

Loudoun County
Senior Center at
Cascades
21060 Whitfield Place
Sterling, VA 20165

571-258-3280

[www.loudoun.gov/
seniors-cascades](http://www.loudoun.gov/seniors-cascades)



Staff:

Manager:

Brenda Davis

Assistant Manager:

Judith Mangilin

Café Supervisor:

Carrie Randolph

Recreation

Programmer:

Paul Torrible

Customer Service:

Haley Moore

Vehicle Operator:

Felix Duran

Vehicle Operator:

Satish Sharma



CASCADES SENIOR CENTER

WEEKLY E-NEWS OCTOBER 2, 2020

Loudoun Election Officials Remind Voters of Proper Procedures for Absentee and Early Voting

Loudoun County election officials remind voters of the proper procedures for absentee voting and early voting for the November 3 general election.

“There are three things that appear to be causing some concern and confusion among voters right now: absentee ballot witness signatures, which envelopes are required for return and how to participate in early voting,” said Loudoun

County General Registrar Judy Brown, who provides the following information:



Absentee Ballot Witness Signature Requirement Waived

Due to health and safety concerns brought on by the COVID-19 pandemic, the previous long-standing requirement in Virginia that voters casting absentee ballots must have a witness was recently waived. However, the witness requirement is still listed in the instructions, with the provision that people may opt out of the requirement if they cannot safely obtain a witness signature. “We are accepting absentee ballots without a witness signature as long as everything else on the ‘B’ envelope is filled out correctly,” said Brown. The deadline to apply for an absentee ballot by mail is October 23, 2020, at 5:00 p.m.

Follow Instruction and Use the Return Envelope

Brown reminds voters who have received an absentee ballot to make sure they follow the instructions for filling it out. When completed, they should seal the ballot in the ‘B’ envelope and complete the required information and then seal the ‘B’ envelope in the return envelope, which is the one with the purple stripe. “If people use the return envelope with the purple stripe down the side, that will speed up our ability to get their ballot into the system,” she said.

Early Voters Do Not Have to Apply in Advance

Anyone who would like to vote early in person may do so without an appointment or application. Early voting is available at the Office of Elections in Leesburg during normal business hours, with extended hours and additional early voting sites opening beginning October 17, 2020. The last day to vote early in person is Saturday, October 31, 2020.

Stay Informed

Text LCVOTES to 888777 to receive text alerts from the Loudoun County Office of Elections and Voter Registration or sign up for the Election Update category through Alert Loudoun, the county’s email and text notification system. Follow the Office of Elections and Voter Registration on Facebook and Twitter. Loudoun County Government also posts general information on Facebook and Twitter. Visit loudoun.gov/novemberelection for more information about voting in the November general election in Loudoun.

VIRTUAL CLASSES/ACTIVITIES SCHEDULE

MON. 10/5	TUES. 10/6	WED. 10/7	THURS. 10/8	FRI. 10/9
<p>1:00pm-2:00pm <i>Yoga/Breathing Class</i> <i>Instructors: Jagdish & Kailash Sachdev</i></p> <p>2:30pm-3:30pm <i>Teen Tech Class</i> <i>Instructor: Aidan Comie</i></p>	<p>10:30am-11:30am <i>Conversational Spanish</i> <i>Instructor: Ana Mahoney</i> <i>(only open to registered participants)</i></p> <p>1:00pm-2:30pm <i>Intermediate Spanish I</i> <i>Instructor: Lea Nigon</i></p>	<p>10:30am-11:30am <i>Yoga/Breathing Class</i> <i>Instructors: Jagdish & Kailash Sachdev</i> <i>(open to senior center members)</i></p>	<p>10:30am-11:30am <i>Learn Mandarin</i> <i>Instructor: Susan Xiaoping</i> <i>(open to senior center members)</i></p>	<p>10:30am-11:30am <i>Knit & Crochet</i> <i>Instructor: Velinda Sutton</i> <i>(open to senior center members)</i></p>

Virtual Programming Update: Intermediate Spanish I

INTERMEDIATE SPANISH I will start on Tuesday, October 6th and run ten weeks, ending on Tuesday Dec 8th.

Virtual log in time: 1:00-2:30. It will be open to any Senior Center member who has completed a year of Beginning Spanish or its equivalent. New students will need to purchase an all-levels textbook (\$20). Virtual class size is limited and registration is required.

Email paul.torrible@loudoun.gov



We send out reminder emails everyday with an electronic invitation to our classes. Sometimes the information on the invitation can change. **Please use the latest electronic invitation to log into your activity.**

If you would like to join any of our activities, email paul.torrible@loudoun.gov to be added to the distribution list.

To view activities and programs going on at the other senior centers you can click on each link below:

[The Senior Center of Leesburg E-Newsletter](#)

[Dulles South Senior Center E-Newsletter](#)

[Carver Senior Center E-Newsletter](#)

OUTDOOR ACTIVITIES SCHEDULE

MON. 10/5	TUES. 10/6	WED. 10/7	THURS. 10/8	FRI. 10/9
9:30am Walking Group (Registration Required)	NEW TIME 12:30pm Knit & Crochet Tailgate (Drop-in)	1:00pm Current Events Discussion Group (Drop-in)	10:00am Tai-Chi with Mabel (Registration Required)	/
	NEW TIME 12:30pm Ukulele (Drop-in)			

What's for lunch at Cascades?

DRIVE-THRU PICKUP (11:00am-11:30am)

DINE-IN LUNCH (11:45am-12:30pm)

MON 10/5	TUES 10/6	WED 10/7	THURS 10/8	FRI 10/9
Lasagna Malibu Blend Vegetables Fruit, Roll & Milk Vegetarian meal Available	Oven Baked Chicken Strips Corn/Lima Beans Collard Greens Fruit, Roll & Milk Vegetarian meal Available	Meatloaf Mashed Potato Mixed Vegetables Fruit, Roll & Milk Vegetarian meal Available	Pork Chops Fettucini Spinach Fruit, Roll & Milk Vegetarian meal Available	Roast Beef Parslied Potato Fruit, Roll & Milk Vegetarian meal Available



Lunches are packaged individually under very safe protocol at the central kitchen and the food is as delicious as ever! The center is cleaned and disinfected regularly and masks must be worn in the building at all times (except while at your table eating 😊).

Check out this video on the Advisory Board website www.mycascadescenter.org for more information about coming to the café for lunch.

So, meet up with a few friends for lunch at the Senior Center at Cascades. Call us to reserve your place for lunch – we can't wait to see you! 😊

****SPECIAL ANNOUNCEMENT****

We are delighted to add Outdoor Programs to the calendar and are planning for our eventual return to Indoor Programs and Bus Services. We know you like being at the center and we like having you here, but in order to make that happen we need your help.

We have COVID-19 guidelines that must be followed when you are riding the bus and while you are at the Senior Center.

Please review the guidelines and make sure you are familiar with them, they must be adhered to daily.

Staff will use a contactless thermometer to take your temperature and review health question each day, prior to boarding the bus or entering the Senior Center

You must wear your face covering while riding the bus and while in the center, the face covering must cover your mouth and your nose.

You must practice social distancing

You must stay home if you feel sick

Wash your hands frequently with soap and water or use available hand sanitizer when soap and water is not available.

Equipment is to be wiped down with provided cleaning solution before and after you use it.

Our goal is for all of us to stay healthy. When each person does their part collectively, we all stay healthy and can quickly get back to doing the things we enjoy doing, together!!!!



Senior Center Bus Service Protocols

Boarding and Exiting



Bus occupancy will be restricted to 50% capacity.

Riders will remain six-feet apart while waiting to board.

Riders will wear face coverings.

Boarding will be dependent on satisfactory results from a verbal screening process and a no-touch temperature check (completed off bus).

Drivers will wear face coverings and face shields while screening riders, and face coverings while driving.

Riders will fill bus from back to front.

Riders will exit bus from front to back.

Payment



Riders will hold out punch-card to driver, who will punch it contact-free. Hand sanitizer can be used before and after process if contact is made.

Disinfection



Buses will be wiped down every day between runs and at the end of the day.

Hand sanitizer and disinfecting wipes will be kept on the bus for use as needed.

*Additional staff member may accompany driver for first couple of weeks in order to observe and assess for potential gaps in process.
Protocols subject to revision as needed.*



CASCADES SENIOR CENTER PUMPKIN CARVING CONTEST!

**SHOW US YOUR PUMPKIN CARVING SKILLS
FOR A CHANCE TO WIN A PRIZE FROM
"THE PRIZE VAULT!"**

**TO ENTER: EMAIL YOUR PUMPKIN
PICTURE TO
PAUL.TORRIBLE@LOUDOUN.GOV BY
MONDAY OCTOBER 26TH. WINNER WILL BE
ANNOUNCED FRIDAY OCTOBER 30TH.**

**THE WINNER WILL RECEIVE THEIR CHOICE
OF 1 PRIZE FROM THE LOBBY CURIO.
GOOD LUCK!!!!!**





NDEAM

National Disability Employment Awareness Month

October is National Disability Employment Awareness Month

NDEAM celebrates the accomplishments in the workplace of persons with disabilities and reaffirms the commitment to ensuring equal employment opportunities to all citizens. This year is the nation's 75th observance of NDEAM, which is administered by the Department's Office of Disability Employment Policy (ODEP). Each October, NDEAM celebrates America's workers with disabilities and reminds employers of the importance of inclusive hiring practices.

In 1945, Congress declared the first week of October "National Employ the Physically Handicapped Week." In 1962, the word "physically" was dropped to include individuals with all types of disabilities. Congress expanded the week to a month in 1988, and changed the commemoration to National Disability Employment Awareness Month.



CASCADES WALKING GROUP

MONDAYS AT 9:30 A.M.
CALL TO REGISTER
(571) 258-3280

BINGO

Congratulations to Nancy H. for getting the most wins during our last Virtual Bingo! She wins two puzzles from our prize closet!

Remember to tell your friends they can call in and play on the telephone if they prefer.

Next game is scheduled!

When: Thursday, October 8th, 1:00pm
2:00pm

Where: On your computer or phone

How do you sign up: you must call or email Paul at the Senior Center so he can email you a "virtual" bingo card and instruct you on how to use it.
571-258-3280 or
paul.torrible@loudoun.gov

Caller: Paul





Assisted Living Checklist

By Elaine K. Howley, Contributor Sept. 14, 2020, at 4:22 p.m.

What to research, steps to take and questions to ask as you find the right place for you or a loved one.

When it's time for you or a loved one to consider moving into an assisted living facility, you'll have to weigh many factors and concerns.

The American Health Care Association/National Center for Assisted Living, a nonprofit that serves the needs of the assisted living community through national advocacy, education, networking and other initiatives, reports that there are about 28,000 assisted living facilities across the United States. Each one has its own flavor, strengths and weaknesses.

“Assisted living is part of the continuum of senior living options and is best suited for older adults who do not require complex medical care but would benefit from support with bathing, dressing, medication reminders, memory care and the provision of meals,” says Brian Doherty, president and CEO of the Massachusetts Assisted Living Association, a not-for-profit association dedicated to professionally operated assisted living residences in Massachusetts that provide housing and services for individuals with varied needs and income levels.

“Assisted living was founded on the values of independence, dignity and choice. Each assisted living community is different and offers its own unique amenities, services and activities,” he adds.

Use This 14-Point Checklist

That wide range of options can make choosing the right place for yourself or a loved one an overwhelming proposition. But this 14-point checklist can help you break down a complex, onerous and emotional process to make sure you're not leaving anything to chance or any question unasked.

- 1. Think about your preferences and location requirements.**
- 2. Contact the facilities that look most appealing.**
- 3. Book a tour of the facility.**
- 4. Speak with as many people in the community as you can.**
- 5. Check state safety records.**
- 6. Get the details about fees and services.**
- 7. Find out about policies.**
- 8. Ask about staffing levels.**
- 9. Check on the health care options.**
- 10. Ask about activities and resident enrichment opportunities.**
- 11. Talk about transportation.**
- 12. Try the food.**
- 13. Don't forget about social and spiritual needs.**
- 14. Make a selection.**

**[READ FULL ARTICLE
HERE!](#)**



your LIBRARY

LOUDOUN COUNTY PUBLIC LIBRARY NEWS AND HAPPENINGS

Weekly PROGRAM SCHEDULE

TUESDAY (10/6)

11:00 AM — Virtual Choral Class for Adults: Take your song to the next level with guidance from voice teacher Dr. Mariana Mihai-Zoeter. (Attendance Limited)

4:00 PM — Let's Talk About Acne: Get help for your skin blemishes with Keelia from Ashburn Library. (Teens)

THURSDAY (10/8)

6:30 PM — How to Write a Page-Turning Novel that Sells: Writing coach David Hazard offers tips for creating a dynamic opening, building tension and interest, developing characters that readers love (or love to hate) and writing vivid descriptions.

SATURDAY (10/10)

11:00 AM — Ice Cream in a Bag: Make a delicious treat with Ms. Shanna from Purcellville Library.

2:00 PM — DIY: Upgrade Your Laptop Hard Drive: Erik Huggler from Brambleton Library's Makerspace demonstrates how to perform this cost-effective upgrade on a Windows laptop.

MONDAY (10/5)

11:00 AM — Yoga Storytime: Stretch your way through stories in this movement-themed program.

WEDNESDAY (10/7)

11:00 AM — Online Storytime: Ms. Laura from Sterling Library reads *Ten Pigs: An Epic Bath Adventure* by Derek Anderson.

1:00 PM — Ghosts in the Night: Meet a Grey Screech Owl and a Barn Owl.

7:00 PM — Demystifying COVID-19: Virologist Angela Rasmussen reviews treatments and potential vaccines, and what to expect from these efforts. In partnership with Janelia Research Campus.

FRIDAY (10/9)

11:00 AM — Baby Storytime: Join Ms. Liesl from Brambleton Library for seven interactive rhymes and fingerplays.

6:00 PM — Women Renaissance Artists: Gain a greater appreciation for works of art by several women artists, including Clara Peeters, Sofonisba Anguissola and Artemisia Gentileschi. Presented by John Daum.

Links for these
online programs are
available from the
Calendar at
library.loudoun.gov



Loudoun County Area Agency on Aging
VIRTUAL FAMILY CAREGIVER EDUCATION SERIES

LEGAL PLANNING

Saturday, October 24, 2020 12:30 pm – 2 pm
Presented by Rory Clark, Esq., The Legacy Elder Law Center

COPING THROUGH THE TINSEL AND TEARS

Thursday, November 19, 2020 1 pm – 2 pm
Presented by Lori Stahl, Elder Case Manager, Loudoun County Area Agency on Aging
Learn strategies on how to cope through the holiday season as many are experiencing grief-related losses during the Covid-19 pandemic or grieving the loss of a loved during this holiday season. Dealing with the pandemic has changed how traditions and holidays are being celebrated, and a message of hope will be presented.

QUICK START TO THE LOUDOUN COUNTY AREA AGENCY ON AGING

Thursday, December 3, 2020 1 pm – 2 pm
Join AAA staff for an overview of the programs and services available to older adults and family caregivers in Loudoun County.

Hosted by the Loudoun County Area Agency on Aging

TO REGISTER FOR THESE FREE, VIRTUAL PROGRAMS,
please send an email to aaasupport@loudoun.gov



If you require an accommodation for any type of disability in order to participate, please contact Lesley Katz at 703-771-5407/TTY-711. Three business days advance notice is requested.

LOUDOUN COUNTY AREA AGENCY ON AGING PRESENTS

COFFEE CHAT

with Lori

If you are a caregiver for a loved one or if you are an older adult (60+) in need of support during this difficult time, connect virtually (*FaceTime or by phone*) over coffee with Lori.

To be connected with Area Agency on Aging programs and services, and other community resources, please call 703-777-0257 to speak with an Aging Program Specialist.

***To sign-up, send an email to
aaasupport@loudoun.gov or call 571-233-2583***



<https://www.loudoun.gov/prcscreatingcommunity>

****RECIPE CORNER****

Healthy White Chicken Chili - Easy to make on the stove, crockpot or Instant Pot.

Prep Time: 5 minutes

Cook Time: 25 minutes

Total Time: 30 minutes

Yield: 6 servings

Method: Stove, Instant Pot, Slow Cooker

Ingredients:

- 1.5 lbs (3 medium) boneless and skinless chicken breasts (you can also use rotisserie or dark meat)
- 1 small onion, diced
- 2 garlic cloves, minced
- 1 tbsp oil (I use avocado oil)
- 3 cups chicken broth, low sodium
- 2 x 15 oz cans (3 cups) great Northern beans, drained and rinsed
- 2 cups corn
- 4 oz can diced green chiles (substitute bell pepper or jalapeno peppers)
- 1 tsp cumin, 1/2 tsp oregano, 1/2 tsp chili powder, 1/8 tsp cayenne pepper, 1 tsp salt
- Ground black pepper, to taste
- Small bunch of cilantro, finely chopped (more for garnish)
- 1/2 cup plain or Greek yogurt, fat 2%+
- 1 lime, juice of

Tortilla chips, avocado, more yogurt, limes, for serving

Instructions:

1. Preheat large heavy bottom pot or dutch oven on medium-high heat and swirl oil to coat.
2. Add garlic and onion, sauté for 3 minutes, stirring occasionally.
3. Add cumin, oregano, chili powder, cayenne pepper, salt and pepper and cook for 30 seconds, stirring constantly.
4. In a small bowl, add about 1 cup of beans and mash with a fork. It helps to thicken the chili.
5. Add broth, mashed and whole beans, corn, green chiles and chicken breasts. Cover, bring to a boil, reduce heat to low-medium and simmer for 20 minutes.
6. Turn off the heat. Remove chicken and shred with 2 forks or meat claws.
7. Return chicken to the pot along with lime juice, cilantro and yogurt.

Stir and serve warm with your favorite toppings like tortilla chips, cheese, more cilantro and lime.

Instant Pot Healthy White Chicken Chili

1. In a small bowl, add about 1 cup of beans and mash with a fork. It helps to thicken the chili.
2. To 6 or 8 quart Instant Pot, add ingredients in the following order: garlic, onion, corn, whole and mashed beans, chicken breasts, green chiles, cumin, oregano, chili powder, cayenne pepper, salt, pepper and broth. Do not stir.
3. Close the lid, set pressure vent to Sealing and Pressure Cook on High or Manual for 20 minutes.
4. Release pressure using Quick Release method by turning pressure valve to Venting position immediately after cooking.
5. Open the lid, remove chicken and shred with 2 forks or meat claws.
6. Return chicken to the Instant Pot along with lime juice, cilantro and yogurt.

Stir and serve warm with your favorite toppings like tortilla chips, cheese, more cilantro and lime.

Store: Refrigerate in an airtight container for up to 5 days.

Freeze: Fully cook, cool completely and freeze in an airtight container for up to 3 months. Thaw on a stovetop covered on low. Notes: Don't have yogurt? Use sour cream/cream cheese or heavy cream instead. Or omit yogurt altogether!

REMINDER:

If you are in need of a lunch meal or food in general, please call the center at 571-258-3280 so that we can assess the situation and figure out the best way to meet your needs.

“Best of” Internet Memes

(Meme: a humorous image, video, or piece of text that is copied and spread rapidly by Internet users.)



Our front desk volunteer Roberta sent us this info--What's open, what's closed, and what's there to do in Washington DC? Follow this link for the latest information:

[EVENT/ATTRACTION INFORMATION](#)

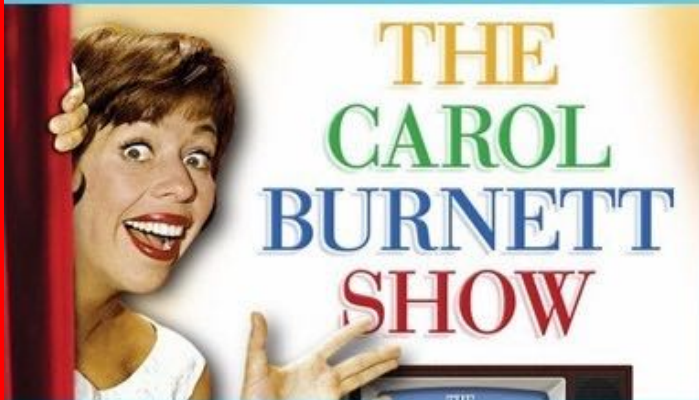




Name that bird!

We have a new friend that likes to hang out in the back of the senior center parking lot near the woods. Donna at Loudoun County Animal Control tells us these birds are very accurate hunters and judging from the size of her belly, the woods provide a good food source (rodents), which means she may hang out for a while. We asked if the bird could be pregnant, but Donna told us it's too late in the season for little ones. Got enough clues? Can you name that bird?

**Email your guess to paul.torrible@loudoun.gov.
The first correct answer will be the winner.
We will announce the winner in two weeks.**



How about some laughter to help you through the quarantine!!

Did you know Carol Burnette has her own YouTube Channel? All your favorite skits and characters are just a click away! Remember Vicky Lawrence as "Mama?" Or Tim Conway and Carol Burnette as "Mr. Tuddball and Mrs. Wiggins?" Click on the link below to see all your old favorites:

[Click Here!](#)

Hosted by Buck Owens and Roy Clark, Hee Haw featured country music and comedy brought to you from "Kornfield Kounty" USA! Hee Haw's appeal was not limited to rural audiences. It was successful in all of the major markets, including Los Angeles and New York City, as well as Boston and Chicago. If you'd like to watch an episode of Hee Haw, click on the link below:

[Click Here!](#)



Picture Time!

We asked you to email us pictures of your pets or whatever is helping you thru the Covid-19 quarantine.

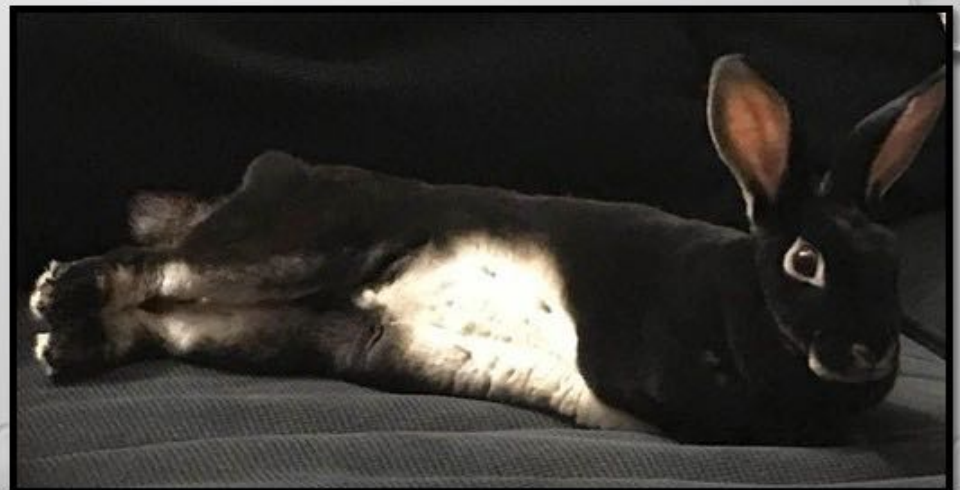
You can still email your pictures to:

paul.torrible@loudoun.gov

Delores K sent us these pics and told us she has done “over 1 200 masks and 500 scrub caps, no time to be bored!” Way to go Delores!



Have you ever seen a rabbit pose like this? Oh my gosh, what a diva! This is Paul's family pet, "Lexi." She is a "Mini Rex." She just had her nails done over the weekend and was feeling comfortable on the couch.





**It's been 40 years!
Do you remember
who shot J.R.?**

**It was 1980, and the world was holding its
breath to find out who shot J.R. Ewing. Do
you remember where you were?**

The 80's

Really can't say who killed J.R. I had to google J.R. to find out who was this infamous person.

The year reference was 1980, and I was living in Zaragoza, Spain; had no television or telephone. Interestingly enough, I was living in what was considered a luxury 5th floor apartment. Allow me to define luxury by Spanish standards: a kitchen with a stove, small refrigerator, washer/dryer (stacked) and a couple of cabinets above the stove. The typical kitchen would be empty. Note, however, the kitchen nor any other room had ceiling light fixtures, just the wires dangling nonchalantly like spaghetti junction. And, if you did not differentiate the negative wire from the positive one, guess what-no lights.

The master bedroom had double doors to an open balcony, how ingenious because this was the way my furniture was winched into the apartment. At that time, I had an ugly couch and had hoped the winch rope would break and I'd be rid of that couch. Didn't happen. The elevator was too small for furniture and maximum number of adults allowed on the elevator were four.

Also visual from the balcony, the Autopista (major highway), the railway station and the Aljaferia Palace. Within two blocks was the Cathedral Basilica of Our Lady of Pillar.

Other than that, I worked five days/week, shopped every weekend in the open market, (always purchased green olives and a bunch of flowers), traveled as much as possible including a flight on a refueling aircraft as it refueled fighter jets over the Mediterranean Sea. Most important about the tour in Spain, I successfully completed my thesis.

At the end of my tour in Zaragoza, drove off in the early morning to Biarritz, France, boarded a car train to Saarbrücken, Germany en route to Bitburg, Germany. And guess what, no television or phone there either. And no J.R.!

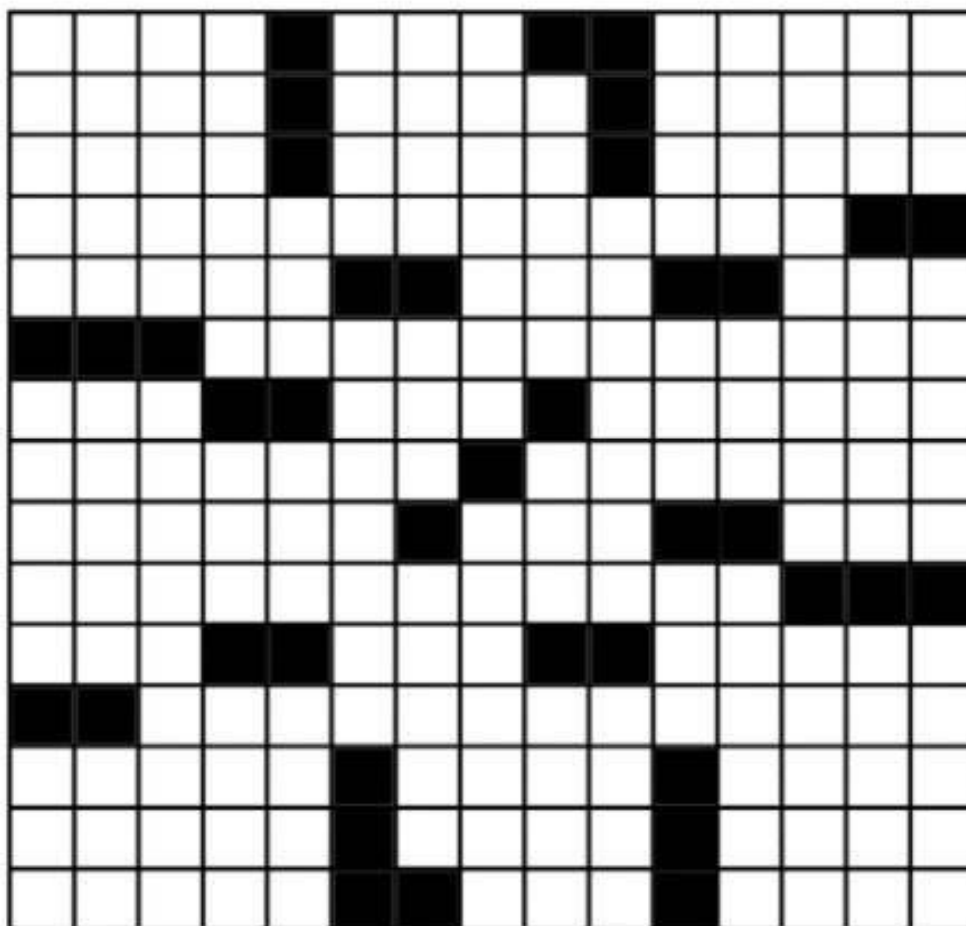
Submitted by Florence Lloyd
(Senior Center Member)

BRAIN EXERCISE

CROSSWORD FILL IN

3 LETTER WORDS

AIR
ALA
CAM
DAL
DOS
EAT
EST
ETA
ETC
FRO
GET
HOE
MAO
ODD
OUR
RES
REV
SLY
SPA
TIS
TNT
YAK



4 LETTER WORDS

A LOT
AGOG
COAX
CREE
EPOS
EVER
FIRM
GALA
IONS
NAGA
NAPE
OLLA
OPAH
REST
ROUÉ
RUSH

SAYS
VINO

5 LETTER WORDS

ADYTA
ANTSY
ARÊTE
CREEK
DAVIT
ENACT
ENEMA
EPOXY
ITALY
OVERS
PIXEL
PULSE
SET ON

SHALE
SOBER
TAIGA
TESTA
TEXAS
VAPID
VIOLA

6 LETTER WORDS

ATRIAL
LIAISE
NARCOS
RESETS

7 LETTER WORDS

EHRlich
GAROTTE

NEUTERS
ONSTAGE
PAHLAVI
RUMMAGE

9 LETTER WORDS

EXTREMITY
TURNTABLE

12 LETTER WORDS

CONSTITUTION
SLEDGEHAMMER

13 LETTER WORDS

ARCHIMANDRITE
MIXED METAPHOR