

July 2010

The Avalon Times



The Avalon at Hillsborough *393 Amwell Road Hillsborough NJ* (908) 874-7200

July Highlights

Independence Day BBQ
July 3rd

Hillsborough Rockettes
July 6th

Wii Bowling Tournament
July 17

Good Luck to Emma Party
July 19

Somerset Patriots Game
July 20

Hunderdon Hills Playhouse
July 22

The Dance Factory
July 30



Preventing Diabetes—the Fun Way

Want a diet to prevent diabetes? How about a couple of cocktails, balsamic marinated pork and a cup of espresso? Those are among many foods that can help lower type 2 diabetes risk, says the updated “Healthy Eating for Type 2 Diabetes.” The Harvard Medical School report notes that drinking coffee cuts diabetes risk by up to 42 percent and that drinking alcohol drops diabetes risk by up to 43 percent.

We all know that weight control is key to preventing or managing diabetes, “but if you feel like you’re being deprived, it doesn’t work,” says David Nathan, M.D., director of the Massachusetts General Hospital Diabetes Center. “You need a diet you can live with.”

That means basic—but not boring—healthy eating. The American Diabetes Association’s Sue McLaughlin recommends: lots of produce, whole grains, lean protein and healthy fats; and minimal amounts of refined sugars, refined starches, red meat and salt. – John Briley

Submitted by Ann Zakaluk

Flowers

Come to my garden and
we will share,
Some thoughts of God's beauty
growing there.

Marigold with her face
lifted high.
Seems to be looking at the
clouds floating by.

Her petals so bright and
countless in number.
Once they're all open
will never slumber.

All night, awaiting her
friend the sun, for
another day smiling and
spending in fun.
Proud zinnia, always so
stately and gay
wishing to be cut and
arranged in a bouquet.

She displays lots of beauty
her patience is strong
forever trying her best
to make her life last long.

Lovely delicate Astor so
proper, clean and neat
sways gently on her long stem
as the soft breeze passes
her cheek.

Remember gracious Astor
keeping her in mind
a prettier garden flower
would be very hard to find

By: Gloria Anderson, 1983

July Birthdays

If you were born from June 22-July 22, you are a Cancer, the crab. If you were born from July 23-August 22, you are a Leo, the lion. A Cancer can be highly emotional, caring, generous, and intuitive. Leos are creative, enthusiastic, charismatic, and highly ambitious.

Dan Aykroyd (actor)	July 1, 1952
Geraldo Rivera (host)	July 4, 1943
Ann Landers (advice columnist)	July 4, 1918
P.T. Barnum (circus showman)	July 5, 1810
Doc Severinsen (band leader)	July 7, 1927
Giorgio Armani (fashion mogul)	July 11, 1934
Phyllis Diller (comedienne)	July 17, 1917
"Red" Skelton (clown)	July 18, 1913
Natalie Wood (actress)	July 20, 1938
Don Drysdale (pitcher)	July 23, 1936
Dorothy Hamill (ice skater)	July 26, 1956
Paul Anka (singer/songwriter)	July 30, 1941
Milton Friedman (economist)	July 31, 1912



Thoughts from Jerry

Years ago I used to frequent a restaurant that served good food. One day I dropped in for lunch with a co-worker. Our table was set in the usual fashion with dishes, cutlery and the usual plate of butter and two pieces of bread. My co-worker asked for more bread which was served immediately. The following day was a repeat. On the third day we were served with a full loaf of rye bread sliced length wise. Upon which my table mate exclaimed—"Well, I see we are back to two slices!!"

See you again!

By: Jerry Rubin

Did You Know...



Two-way river: The Congo River is the second longest in Africa, stretching 2,922 miles. It's the only river that flows both north and south of the equator, crossing it twice, and it is the deepest river in the world, at depths greater than 750 feet.

Tied the knot: Pierre Elliot Trudeau was the only Canadian prime minister to tie the knot while in office. Trudeau married Margaret Sinclair in 1971. The couple had three sons and divorced in 1984.

Beans, beans, beans: The pinto bean is one of the official state vegetables in New Mexico. But it's Dove Creek, Colorado, that calls itself the Pinto Bean Capital of the World.

Inanimate: There are 12 signs of the Zodiac, with goats and rams and lions and scorpions and humans among the group. Libra's sign, the Scales, is the only one that is inanimate.

Wine Tip: Bottles of wine should be stored on their sides so the cork won't dry out. If this should happen, too much air may get into the bottle and spoil the wine.

Submitted by Walt

On the Lighter Side

If you have 3 quarters, 4 dimes, and 4 pennies, you have \$1.19. You also have the largest amount of money in coins without being able to make change for a dollar.

You are never fully dressed until you wear a smile.

You know you're getting old when you feel bad in the morning without having had any fun the night before!

Arithmetic is being able to count up to twenty without taking off your shoes.

What time is it when it's time to go to the dentist?
Tooth hurty.

Bank accounts are like toothpaste, easy to take out, but hard to put back.

Creditors have better memories than debtors.
It's scary when, in the morning, you start making the same noises as your coffeemaker.

At the feast of ego, everyone leaves hungry.

Submitted by Walt Mueller

Employee Spotlight!

The Nurses we are fortunate enough to have available for our health & good treatment are usually very busy. I recently caught up with one of our favorite nurses and she was helpless to get away.

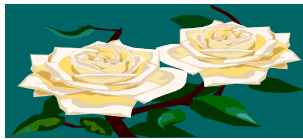
Terri Coit in earlier days worked as: Director Care Counselor for Handicapped adults for a period of 6 years. Since then **Terri** has served an additional 7 years as a nurse, capable and kind. Terri lives with her mom, dad and beautiful 3 year old baby daughter who is called Miracle! We thank **Terri** for caring for us!

By Ida Rubin



The Avalon At Hillsborough Management Team

Lynda KamerExecutive Director
Laura CardilloDirector of Nursing
Anna Jurczak.....Business Office
Katherine BallietMarketing Director
John Polkowski.....Dietary Director
John DowlingMaintenance Director
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