

The Avalon Gazette - November 2022



Messages from Avalon Management

The Avalon Offices will be closed the following days:

In Observance of Veteran's Day: November 14th

In Observance of Thanksgiving: November 24th & 25th



Gather & Be Thankful Together



Wednesday, November 9th at 12PM, we are happy to announce we are holding our fifth annual Gather & Be Thankful Together!

To sign up, please RSVP with the Avalon Office on or before

***** November 4th *****

Door prizes will be given!

November Dining & Activities



Thanksgiving Dinner

Tuesday, November 22nd at 5:30PM

****RSVP BY FRIDAY 11/18****

TO-GO OPTION IS AVAILABLE

\$20.00 per person

Please contact the Avalon office to sign up for this Thanksgiving Dinner.

Dinner Menu will be a traditional Thanksgiving meal! *Turkey, Gravy, Mashed Potatoes, Stuffing, Squash, Sweet Potato Casserole, Peas, Carrots, Cranberry Sauce & Rolls*

First Friday: November 4th at 6:00PM

TO-GO OPTION IS AVAILABLE

****RSVP BY MONDAY, 10/31****

Dinner Menu:

Salad – Green Salad

Appetizer – Butternut Squash

Apple Bruschetta

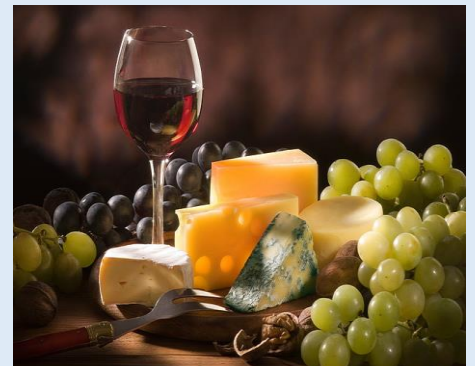
Entree – Salisbury Steak, Garlic

Mashed Potato & Parmesan

Roasted Carrots

Dessert – Apple Crisp à la

Mode



Wine, Crackers & Cheese
from 5:00PM – 6:00PM
(Sign up NOT required)

Ladies' Lunch

Wednesday, November 16th
at NOON

TO-GO OPTION IS AVAILABLE

****RSVP BY MONDAY 11/14****

Sign-up is required



Lunch Menu:

Appetizer – Deviled Eggs

Salad – Crunchy Slaw Salad

Entree – Turkey Cranberry Brie Grilled Cheese with Pickle & Potato Chips

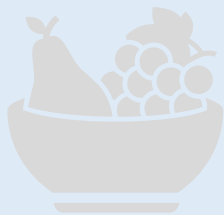
Dessert – Pumpkin Pie Twists



Manly Brews

Wednesday, November 30th at 8:00AM

****RSVP BY MONDAY 11/28****



MENU:

Fruit

Coffee &

Bagel Central's Bagels



Join your fellow chaps to chat with some hot coffee & fresh pastries!!

Avalon's November Recreation Activities



**STRONG
FOR LIFE**

STRONG FOR LIFE - Every **Wednesday** at **10:30AM**:
Sonja Parker teaches this class in the **Manor House
Upper Living Room**.

Note: There will be **NO Strong for Life 11/23*

YO'GA

YOGA - Every **Thursday** at **10:00AM**: Julie Milan
teaches this class in the **Manor House Upper Living
Room**.



TAI CHI - Every **Thursday** at **11:15AM**: Andy
Stewart teaches this class in the **Manor House Upper
Living Room**.

**Note: Like last month's class, this will also be for
beginners!*



POOL IN THE PUB - Every **Friday** at **3:00PM**:
Come join fellow Residents for some fun, games
and cards in the **Manor House PUB**! No sign-up
is necessary! Refreshments and light snacks are
provided.



BUSY HANDS - On **Tuesday, November 29th** at
2:00PM in the **Manor House Living Room**, join
friends for conversation and your choice of
handcrafts. Beverages will be provided.

**Note: Because of the Forum on Nov 8th, Busy Hands
was rescheduled to the last Tuesday in November.*

Local Entertainment for the 2022 Winter Season



THE GRACIE THEATRE AT HUSSON UNIVERSITY

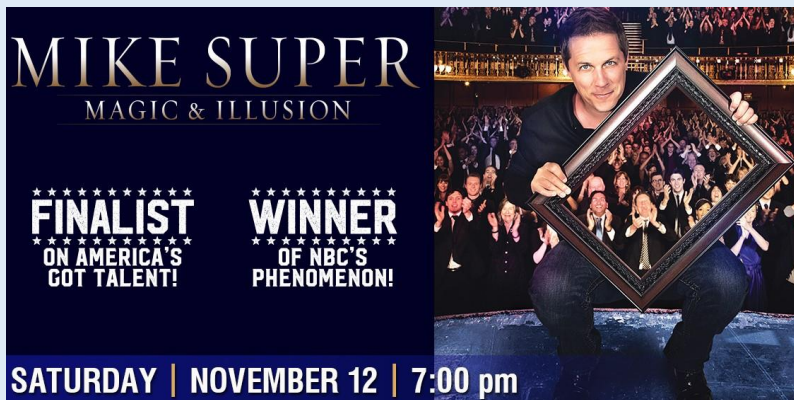


The Christmas Chronicles

**Sunday, December 4th, 2022
at 3:00PM**

Christmas Chronicles with Cellophane Flowers is a multimedia event combining seasonal vignettes, popular classical music and rock 'n roll. This fusion of HD projected

images and vintage outfits and a set list that includes songs like LET IT BE, IMAGINE, HERE COMES THE SUN, WONDERFUL CHRISTMASTIME, HAPPY XMAS, & ALL YOU NEED IS LOVE. This show is ideal for the holiday season and promises to deliver a visually-stunning, Victorian-era styled show.



MIKE SUPER~

Magic and Illusion

Sat, November 12, 7:00PM

Mike Super is the only magician in history to win a LIVE magic competition on primetime US network television. His other accomplishments include being named Entertainer of the Year,

Best Performing Artist of the Year, and he was voted America's Favorite Mystifier on NBC's hit TV Show PHENOMENON. He has amazed Howie Mandel, Kim Kardashian, Louie Anderson, Howard Stern, Jeffery Katzenberg, Ariana Grande, Tina Fey, Heidi Klum, Nick Cannon, Penn & Teller Lynyrd Skynyrd, Criss Angel, Raven-Symone, Train, Kenny Chesney and Ellen DeGeneres to name but a few!

Phone: **207.941.7888**

Email: <https://www.gracietheatre.com/>

THE COLLINS CENTER FOR THE ARTS AT UNIVERSITY OF MAINE - ORONO



Yuletide Celebration

Sunday, December 4th at 3:00PM

The University's major choral ensembles collaborate to perform their annual holiday concert. An afternoon of festive music and fun for the whole family!

General admission \$12, all fees included.

Masterworks II – Tchaikovsky's 6th

Sunday, November 20 at 3:00PM

Hidden gems from history combine with Tchaikovsky's stirring Symphony No. 6 for a full program of Romantic-era passion

Lucas Richman, conductor
Vijay Venkatesh, piano

Program

Augusta Holmès | *Allegro Feroce*

Clara Schumann | *Piano Concerto in A minor, Op. 7*

Vijay Venkatesh, piano

Pyotr Ilyich Tchaikovsky | *Symphony No. 6 in B minor, Op. 74*

What's Interesting About This Concert:

Pianist Vijay Venkatesh makes his BSO debut, having recently recorded the piano music of Lucas Richman

Clara Schumann was one of the most celebrated pianists of the 19th century, though her own compositions were often overshadowed by those of her husband Robert Schumann. Tchaikovsky's Symphony No. 6 is known as the *Pathétique Symphony*, but in his native Russian the original sub-title meant "passionate"



Phone: **207.581.1755**

Email: **<https://www.bangorsymphony.org/>**

Maine Harvest Festival

Celebrating Farm Fresh

November 19 & 20, 2022
10am to 4pm

www.MaineHarvestFestival.com

Maine Harvest Festival will be returning to the
Cross Insurance Center

on November 19th and 20th from 10AM – 4PM

Are you crafty or make tasty food! We are looking for local artisans showing off their talents at the Maine Harvest Festival!

maineharvestfestival@gmail.com



WINDSWEPT GARDENS **SECOND ANNUAL** ***HARVEST FEST***

Date:

Nov 5, 2022 10:00AM -
Nov 6, 2022 4:00PM

Location:

Windswept Gardens, 1709
Broadway, Bangor, ME 04401

Windswept Gardens 2nd Annual Harvest Festival is happening on Saturday, November 05, 2022 at Windswept Gardens. Its free Food, Fun, Shopping, Crafts, Vendors, Music and more!

The Streaming Corner

The Art of Racing in the Rain on Disney+



Drama · Romance PG

2h 3m – 2019 Film

Starring: Milo Ventimiglia, Amanda Seyfried & Ryan Kiera Armstrong

Aspiring Seattle-based race car driver Denny adopts Enzo as a puppy and he

remains Denny's most loyal companion as the household expands to include Denny's girlfriend and then wife Eve and their daughter Zoe.

The Swimmers on Netflix



Biography · Drama · Sport PG-13

2h 14m – 2022 Film

Starring: Matthias Schweighöfer, Ali Suliman & James Krishna Floyd

Based on a true story, *The Swimmers* follows the journey from war-torn Syria to the 2016 Rio

Olympics. Two young sisters embark on a harrowing journey as refugees, putting both their hearts and champion swimming skills to heroic use.

Road to Perdition on Amazon Prime

Crime · Drama · Thriller · R

1h 57m – 2002 Film

Starring: Tom Hanks, Paul Newman, Jude Law, Daniel Craig & Jennifer Jason Leigh

Mike Sullivan (Hanks) is an enforcer for powerful Depression-era Midwestern mobster John Rooney (Newman). Rooney's son, Connor (Craig), is jealous of the close bond they share, and when Mike's eldest son, Michael (Hoechlin), witnesses a hit, Connor uses the incident as an excuse to murder Sullivan's wife (Leigh) and youngest son. Forced to flee, Sullivan and Michael set out on a journey of revenge and self-discovery.





Anah Shriners 11th Annual Festival of Trees

From 1:00PM - 4:00PM on
Thursday, Nov 17th:

Anah Shriners will be opening their doors *early for our Residents!*

Admission is \$2.00 per person for this invitation. There will also be complimentary coffee & donuts.

Roasted Beet Goat Cheese Salad

YIELDS: 4 servings
PREP TIME: 15 mins
TOTAL TIME: 1 hr 15 mins

Ingredients:

6 medium beets, scrubbed
6 c. arugula
1 avocado, sliced
1/2 c. chopped toasted walnuts
4 oz. goat cheese, crumbled
(Or feta cheese if you prefer)

FOR DRESSING:

1/2 c. extra-virgin olive oil
1/4 c. balsamic vinegar
1 tbsp. maple syrup
2 tsp. Dijon mustard
Kosher salt
Freshly ground black pepper



Directions:

Step 1: Preheat oven to 400°. Wrap each beet in foil and place on a baking sheet. Roast until tender (you can insert a fork or knife through the foil to test), about 1 hour. Let sit until cool enough to handle, then peel and cut into wedges.

Step 2: Meanwhile, make vinaigrette: In a jar, shake together olive oil, vinegar, maple syrup, and Dijon until fully combined. Season with salt and pepper.

Step 3: Place arugula in a large serving bowl and lightly dress with vinaigrette. Top with beets, avocado, goat cheese, and walnuts. Toss gently and add more vinaigrette as needed.

Thanksgiving Leftovers Crescent Ring

Yield: Makes about 8 servings.

Ingredients:

2 - 8 ounce cans refrigerated Pillsbury Crescent Rolls

3 cups of Thanksgiving Day leftovers (Turkey, Stuffing, Potatoes, Gravy, Green Bean Casserole, Peas, Cranberry Sauce, etc.)

1 cup shredded cheddar cheese



Directions:

Step 1: Preheat the oven to 350 degrees.

Step 2: On a large greased pizza pan, arrange crescent rolls in a circle overlapping each other.

Step 3: Face the straight edge of the dough towards the middle and the pointy end towards the outside like a sun or flower shape (see the photo above).

Step 4: Spoon desired Thanksgiving leftovers around the middle of the dough ring. Top with shredded cheese. Fold in the ends of dough and tuck under.

Step 5: Bake at 350 degrees for about 20-22 minutes until browned. Cut to serve.

Apple Pumpkin Coffee Cake

Ingredients:

Coffee Cake

2 cups flour
2 tsp baking powder
2 tsp pumpkin pie spice
1 tsp cinnamon
3/4 cup sugar
1/3 cup corn oil
1/2 cup milk
1 egg
1 cup pumpkin puree
1 cup apple, grated
(About 1 large apple)

Streusel Topping

3/4 cup flour
1/4 cup corn oil
1/2 cup brown sugar
1 tsp cinnamon

Directions:

Step 1: Preheat oven to 350 degrees. Prepare an 8x8 inch baking dish with parchment paper, or spray with nonstick spray.

Step 2: In a bowl combine flour, baking powder, salt, pumpkin pie spice and cinnamon. Set aside.

Step 3: In a large bowl whisk together sugar, corn oil, milk, egg, and pumpkin puree. Add in the flour, and stir until just barely combined. Fold in the grated apple.

Step 4: Pour into prepared baking dish.

Step 5: In a small bowl combine all the ingredients for the streusel. Mix until the consistency of wet sand. Sprinkle over the batter.

Step 6: Bake for 25-30 minutes, until a tester comes out clean.

Step 7: Let cool for at least 5 minutes before slicing



PREP TIME 5 min


COOK TIME 25 min

67 YEARS AGO

BACK IN..... 1955

HAPPY 67TH BIRTHDAY

AVERAGE COST

- A first class stamp \$0.03
- A gallon of gas \$0.23
- A loaf of bread \$0.18 
- A movie ticket \$0.45
- A new house \$10,950.00

**AVERAGE WAGES
PER YEAR
\$4,130**



**WORLD POPULATION:
2.772 BILLION**

THE US PRESIDENT 
Dwight Eisenhower

IN THE NEWS...

- *The first Guinness Book of World Records is published in the United Kingdom.
- *The popular game show "The \$64,000 Question" debuted on CBS.
- *Disneyland opens in California on July 17th and has over one million visitors in only seven weeks.
- *Ray Kroc opens first McDonald's Inc. fast food restaurant in Des Plaines, Illinois.

50S SLANG

- Ankle biter - A child
- Get Bent! - Go away
- Unreal - Exceptional

IN STYLE...



WOMEN

- Girdles • Petticoats
- Beehive • Short bangs
- Bouffants • Pixie cuts

MEN

- Suits • Fedora hat
- Wingtip shoes
- Cardigan sweaters
- Leather motorcycle jackets

ON THE RADIO

- Cherry Pink and Apple Blossom
- White - Perez Prado
- The Yellow Rose of Texas - Mitch Miller
- Autumn Leaves - Roger Williams
- Unchained Melody - Les Baxter



TECHNOLOGY

- ★ The first pocket transistor radios become available.
- ★ The first home microwave ovens are manufactured by Tappan.
- ★ A polio vaccine is tested by Dr. Jonas Salk. It was announced to be 'safe and effective'.
- ★ Velcro was invented by George de Mestral.

Gobble Up Some

America first called for a National Day of Thanksgiving to celebrate victory over the British in the Battle of Saratoga. In 1789, George Washington again called for national day of thanks on the last Thursday of November to commemorate the end of the Revolutionary War and the ratification of the Constitution. And during the Civil War, both the Confederacy and the Union issued Thanksgiving Day proclamations following major victories.

"Jingle Bells" was originally a Thanksgiving song.

To celebrate the expansion of its Herald Square superstore, Macy's announced its very first "Big Christmas Parade" two weeks before Thanksgiving in 1924, promising "magnificent floats," bands and an "animal circus." A huge success, Macy's trimmed the parade route from six miles to two miles and signed a TV contract with NBC to broadcast the now famous Macy's Thanksgiving Day Parade.

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!)

More than 54 million Americans are expected to travel during the Thanksgiving holiday this year. That's up 4.8% from last year. More people travel to Orlando, Florida than anywhere else on Thanksgiving.

Americans eat 704 million pounds of turkey every Thanksgiving.

Turkey Day Facts!

Thomas Jefferson was famously the only Founding Father and early president who refused to declare days of thanksgiving and fasting in the United States. Unlike his political rivals, the Federalists, Jefferson believed in "a wall of separation between Church and State" and believed that endorsing such celebrations as president would amount to a state-sponsored religious worship.

The tradition of football on Thanksgiving began in 1876 with a game between Yale and Princeton. The first NFL games were played on Thanksgiving in 1920.

The average number of calories consumed on Thanksgiving is 4,500.

There are four towns in the United States named "Turkey." They can be found in Arizona, Texas, Louisiana, and North Carolina.

Abraham Lincoln proclaimed Thanksgiving a national holiday on October 3, 1863. Sarah Josepha Hale, author and abolitionist who wrote "Mary Had a Little Lamb," convinced Lincoln to make Thanksgiving a national holiday after writing letters for 17 years.

The day after Thanksgiving is the busiest day of the year for plumbers.

The Butterball hotline answers 100,000 turkey-related questions every year in November and December.

Minnesota raises the most turkeys in the U.S.

The tradition of cracking the wishbone is an ancient one. Wishing on bird bones traces back to the ancient Etruscans, who used chickens to help them predict the future!

7 Tips for Keeping Your Garbage Disposal in Top Shape

If you are still dumping coffee grounds down your drain, listen up: You could be cutting your appliance's life short! But it's not too late to correct your mistakes. Discern good from bad habits with this guide to properly using and maintaining a garbage disposal.

1) DO run the garbage disposal every few days.

Even if you don't have to grind any food scraps up, you should run the appliance with cold water to keep the blades from rusting from lack of use. This also gives any food that might have stuck to the sides of the appliance from a previous use will another chance to wash out.

2) DON'T send fibrous, starchy, or hard leftovers down the drain.

Avoid all that can break the appliance or gum up the works; if you're uncertain, check to see if it made *the list of no-no's at the bottom of the page*. The garbage disposal is best saved for ice cubes and softer foods.

3) DON'T use your fingers to pull out any clogs.

Instead, avoid injury from the blades by using **pliers or tongs to remove any scraps** that have not been finely ground up.

4) DON'T use bleach or commercial drain cleaner to unclog.

When you turn on your appliance next, the caustic chemicals might fly up and out. If it's a case of the wrong place at the wrong time, that could result in bleach splashed in your eyes after flipping the switch to send food scraps down the drain.

5) DO ward off odors with warm water and lemons.

After you've reconnected your appliance, pour warm (not hot) water into your garbage disposal as it grinds cut-up lemons. The wedges are high in citric acid, which boasts **anti-bacterial properties**, and their peels will scrub on the way down—an all-natural remedy!

6) DON'T pour hot water into a clogged unit.

The heat will melt fats and make unclogging the garbage disposal even more difficult to accomplish.

7) DO clean your garbage disposal every two weeks.

First, fill it with ice cubes and a cup of rock salt, then run it for a minute for the natural abrasives to scrape away the gunk lining the inside of your disposal. Pour a cup of vinegar and a half-cup of baking soda into the disposal to kill bacteria, then (again, with the power off) scrub the flaps with an old toothbrush.

*****List of No-No's !!!*****

Pasta	Rice	Oats	Fat	Grease	Oil	Nuts
Fibrous Veggies	Potato Peels	Eggshells	Chicken Skin	Coffee		
Grounds	Bones	Seafood Shells	Sauerkraut			

Astrological Corner:



November is a month of deep reflection and inner work.

We welcome the

month ahead with the total lunar eclipse in Taurus on November 8

Aquarius: January 20th to February 18th

The month ahead is an opportunity to confront, accept and integrate your past. There is a forward momentum that encourages the exploration of new dreams and a possibility for a new future. But first, be honest about the inertia of your memories. Nostalgia can be like a weight that holds you back. So, make friends with the fear in your heart. Moving forward is not always about cutting off the past, but being able to live on because and despite it.

Pisces: February 19th to March 20th

Life is often a complex layering of new starts, ongoing projects, and inevitable endings. For November, imagine your life path as a kind of perpetual musical score where the overall song has no distinct end or beginning. But there are peaks and valleys within the music that take on different tones, speed and emotions. As with any piece of music, it's not just the bigger, more significant milestones that matter—the quiet and seemingly invisible in-betweens are just as important.

Aries: March 21st to April 19th

It's a fact that money is required to sustain at least a basic level of comfort and stability. If you're able to, though, for November try to spend some time thinking about your own beliefs, values and principles when it comes to what it means to live a meaningful life. From this place, you can assess what truly matters to you.

Taurus: April 20th to May 20th

If you've been working hard at getting to the core of who you are, the fruits of your labor and dedication to your authenticity will finally start to reveal themselves. There are new friendships to nourish and old ones to grieve. November is about your growing pains—and also the relief and delight of living your life without pretenses and half-truths.

Gemini: May 21st to June 21st

Mirrors reflect—but they can also warp and slant reality. For November, notice the distorting mirrors around you. People, situations and your internal thoughts, to name a few. Looking through and engaging with these mirrors can make it harder to know the truth, but can also hone your discerning eye. Stay sharp.

Cancer: June 22nd to July 22nd

Life is busy, busy, busy! Perhaps you're throwing yourself over towards projects, activities, responsibilities, relationships and overall life obligations that take a lot of your time. Some of these may feel enjoyable to attend to, sweet, even; others may feel like tiny inconveniences. If possible, prioritize the projects that support your well-being. But, sometimes, a job is a job, and responsibilities need tending.

Leo: July 23rd to August 22nd

This time is ripe for inner child repair, joy and play. You've been on a journey of reconfiguring what you thought of as your life path and legacy. Try to unlearn and detach your sense of self-worth from the deliverables and, instead, to measure it from a place of pleasure and joy. Are you enjoying yourself? Even on hard or bad days, isn't that the point?

If not, what are you even doing?

Virgo: August 23rd to September 22nd

Sometimes, absence and distance remind you of what you value most. This month ahead, figure out what being at home means to you. Is it the location? Where your stuff is arranged for your own comfort? Is it the people you're with or the land of your ancestors? Wherever you may be--explore how you can emulate the sensation of home.

Libra: September 23rd to October 22nd

Confrontations with impermanence are high on the list of themes you'll be navigating this November. Despite the potentially difficult topic, approach this month with a creative and curious heart and mind. Engaging with art literature, music, films, etc., will help you channel your thoughts and feelings about loss, grief and the inevitability of change. Let this not be a month of despairing but make it be about softening and connecting to the universal experience of mortality.

Scorpio: October 23rd to November 21st

Back in April, new roots sprang from new beginnings in your relationships and collaborations (business and/or personal). This time around, whatever grew from springtime is finally reaching its maximum potential. What old relational patterns and dynamics are you unlearning with the important people in your life? Keep a close understanding of the creative and tangible tools you have access to.

Sagittarius: November 22nd to December 21st

The quality of your daily life can be an invaluable benchmark of how burned out you are.

Sometimes, burnout looks like boredom, though most times, it's a profound sense of discontent. Pushing through can be a way to avoid the roots of your problems. This month, prioritize taking care of yourself, including calling yourself out on the self-sabotaging decisions that keep you feeling unwell.

Capricorn: December 22nd through January 19th

Creativity often requires ample rumination, daydreaming, spacing out and brooding.

Basically, planning and doing the art is not the ultimate way of leaning into your creative flow. Get into hermit mode this month ahead. This kind of internal, mental and emotional spaciousness will help you get unstuck-- Lean into the quiet!

DON'T FORGET TO WATCH THE LUNAR ECLIPSE ON THE MORNING OF NOVEMBER 8TH



PUZZLE TIME!!

Thanksgiving Word Scramble

Unscramble the Thanksgiving words and then use the highlighted letters to form the secret message. You will have to unscramble the message as well.

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ETRSHVA	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
MEVRNOEB	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
ILIGPMR	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
KUTEYR	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
BCNERRRAY	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
YRAOMEFWL	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
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Thanksgiving Day

Fourth Thursday of November

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

AMERICA
CANOE
COLONY
CORNUCOPIA
ENGLAND
FALL
FAMILY
FEAST
FREEDOM

GRATITUDE
HARVEST
HOLIDAY
INDIANS
MAIZE
MAYFLOWER
MILES STANDISH
NEWWORLD
NOVEMBER

PILGRIMS
PLYMOUTH
PUMPKIN PIE
PURITANS
SQUASH
STUFFING
THANKSGIVING
TURKEY
YAMS



The Power of Walking

By Sonja Parker, MSPT, LMT
Designing Fitness Physical Therapy

One of the first questions I am usually asked if a friend or family member has a physical therapy need is, "Should I use ice or heat on this?" It is such a common question that I thought I would devote a short column to it, in case you are wondering the same thing!

Let me start by saying that heat and ice can be a very effective, natural way of managing pain at very little cost. That said, there are some safety considerations to review to be sure these thermal modalities are right and work well for you:

1. Care should be used if the user has an impaired ability to feel heat/cold. If this sensation is absent (for example, in a diabetic foot), these modalities are not safe ways to manage pain.
2. Heat or ice should never be applied directly to the skin - always make sure you have a cloth barrier (or two) to avoid burns or frozen skin.
3. Whenever ice or heat therapy is used, the skin should be checked frequently, and duration should be limited to 15-20 minutes at a time. The heat or ice can then be reapplied as soon as 20-30 minutes later for greater effect.

Here are some simple guidelines to follow when determining which of these thermo-therapies is most appropriate for you:

For acute injuries or flare-ups, ice is the way to go. Ice works by constricting blood vessels, which can numb pain, relieve inflammation, and reduce swelling and bruising. Ice should always be the thermal modality of choice in the first 24-48 hours after an injury or flare-up. In fact, ice should be used as long as there are signs of inflammation (redness and warmth), even if that is longer than 24-48 hours. Ice can be used for flare-ups of gout, for acute tendinitis, or for sprains and strains.

Heat is the right choice for more chronic problems (such as arthritis), or after the inflammatory phase of acute injuries mentioned above. Heat works by increasing blood flow at the site, which can bring fresh nutrients to the area in need of healing, and relax tense muscles. It can relieve pain, reduce muscle spasms, and diminish stiffness. In terms of acute injuries, heat may be used *after* the initial 24-48 hours of icing. When in doubt, use ice a little longer - using heat prematurely may actually increase swelling and inflammation, which can slow the rate of healing.

Lastly, if you have an injury that occasionally returns with exercise, try using heat before your exercise, and ice afterwards. This regimen may help you to maintain your exercise program while reducing the chance of any flare-ups.

I hope this has answered any questions you may have regarding the use of ice or heat to reduce pain and promote healing. Please feel free to call or email me with any further questions! As always, I look forward to hearing from you!

Be strong, stay active, LIVE life!

Yours in good health,
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While this article is intended to provide a brief overview, it is not intended as a substitute for medical consultation. Please consult your doctor or physical therapist for more information.