

The Avalon Gazette - August 2022



BUSY HANDS

Bring any kind of handcraft to work on while enjoying good conversation.

Water & iced tea will be provided.

Tuesday, August 9th at 2:00 PM in the **Manor House Living Room**

Sign up to receive email pictures of Avalon wildlife from the game camera at 102 Thistle Lane!

For a couple of years now, the Gerhardt's game camera on their deck has caught a variety of our wildlife including: deer and fawns, raccoon families, foxes, a bear, a bobcat, stray cats, woodchucks, two species of squirrels, a parade of ducks, skunks, and a variety of humans not involved in wildlife. The best pictures are emailed close to when they are caught to residents who have signed up to receive them.

If you wish to be on the list for the **game camera at 102 Thistle**, send your email to rolfeg@roadrunner.com.

August Dining Activities

FIRST FRIDAY – Friday, August 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.

TO-GO OPTION AVAILABLE

****RSVP BY MONDAY, 8/1****

Dinner Menu:

Salad – Blueberry Spinach Salad with Lemon Poppy Seed Dressing

Appetizer – Crab Popper

Main Course – Steak Tips, Jasmine Rice & Roasted Carrots

Dessert – Summer Berry Tiramisu

Manly Brews

Wednesday, August 10th at 8:00 AM

****RSVP BY FRIDAY, 8/5****

AND

Wednesday, August 24th at 8:00 AM

****RSVP BY FRIDAY, 8/19****

SIGN UP IS REQUIRED – Please contact the Avalon office.

Join the guys for some conversation and a cuppa!

Menu:

Breakfast Sandwich

Frank's Donuts

Coffee

Fruit

\$10 per person





Ladies' Lunch

Wednesday, August 17th at NOON

TO-GO OPTION AVAILABLE

****RSVP BY MONDAY, 8/15****

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

Menu:

Appetizer – Cucumber Dill Bites

Soup – Gazpacho

*Main Course – Citrus Shrimp Avocado Salad
with Cheese Flatbread*

Dessert – Strawberry Shortcake

August Fitness/Recreation Activities

- 🌸 *Strong for Life* – Every **Wednesday** at **10:30 AM** Sonja Parker teaches this class in the Manor House upper living room.
- 🌸 *Yoga* – Every **Thursday** at **10:00 AM** (**NO CLASS 8/11**) Julie Milan teaches this class in the Manor House upper living room.
- 🌸 *Tai Chi* – **On hiatus until September!**
- 🌸 *Bocce* – Every **Friday** at **3:00 PM** (**Weather permitting**) Located near the Avalon garden. Refreshments are provided and no sign-up is necessary.

Celebrating our 20-Year Residents!

For three months, we will feature our Avalon residents who moved here two decades ago!



Martin & Dara Perfit Moved to Avalon in August 2002

Martin: "I was born in New York City on September 3, 1937, the only child of Sylvia (Lebowitz) and Arthur Perfit. My mother had been a bookkeeper and stenographer prior to their marriage, my father was a car salesman. They separated and subsequently divorced when I was ten months old. I did not see my father again until I was thirty-five.

I attended grammar school (K-8) at Public School 99 which was across the street from my maternal grandparents' home where my mother and I lived during my childhood. PS 99 was skewered many times by Woody Allen who attended PS 99 as Allen Konigsberg.

My mother remarried during the early days of World War II. My stepfather and I did not get on so I was sent back to my grandparents' home. It was a relief.

It was on to Midwood High School where I learned to play the double bass well enough to perform in the school symphony orchestra, the chamber ensemble and the jazz band. My musical tastes were influenced by the orchestral music director, Benjamin Chancy who performed with The Paul Whiteman Orchestra when they debuted Gershwin's Rhapsody in Blue.

Bass players were and still are referred to as the standing timekeeper. That's only half the story. By maintaining the bass line of the music, the bassist frees the pianist's left hand for improvisation.

I honed my musical skills to a high enough level of mediocrity yet good enough to allow me to earn my expenses by performing with small groups during my four years at The City College of New York. Were it not for CCNY I would not have afforded to attend college. At that time there was only a twenty-five dollar semester registration fee and no other tuition costs. Famous graduates include Jonas Salk and Colin Powell.

A week after graduation I volunteered for The US Marine Corps and achieved the rank of corporal (E-4) in one enlistment.

Somewhere along the way I was introduced to Dara Zeiber with whom I'm still very much in love for so many reasons. We started our married life in Manhattan where our first child, Micah was born. We migrated to Freehold Township, New Jersey and soon had a daughter, Tamar. It was here that Dara created and taught in a gifted and talented school program. Dara, being gifted in multiple areas, was uniquely qualified for the position.

I trained as a psychoanalyst at NPAP, the most Freudian institute outside of Vienna. Alas, I realized I was better at talking than listening.

After thirty years watching our area of New Jersey become terribly overcrowded, we decided it was time to move on. Our daughter had given up her job with one of the top three law firms in New Jersey and moved to Bangor. Each time we visited her we came closer to our decision to retire to Maine. I subsequently retired after forty-one years in the New York City School System where I spent most of my career in the Division of Special Education and Pupil Personnel Services where I was active in the evaluation and placement of severely and

profoundly impaired children and young adults. I developed a reliable technique for differential diagnosis of autism versus mental retardation for those functioning at low levels.

I have served on the Avalon Board as treasurer (one term) and board chair (three terms). These positions gave me insight into the realistic concerns of shareholders and management. During my first time as board chair, I managed to set a standard of civil participation during forums and board meetings. During my tenure the forum was strengthened to be a platform for information.

And I cannot forget to add that I am also Fou, the award winning Shrine Clown!

Now I am content to read on our back deck, read and reread my favorite authors while enjoying the sounds of birds."

Dara: "I grew up in NYC with my mother who was a teacher in the NYC school system. It was a time in which as a pre-teen, you could go about the city in safety, visit museums, go shopping alone.

I was very fortunate to be able to attend one of the wonderful magnet high schools in NY for which you had to take an entrance exam. I went to Music and Art High School majoring in art and also getting a wonderful education in music and addition to the regular high school subjects. I had to take three subways to school. I would meet my friend Ellen, we would get on the train together, and then climb 142 steps from the station at Morningside Park to get to school. It was worth every step! We were with students from all over the city who appreciated the differences and talents of all the students.

After high school I was fortunate to go to Connecticut College (then for women) where I majored in Political Science/ Political Thought. Going there was a wonderful experience because the professors were so gifted, interesting and dedicated.

Marty and I met while I was at Connecticut because he was writing to a friend and she could not read his handwriting (which is still pretty bad). I could and thought he sounded pretty nice and eventually we were introduced. We were married a week after my graduation, my mom being very upset because I was only twenty.

After living in NYC for several years, we eventually moved to Freehold NJ to an area which was still fairly rural with farms, apple orchards and horse raising.

I had an art career while in NJ, taking part in juried shows, being the administrator of an art gallery and school, taking additional classes, participating in shows and also being on art juries. Then I had to earn money which is not very easy in the art world.

I went back to teaching and in Freehold was part of a committee which created a Gifted and Talented program for the intellectually gifted which by then was mandated by the state. I wrote interdisciplinary curriculum for students from 3rd grade to 6th which usually incorporated music, science, history, art, literature and museum experiences which were created just for our groups. We were given free rein by the administration to do what we thought was necessary for our children.

Upon retirement, we concluded that the NY-NJ area had gotten much too crowded, noisy, expensive and upon realizing that I was in my heart, basically a New Englander (having spent all my summers in Marblehead, MA with my aunt and family), we started looking in Maine as our daughter and husband had fairly recently moved to the Bangor area. Our son and family lived in Colorado and then California as he followed jobs and we certainly weren't moving there!

We looked at several places in the area and in Belfast, but the scenery here and the wonderful attitude towards pets sealed the deal. When I asked Andy if there were any rules about pets, he said that no, we don't want to make rules unless we have to and that it was so important and healthy for people to have their pets. I was also impressed that in the Avalon ad at the time, there was a quote from Tennyson - where would you ever see that?

For many years, I was the volunteer program person here who sought out and brought in programs of interest. We had many wonderful presenters over the years including many retired teachers who had so much to offer. We went on Avalon trips to various places also. I also led a book discussion group which besides reading interesting material allowed us to know each other better.

I was also instrumental in getting our pond and wetlands registered with the National Wildlife Federation as protected wetlands. I don't know where else we would see deer, turkeys, ducks, multiple types of birds, foxes, geese, and yes, a bear as part of our backyards.

We have a very unique treasure here."

Eastern Area Agency on Aging

Durgin Center



Just a reminder that the Durgin Center provides a space for wellness and enrichment activities, social opportunities, and meals offered through their community café. It's also accessible for community members to gather and have a cup of coffee or play cards.

The Durgin Center is conveniently located in Twin City Plaza, 274 State Street, Brewer. There is ample parking and public bus line service right to the front door.

Open Monday – Friday 9am-3pm

Visit their website at: eaaa.org/durgincenter for more information, including a calendar of classes and events, or call: **207-941-2865**.

Mainers 65 and older can soon qualify for a new form of property tax relief!

Here's what you need to know about it:

- * The property owner must be enrolled in the Homestead Exemption Act for at least 10 years.
- * The Homestead Exemption Act "provides a reduction of up to \$25,000 in the value of your home for property tax purposes," according to the State Revenue Services website.
- * By holding a homestead, Maine has to be your permanent residence. Senator Trey Stewart, R-Aroostook, said that's the goal of this bill, too. "We wanted this to be targeted towards senior citizens who actually live in Maine."
- * By tacking onto the Homestead Exemption Act, this act essentially freezes the owner's property tax as long as they remain enrolled in the exemption.
- * "The net effect will be zero to the town, but a huge benefit for senior citizens across Maine," Stewart said.
- * **The law goes into effect in August and applications need to be submitted by December 1st, 2022.**



Property Tax Stabilization for Senior Citizens, also known as the Property Tax Stabilization Program (LD 290), is a State program that allows certain senior-citizen residents to stabilize, or freeze, the property taxes on their homestead. As long as you qualify and file a timely application each year, the tax billed to you for your homestead will be frozen at the amount you were billed in the prior tax year. Eligible residents who move may transfer the fixed tax amount to a new homestead, even if that new homestead is in a different Maine municipality.

For more information, including an application, visit:

<https://www.maine.gov/revenue/taxes/tax-relief-credits-programs/property-tax-relief-programs/stabilization-program>

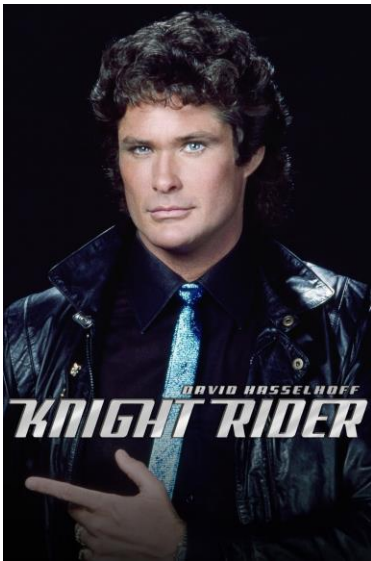
The Streaming Corner

[The Devil Wears Prada on Hulu](#)

Comedy, Drama – 2006 Film

Starring: Meryl Streep & Anne Hathaway

A smart but sensible new graduate lands a job as an assistant to Miranda Priestly, the demanding editor-in-chief of a high fashion magazine. Based on the novel by Lauren Weisberger.



[Knight Rider on Netflix](#)

Action, Crime, Drama – 1982 Series

Starring: David Hasselhoff

A lone crimefighter battles the forces of evil with the help of a virtually indestructible and artificially intelligent supercar.

[No Time to Die on Amazon Prime](#)

Action, Adventure, Thriller – 2021 Film

Starring: Daniel Craig, Ana de Armas & Rami Malek

James Bond has left active service. His peace is short-lived when Felix Leiter, an old friend from the CIA, turns up asking for help, leading Bond onto the trail of a mysterious villain armed with dangerous new technology.

iMDB rating: 7.3/10



Chive & Onion Chicken Skewers

These recipes are sure to become a summer staple!

INGREDIENTS

- 1.5 lbs chicken breast
- 1 tsp salt
- ½ tsp pepper
- ½ tsp Italian seasoning
- ½ lemon, juiced
- 3 garlic cloves
- ½ cup chive and onion sour cream dip
- 2 Tbsp olive oil

INSTRUCTIONS

1. Mix everything together and marinate in fridge for at least one hour or overnight.
2. Skewer the chicken and grill over medium-high heat for 10-15 minutes until cooked through.
3. Serve with extra chive and onion dip, if desired!



Honey-Lime Fruit Salad

INGREDIENTS

- 12 oz strawberries
- 3 peaches
- 1 1/2 cup blueberries
- 2-3 kiwis
- 3 Tbsp honey
- 2 Tbsp freshly squeezed lime juice

INSTRUCTIONS

1. Cut up strawberries, peaches, blueberries and kiwis, and bring them all into a large bowl.
2. Combine honey and lime juice in a small bowl, and mix well.
3. Pour honey lime dressing onto cut-up fruits. Toss gently and be careful not to squash the fruits. Serve and enjoy!



Cucumber Salad



INGREDIENTS

- 2 sliced large English cucumbers
- 5 tablespoons mayo
- 2 teaspoons lemon juice
- 1 teaspoon milk or milk alternative
- 1-2 minced cloves garlic
- 1/4 teaspoon pepper
- 1/2 cup minced red onion
- 3 tablespoons chopped dill

INSTRUCTIONS

1. Toss the sliced cucumbers with a pinch of salt and lay them in a dish or in a bowl that's lined with a towel. You can layer the cucumbers on top of one another depending on the size of the container you use - just separate each layer with a towel. Let them rest for about 30 minutes.
2. In a bowl, mix together the mayo, lemon juice, milk, garlic and black pepper. Stir in the red onion and dill.
3. Once the cucumbers have drained, give them a toss with a fresh towel to wipe off any excess liquid and salt. Place the mayo mixture into a large bowl and then fold the cucumber into it until all of the cucumber is coated.
4. Season with additional salt to taste and enjoy right away alongside your favorite summer meal.

NOTES

- The milk is not totally necessary, but helps the mayo mixture coat the cucumbers nicely.
- We highly recommend draining the cucumbers so the salad doesn't get too soupy. If you are short on time, salting and draining them even for 10-15 minutes will help!

Do you remember when...?

30 Years Ago in 1992:

- Average Cost of new house: \$122,500
- Cost of a gallon of gas: \$1.05
- Windows 3.1 released by Microsoft
- Space Shuttle Endeavour has a successful maiden voyage.
- Ross Perot announces he will run as an independent in the upcoming presidential race against Bill Clinton and President Bush. Bill Clinton wins the election.
- Hurricane Andrew hits South Florida on August 22nd.
- The largest shopping mall in the US, Minnesota's Mall of America is constructed spanning 78 acres. There are over 500 stores in the Mall which employ over 11,000 people. The Mall of America receives over 40 million visitors annually making it the largest tourist attraction in the Midwest.
- US refuses to sign The UN convention on Climate Change and Biological Diversity in Rio De Janeiro.
- Rioting breaks out in Los Angeles following the acquittal of four white police officers accused of beating black motorist Rodney King.



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				7				
		7	6			5		

SUDOKU
Difficulty: Medium

Did you Know: Weird, Amazing Facts about Summer

- Seasonal affective disorder (SAD) has two seasons: Winter and summer. More people suffer from winter SAD than summer SAD, but the causes and symptoms are generally the opposite. For example, research points to too much sun causing an overdose of vitamin D in the summer versus too little in the winter. Instead of overeating, with winter SAD, summer SAD sufferers actually experience a loss of appetite. Anxiety and poor body image, along with comparing yourself to your friend's social media highlights are also contributing factors. Sleep patterns are off too. With summer SAD, insomnia keeps you up, causing irritability and moodiness.
- Summer is hot dog season for a few reasons: It's the favored portable food when you're camping, at the ballpark, or a family picnic. Americans eat a whopping estimated 20 billion hot dogs from Memorial Day to Labor Day. We might need a little more mustard because that equates to 70 hot dogs per person annually.
- According to research from the University of Washington, more parents divorce in March and August than any other months. The ever-present family-activity calendar likely prompts parents to file. After all, who wants to ruin the winter holidays or summer vacation with a divorce and custody issues? The late summer filings coincide with the upcoming school year. Relocating or enrolling kids in a new school nudges on-the-fence parents to call their attorney.
- You probably have a birthday party to attend in September. Nine out of ten birthdays occur in September with September 9th and 19th as the two most popular days to enter the world. Maybe it's the spiked eggnog or the warm fuzzy feelings of the holidays, but more people are frisky during December and holiday miracles are conceived.
- Have you ever been told that if it gets hot enough in the summer, you could fry an egg on a sidewalk? Well, it's true! In 2015, when it hit a scorching 44° Celsius or around 111° Fahrenheit in Perth, Australia, a man successfully fried some eggs by using the heat that had collected on the sidewalk, according to Delish. Granted, he did use a pan, which is understandable considering that he ended up eating what he'd prepared!
- Swimming is a classic summer pastime that can be both invigorating and relaxing. However, there are some who take their underwater efforts to the extreme. Just take Budimir Šobat, for example. In March 2021, the Croatian freediver, who was 56 years old at the time, set a Guinness World Record after holding his breath for an incredible 24 minutes and 37.36 seconds. "While I am doing my maximum static apnea [a breath-holding technique], I have my eyes closed and all I am focused on is to try to hear my heartbeat," the diver said. "Once I heard it, I became calm and ready to fight the time."

Astrological Corner:

Aquarius: January 20th to February 18th

Sometimes, our bodies take longer to metabolize the evolutions our minds have already codified to be true. Reality is an ever-shifting prism with multiple lenses and entry points. It may sound so cliché, but growth is not linear, dear Aquarius. Sure, you can know better as you age, but sometimes life just hands you circumstances that you aren't capable of integrating yet. Be easy on yourself. You're not a failure just because you went against what you should've known better.

Pisces: February 19th to March 20th

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Aries: March 21st to April 19th

It's okay if all that feels remarkable right now is your work and the identity and connections your job provides. Not everyone has the gift of belonging to friends from way back that you somehow still adore and love today. It gets lonely, but sculpting intimacy takes time. It requires your mutual vulnerability and openness to sharing your hearts. It's okay if this is difficult to do at the moment. It won't always be this hard.

Taurus: April 20th to May 20th

It's a heavy burden to feel indebted toward someone else's dream of you. Especially if others have offered tangible support so you can succeed. But at one point, you must be honest with yourself if this is truly the life path you're meant to lead. Maybe it was at some point, but misalignments happen over time. When it does, you must be adaptable enough to change your mind. Don't finish things just for the sake of getting them done. Promises can be broken.

Gemini: May 21st to June 21st

Waking up disbelieving the truths you once fiercely accepted is a painful awakening. If this is happening to you in all levels of your reality—personal, social, global—you are going through a rebirth of sorts, dear Gemini. Maybe it's triggered by some worldly event that trickles down to your relationships? Perhaps the history books you learned in middle school have been lying, and you're mad. Stay mad and keep changing. Your world may be turning upside down, and this is a good thing.

Cancer: June 22nd to July 22nd

Gather as much sweetness and levity to your days as possible, dear Cancer. You're doing so much inner-excavation work to understand yourself better. That takes up a lot of metabolic energy to process and move through. So allow yourself ease where you can. Give yourself the space to just be. Not everything has to be intense and deeply meaningful. Indulge in lighthearted frivolity.

Leo: July 23rd to August 22nd

It is indeed bittersweet when you feel your gut sinking from the predictable disappointment of people letting you down.

People to whom you've given your time, attention, and the utmost care. But you are working so hard to grant yourself the sweetness you desire. You are blossoming into the person that brings a smile to your ancestor's face. So keep going, even amidst the letdowns. Keep doing you and you're bound to meet folks who can match your energy, if not better.

Virgo: August 23rd to September 22nd

The past half a year must've been full of surprises, all of which you had to exercise flexibility and openness to uncertainty. You may feel like you wasted time this year as your situations continue to move at a snail's pace. Things may feel slow, but you've had to put out fires which take away momentum, dear Virgo. It may feel like you've squandered your effort, but tending to urgent chaos takes a lot of time. Remain adaptable—this is the gift of your character.

Libra: September 23rd to October 22nd

If you're in a creative slump and struggling to find the right vibes to express yourself, move that energy outwards. Instead of fumbling your way through a lack of inspiration, direct your attention to a bigger cause instead. Or, perhaps, do it for someone else when you're tormented by your own stagnation. This is why writers and artists often write love letter dedications at the beginning of their works. Sometimes, giving a gift to someone else is the exact motivation you need to keep going.

Scorpio: October 23rd to November 21st

Even if you think the ugliest parts of your past and your life will never get better, there's a chance that you might be wrong. Even if you perceive others, like your family, to be a lost cause or people who will never grow, there's a possibility that you lack peripheral vision. You might surprise yourself at how much people and situations can move forward and transform. Like rocks that get weathered by time and become sand one day, the distillation process within people is always happening—even when it's not visible to you.

Sagittarius: November 22nd to December 21st

How you live your days is how you live your life. Chase after the grounded sense of your reality more than the fleeting moments of adventures. Of course, dopamine-booster fun times are always exciting to pursue. But don't get stuck in the endless spiral of searching for awe and wonder. Often, the magic is in the mundane. Settle into finding peace in the most ordinary of moments.

Capricorn: December 22nd to January 19th

Step outside of your four walls of familiarity and safety. You never really know what will happen unless you try. Sometimes, the situations that give you a sense of stability are the ones that keep you stuck in the spinning wheel of stagnation. Listen, you can be doomy all you want because there will always be something to be upset about in the world. Find ways to reinvigorate yourself towards life if you're feeling especially uninspired. This will assist you in becoming a more heart-open, less jaded and more helpful citizen of the world.

Crossword Puzzle

Difficulty: Medium

LA Times

By Howard Barkin / Ed. Patti Varol

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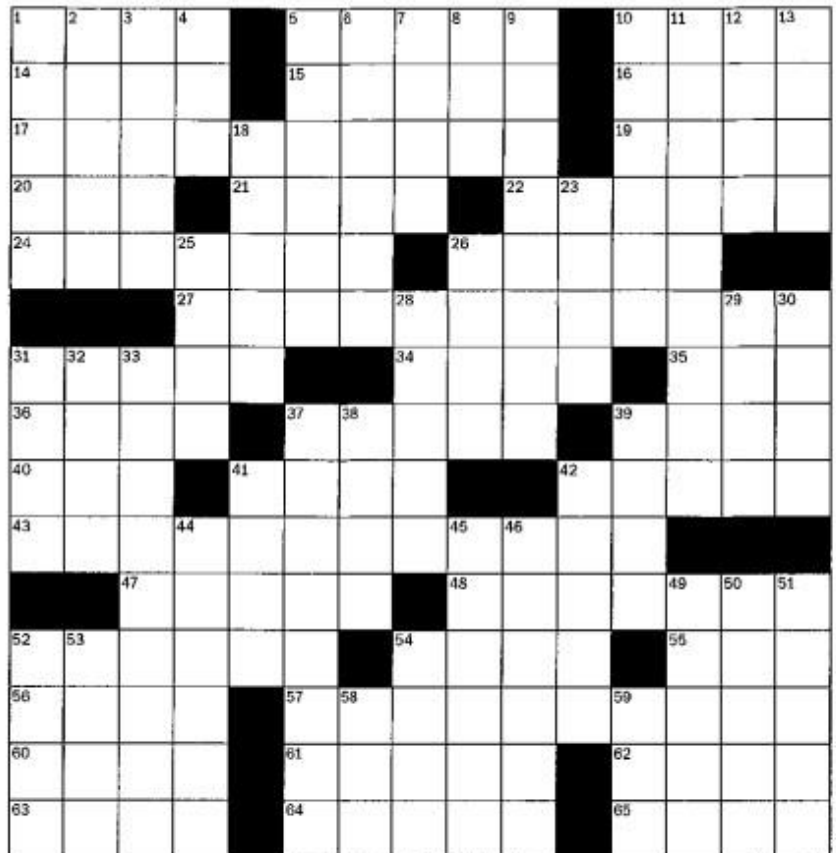
ACROSS

- 1 Karaoke devices, for short
- 5 Chip maker ___-Lay
- 10 Big rig
- 14 Dept. of Labor div.
- 15 First name of Yankee manager Boone and Yankee slugger Judge
- 16 Mimicked
- 17 *Fried seafood appetizer
- 19 Small container in a chemistry lab
- 20 Stage hog
- 21 Blackjack cards
- 22 Frozen spike
- 24 Savanna antelopes
- 26 Emotionally detached
- 27 *Sandwiches with leafy exteriors
- 31 "Catch those villains!"
- 34 Cooking vessels
- 35 Debtor's letters
- 36 "We try harder" car rental chain
- 37 Faceplanted off a skateboard, say
- 39 Unmitigated joy
- 40 Sleep stage letters

- 41 Pizazz
- 42 Bridge positions
- 43 *Starchy and eggy dessert
- 47 Zero
- 48 Takes down, as a flyer
- 52 Know-it-all's taunt
- 54 Fashion monthly
- 55 Canyon edge
- 56 Love, in Spanish
- 57 Budget option at a fast-food joint that the answers to the starred clues could all belong to?
- 60 Walking aid
- 61 Initial stage
- 62 Contributes
- 63 Hoops long shot
- 64 Honking birds
- 65 Luxurious

DOWN

- 1 Chewy rice cake
- 2 Ramadan faith
- 3 Tourney winner
- 4 "You Send Me" singer Cooke
- 5 Big shot with big bucks
- 6 Least likely to be found
- 7 Colorful eye part



- 8 Spinning toy
- 9 Like a cellphone in a theater, hopefully
- 10 Knight in shining armor
- 11 Major faceplants
- 12 Brunch, e.g.
- 13 Inactive
- 18 Oregon capital
- 23 Dairy farm animals
- 25 Gastropub pours
- 26 Smoothie berry
- 28 Flip over
- 29 Maya Angelou, for one
- 30 Seeks damages from
- 31 Attire
- 32 Happily ___ after
- 33 Chance to unwind and read a book, perhaps
- 37 Pack leader
- 38 Lacking slack
- 39 "Born This Way" singer Lady ___
- 41 Tense and irritable
- 42 Word near a maze arrow
- 44 "Sabrina" actress Hepburn
- 45 Airport serving the D.C. area
- 46 Arriving after curfew
- 49 Statement of faith
- 50 "It takes all ___"
- 51 Flatten
- 52 Social finesse
- 53 "Doctor Zhivago" actor Sharif
- 54 "What ___ can I say?"
- 58 Individual
- 59 Atlas page

Stay Hydrated!

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

Hello, all! The heat and humidity we are experiencing this summer have made me want to send out this article again this year as a good reminder that we all need to drink more fluids!!! So while you may remember this from last summer, I figured it is always good to remind people and reinforce the importance of this topic!

We have all heard that staying hydrated is important to our health. In fact, drinking plenty of fluids is one of the easiest things we can all do to improve and maintain our health. With the warmer weather most definitely upon us now, I thought it was a good time to write about just how important water is to our bodies, and what we can do to make sure we have enough of it!

Did you know that our amazing bodies are made up mostly of water? In fact, water makes up about 55% to 75% of our mass, on average (and depending on how well hydrated we are). That's about 10 to 12 gallons of water in our bodies! Our bodies have water in every single cell. It makes up about 83% of our blood, 73% of our muscles, 25% of our body fat, and 22% of our bones. In addition to being an integral part of our physical substance, water helps move nutrients, get rid of waste, keep our temperature at the right level, lubricate and cushion joints, keep our skin moisturized, and many other things.* Have I convinced you yet of just how essential water is to our health?

Did you also know that you lose about 10 or more cups of water every day just living: breathing, sweating, urinating, etc?*

This does not include how much more we lose when we are exercising, especially in extreme temperatures. Luckily, eating and drinking usually make up for the amount of water we lose every day.

The average person gets about 20% of their water for the day from food. An apple is 84% water. Bananas are 74% water. Broccoli is 91% water. Even foods that you might not think of as moist - a plain bagel (33% water), ground beef (56%), American cheese (39%) - help to resupply our bodies.* The rest must come from fluids that we drink. But not all fluids are equally helpful at rehydrating our bodies. Drinks like coffee and tea are diuretics and can have a slight dehydrating effect. Alcohol is a stronger diuretic that can have a greater dehydrating effect.

Many people are mildly dehydrated and don't even know it. Dry mouth and increased thirst might be obvious signs, but as we age, we tend to lose our sense of thirst. Other signs of dehydration are darkened urine, fatigue, flushed skin, faster breathing and heart rate, headaches, dizziness, and even confusion or trouble concentrating. It doesn't take long to become dehydrated - only about 30 minutes in hot, humid weather.*

If you think you are becoming dehydrated, you should move to a cool place and slowly rehydrate! Symptoms like confusion, headache, seizure, vomiting, difficulty breathing or fainting indicate an emergency, and 911 should be called in these situations.

If you are exercising outdoors in hot, humid conditions, you'll need to take more frequent, longer breaks, shorten your workout or intensity level, and dress appropriately. It is helpful to *pre-hydrate* by drinking two cups of water about two hours before exercising, and then to stop and drink more fluids (5-10oz) every 20 minutes or so. The exact amount depends on several factors, including how much you sweat, how hard you are breathing, and the intensity and

duration of the exercise. If you are exercising very hard, you may want to consider drinking a sports drink like Gatorade to replenish sodium lost from sweating.

Unfortunately, there is no “one-size-fits all” recommendation for how much water/fluid you should be drinking daily - it varies based on many factors, including your activity level, environmental temperature, your age, gender, and weight, as well as your health. It would be a good idea to ask your health care provider about the right amount of fluid you should be ingesting daily, especially if you have health conditions like diabetes, kidney disease or heart failure, which affect the amount of water you should be drinking every day. A solid recommendation is to understand and be on the lookout for the signs and symptoms of dehydration, especially in this beautiful, warm weather.

I hope all of you will stay hydrated as you get outside, and enjoy every minute of this special gift we know as summer in Maine!

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.

*Information for this article was gathered from various online sources, including WebMD and the Mayo Clinic website.