

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)

Part of the Area Agency  
on Aging a Division of



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# SENIOR CENTER

## WEEKLY E-NEWS

April 3, 2020

### Manager's Notes

Greetings everyone! I hope you are all doing well and staying safe.

This new e-newsletter will be sent out weekly, every Friday, to provide interesting ideas, information and resources that we hope will be helpful to you during this time when we are closed to the public.

We are working together with Tom Wible, webmaster of the Advisory Board webpage, to provide a repository of information and resources at one spot for you to access. Please visit: [www.mycascadescenter.org](http://www.mycascadescenter.org) and check it regularly for new updates.

### **\*\*ZOOM CLASSES/ACTIVITIES\*\***

MONDAY	TUESDAY	WEDNESDAY
1:00pm-2:00pm  Teen Tech  <i>(open to senior center members)</i>	1:00pm-2:00pm  Beginning Spanish II  <i>(only for those who are registered for the class)</i>	1:00pm-2:00pm  Current Events  <i>(open to senior center members)</i>

In order to participate in a Zoom video conference, all you need is a computer or laptop - preferably with a camera - or a smartphone with the Zoom app uploaded. You can click on this link: [Zoom User Guide](#) for first time users.

All registered or regular participants in Beginner's Spanish will receive an email invitation with a link to join the Zoom call. If you are a part of this group and haven't received an invite, please call the center to request information.

Any senior center member who would like to participate in the **Current Events** or **Teen Tech** Zoom calls should **call the center to register.**

## COVID UPDATE-19/INFORMATIONAL SECTION



### **Loudoun County Creates Interactive Maps to Help Loudoun Residents and Businesses During Pandemic**

One map features restaurants and retail businesses with takeout, curbside or delivery options. “Our goal right now is to support businesses in any way possible, including highlighting those that are still open and using innovative marketing, products, specials and services,” said Economic Development Executive Director Buddy Rizer. “We encourage all businesses to comply with the

details of Gov. Ralph Northam’s Executive Order 53, but continue to find creative ways to conduct business. We also urge Loudoun residents to support local businesses as they weather an unprecedented business interruption.”

“This site also features maps that provide useful information for our older residents, those with health issues, or those experiencing food insecurity,” said Assistant County Administrator Valmarie Turner. “We are partnering with the non-profit community and Loudoun businesses to provide this information, and we encourage individuals in need of essential items to use these maps to find what they need.”

One interactive map, for example, helps residents find grocery stores and pharmacies with designated hours for vulnerable individuals. These shopping hours are designated for older adults, as well as individuals with underlying health issues or compromised immune systems, who are at greater risk of complications from COVID-19. The searchable map also links to the stores’ websites, which include contact information. You can search by a street address and view which stores have modified hours.

Another interactive map on the site helps residents find food assistance sites, including food banks, pantries and prepared meals. The searchable map also includes links to the organizations’ websites. The hub also includes a link to the Loudoun County Public Schools meal distribution sites.

The maps and data will be updated by the Office of Mapping and Geographic Information as hours, services and conditions change.

See the maps at [loudoun.gov/COVIDresourcesmap](https://loudoun.gov/COVIDresourcesmap)

## **\*\*KITCHEN/RECIPE CORNER\*\***



### **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.*

Our bus driver, Satish Sharma (pictured on the left), has been delivering Emergency Congregate Meals (ECM's) to our seniors who are in need of a lunch meal. In addition, staff members from throughout the Department of Parks, Recreation & Community Services (PRCS) have been delivering meals to our established Home Delivered Meal (HDM) recipients.

## **What's in your Kitchen?**

### **Oatmeal Cookie Pancakes**

#### **Ingredients:**

1 cup flour	1/2 cup quick cooking oats
1/2 tsp salt	2 tsp baking powder
3 tbs brown sugar	1 tsp cinnamon
1/2 tsp nutmeg	1 egg
1 1/4 cup milk (use coconut milk for dairy free, this is what I used)	
1 tsp vanilla extract	
1/3 cup raisins (plus more for garnish)	

#### **Instructions:**

In a bowl add the flour, oats, salt, brown sugar, baking powder, brown sugar, cinnamon, and nutmeg, mix until well combined. Make a well in the dry ingredients, add the milk, egg and vanilla, stir until just combined. Add the raisins and stir.

Heat a griddle or skillet over medium heat, coat with cooking spray.

Drop about 1/4 cup of batter on the hot griddle. Cook until dry on the edges and bubbles start to form in the center. Flip and cook on the other side until cooked through, about 2 more minutes.

(Yield: 6-8 pancakes)

## APRIL IS POETRY MONTH!

### A Corona Lament

by Jim Kelly - Member of the Cascades Senior Center

Tis indeed the Devil's scheme,  
 This thing they call COVID-19.  
 It's brought my life to an unsavory halt,  
 Like buttered popcorn without the salt.  
 Going to a restaurant, just for instance,  
 Violates one's social distance.  
 Staying home is just the pits,  
 12 hours a day, bingeing Netflix!  
 Remaining apart at least six foot,  
 Up with which we should not put.  
 Yes, it's six foot, never more near,  
 (At that distance I can hardly hear.)  
 But we like to converse, and we're not telepathic,  
 No, unfortunately we are Corona's demographic.  
 So we isolate snug in our own little room,  
 In front of a camera on a system called Zoom.  
 Oops, is that me on the screen by some chance?  
 Oh, please excuse me while I put on my pants!

This poem was submitted to us by one of our members. Watch out for more poems throughout the month of April. We received some suggestions from our members that will be featured in the next e-newsletter!

If you have any suggestions for poems to be considered for inclusion in other April weekly e-newsletters, please send an email to [brenda.davis@loudoun.gov](mailto:brenda.davis@loudoun.gov).

# Cascades Puzzle

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
	7			5		12					6		25				1					15			

<u>N</u>				<u>NG</u>				<u>E</u>				<u>R</u>				<u>EEL</u>								
25	8	9	23	4	25	12	2	13	18	5	14	13	1	8	8	2	19	5	5	6				
<u>E</u>				<u>ER</u>				<u>NW</u>				<u>NG</u>				<u>E</u>				<u>NE</u>				
5	2	10	9	4	5	1	9	23	13	25	15	13	25	9	4	25	12	14	8	2	5	8	25	5
								<u>N</u>																
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