at Swanson miscalculated the company's upcoming Thanksgiving turkey sales, leaving the company with some 260 tons of frozen fowl following the holiday. Fortunately for Swanson, a salesman by the name of Gerry Thomas suggested packaging the excess product into trays—along with some traditional sides—and selling them to consumers as TV dinners. Thomas was apparently inspired by the pre-portioned trays used to serve airplane food.
- The day after Thanksgiving is the busiest day of the year for plumbers: According to Roto-Rooter, the day after Thanksgiving is the busiest day of the year for those who keep water flowing and going in homes and businesses. In related news, they also recommend not pouring cooking oil down your drain.
- Americans eat 704 million pounds of turkey every Thanksgiving.
- "Jingle Bells" was originally a Thanksgiving song.
- In the midst of the Great Depression, President Franklin D. Roosevelt moved Thanksgiving up one week in order to allow more time for shopping before Christmas. Otherwise, it would have fallen on Nov. 30.
- The first large-scale balloon used in the Macy's Thanksgiving Day Parade was Felix the Cat in 1927, replacing the earlier zoo animals that were used in the first three iterations of the parade. Because there were no plans yet for deflating the balloons, most were simply allowed to float away afterwards. Unfortunately, this strategy didn't prove very effective, as most popped shortly after being released.
- In the 1997 parade, the Barney balloon was ripped along its abdomen due to strong winds, while the Pink Panther had to be stabbed by police in order to be stabilized. The worst event occurred, meanwhile, when Cat in the Hat struck a lamppost at 72nd Street and then crumpled to the ground. In response to 1997's calamities, organizers of the parade instituted size regulations that required all balloons to be no larger than 70 feet high, 78 feet long, and 40 feet wide.

Astrological Corner:



October 23rd to November 21st

This month it's important that you prioritize introspection. You're likely to be feeling burnt out or just plain off. It's important that you sort through your recent experiences to see what you've taken in or taken on that isn't yours to handle. Instead of reacting to your difficult emotions at face value, strive to investigate what is motivating them so that you can understand yourself. Don't let fear motivate you.



November 22nd to December 21st

As much as you love change, when it comes from other people in ways that make you uncomfortable, that's pretty much a completely different story. This isn't the time for guesswork in your relationships, Sagittarius. Invest in the people that you're close to in practical ways. Explore their interests, ask questions and spend time with those you care about. Instead of assuming the worst, invest in the best.

SUDOKU

Difficulty: Easy

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

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 Bill Pipal / Ed. Rich Norris

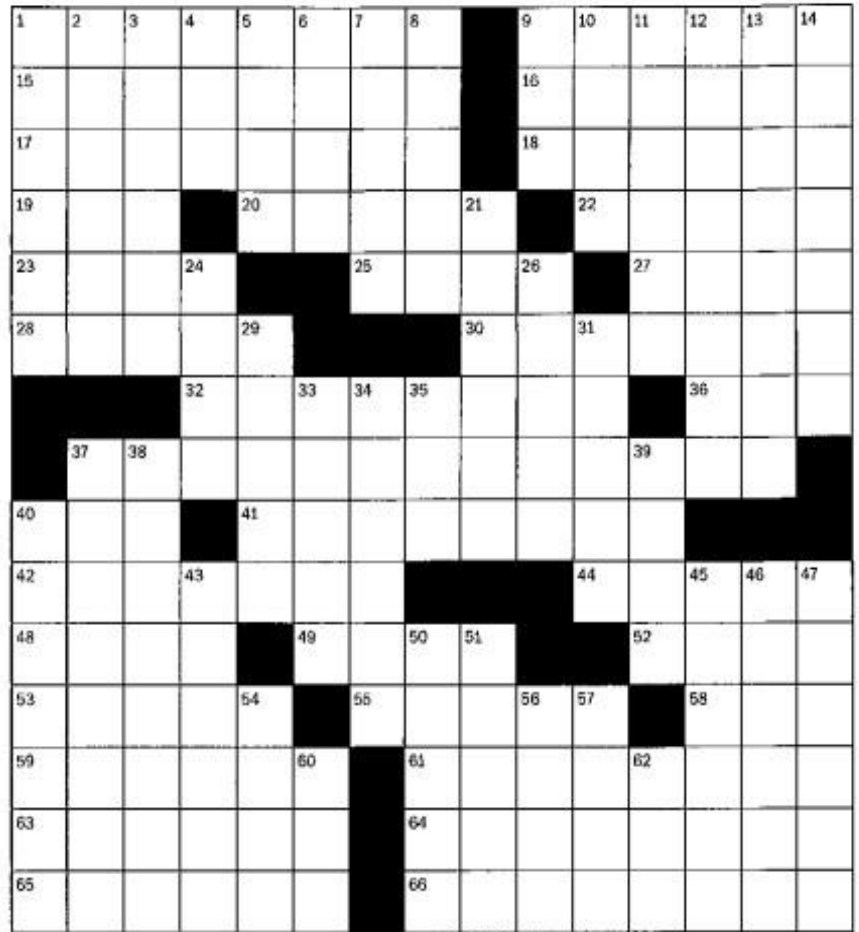
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ACROSS

- 1 Term of address in old Westerns
 9 Survives, maybe
 15 Freaking out
 16 DNA sample source
 17 Writer's challenge
 18 Ascent, for one
 19 Crowd around
 20 Show confidence in, with "by"
 22 "Seinfeld" surname
 23 Touch
 25 Short piece
 27 2018 film for which Alfonso Cuarón won Best Director
 28 Beersheba's region
 30 Organic fuel source
 32 "The Color of Money" game
 36 Enjoyed, with "up"
 37 Controversial phenomenon in response to controversial actions
 40 Disheveled do
 41 "Capisce?"
 42 They make a lot of calls
 44 Inflexible
 48 Kids' song locale
 49 Cries of success
 52 Tireless assistant
 53 Puppy
 55 L.A.'s __ Museum of the American West
 58 Outlaw
 59 Fix
 61 "Anything's possible"
 63 Alicia Keys label
 64 Got off the leash
 65 View secretly
 66 Penciled-in item

DOWN

- 1 Oscar winner as Woolf in 2002
 2 Dress for court, maybe
 3 Common name for a cockchafer
 4 Covert __
 5 Drains
 6 One way to begin
 7 Gymnast who won four golds in Rio
 8 Brilliance
 9 Biblical mount



- 10 Slap (on)
 11 Renaissance painter Dürer
 12 Setting for a Billy Joel classic
 13 One hiding in the cushions?
 14 Breakfast link
 21 "Drag Race" host
 24 Ark. neighbor
 26 Ball charmer
 29 Church official
 31 Union setting
 33 Site of Hercules' first labor
 34 "24" actress Cuthbert
 35 Discreetly send a dupe to
 37 Curt summons
 38 Slice of Americana?
 39 "Trinity" novelist
 40 Spa treatment whose effects are temporary, per the FDA
 43 "Lemme check"
 45 Small Asian ape
 46 Announcement that suggests strength
 47 Homer or jack
 50 Feminist poet Lorde
 51 Many a pound adoptee
 54 It's a wrap
 56 Surrealist Magritte
 57 Dixie bunch?
 60 Snitch
 62 "You can't mean me!"

Managing Osteoarthritis: What It Is and How Physical Therapy Can Help

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

Oh those aches and pains...not many of us are free from them. And osteoarthritis is one of the most common causes of them as we get older. While there are actually over 100 different varieties of arthritis, osteoarthritis (also known as degenerative joint disease or "OA") is by far the most common. It is the condition that is earmarked by the wearing away of the smooth, protective cartilage on the ends of bones where they articulate with other bones. Over time this cartilage can become rough, and in some cases wears away completely, causing the bones to rub against each other.

OA most commonly occurs in the hips, knees, and/or spine, but can also occur in the shoulders, hands, ankles, or any other area where two bones meet. It can cause an "achy" feeling, as well as stiffness that is usually most noticeable in the morning or after periods of inactivity. Advanced stages can cause an uncomfortable grating sensation, and painful bony spurs may significantly limit range of motion in joints.

Ok, enough talking about how painful OA can be, right? Let's move on to what can actually be done about it! While there is no "cure" for osteoarthritis, there are many ways to manage it. There are plenty of over-the-counter and prescription medications and creams that can help. And many people find relief from heating pads, and sometimes cold packs. But the best long-term, side-effect free way to manage osteoarthritis is to *move*. That's right, *exercise*. (*What else did you expect, coming from a physical therapist??*) Here are the top 6 ways to exercise if you have OA:

1. Simple movement - just taking the joints through their available range of motion actually acts to lubricate the joints, bathing the tissues in synovial fluid that brings fresh nutrients to the cartilage. You can just picture that soothing fluid swishing gently around and coating all areas within the joints...*motion is lotion!*
2. Stretching/flexibility exercises - these exercises increase the length of your muscles, which can help to relieve pressure through the joints they cross over.
3. Strengthening exercises - by strengthening the muscles around the joint, the joint becomes more stable. Good, strong muscles can also act as shock absorbers that reduce the pressure from the contact of the bones.
4. Aerobic exercise - exercise that makes you a bit short of breath and gets your heart beating a bit faster not only gets your joints moving through their range of motion, it can also help warm up the body from the inside out and pump up the flow of endorphins, which generally helps to ease joint pain. Aerobic exercise is also a great way to shed a few pounds, which reduces the amount of pressure/pain through leg and spine joints significantly! (*Did you know that for every 1 lb lost, you reduce the*

load through your knee joint by 5 lbs when you squat to tie your shoe or pick up that pen you dropped??)

5. Non-weight-bearing exercises, such as peddling a recumbent bike or swimming/exercising in a pool may be best for advanced arthritis in the hips, knees, and ankles. These forms of exercise allow the leg joints to move more easily through their range of motion, and put less pressure through the joints, which generally is less painful. Exercising in water can also provide a strengthening benefit, as the water creates resistance to the movements. These forms of exercise are more likely to also be aerobic in nature (*see #4 above*).
6. Yoga and Tai Chi - these exercises are gentle in nature, and are combined with deep breathing. This not only helps with relaxation, but also with moving through a pain-free range of motion that may reduce arthritic pain.

Any exercises that cause increased pain once the exercise is finished should be reduced or avoided. But do not give up! Just try one of the other types of exercise until you find something that is enjoyable and helps to relieve your pain. And if you need help determining what specific exercises are right for you and your body, don't hesitate to contact a physical therapist who can do a full evaluation to come up with a customized plan geared specifically for you.

Please do not hesitate to call or email me at the contacts listed below if I can answer any questions you have about osteoarthritis. Also, send me your questions about other types of aches and pains, and I would be happy to address them in a future article!

Thanks for reading, and remember...

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.