

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



Manager's Notes

"Sometimes the smallest things take up the most room in your heart." Winnie the Pooh

In this unprecedented moment in our history, some days feel a lot like a movie plot. But being forced to boil our lives down to a simple routine of sticking close to home, limiting our contact to immediate family and remaining vigilant about hygiene can be looked at as a good reminder of the importance of the simplest, smallest things (as Winnie the Pooh so wisely observes).

Our operation status has been updated as of Friday, March 27, 2020. Senior centers will remain closed to the public until at least April 23. While we won't see you in person, we are at work behind the scenes to come up with ways to bring you together virtually.

As we continue to look for ways to connect, we would love to hear your ideas for interesting topics! Please send any creative ideas for a presentation topic (and whether you would like to present), like music, cooking, gardening, home to paul.torrible@loudoun.gov. We'll be happy to take a look at your ideas to see if it will work as a virtual learning opportunity or perhaps a video from you that we could post on the Advisory Board webpage or Facebook page.

If you have any questions or need information or resources, please call the center and we'll help in any way we can or refer you to the proper agency.

****ZOOM CLASSES/ACTIVITIES****

Staff at Cascades held its first Zoom video conference call training with the instructors and activity leaders. As a result, we are offering some of our activities/classes in this format. We are currently working on arranging Zoom calls for the Spanish classes, Current Events group, Knit & Crochet group and others. As soon as we have technical details worked out, we will let you know. Keep checking your email for updates!

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.

COVID UPDATE-19/INFORMATIONAL SECTION

Here is what you can do to prepare your family in case COVID-19 spreads in your community.

- **Find Local Information**

Know where to [find local information](#) on COVID-19 and local trends of COVID-19 cases.

Follow Official Sources for Accurate Information!

Help control the spread of rumors.

Visit [FEMA's rumor control page](#)[external icon](#).

Beware of fraud schemes related to the novel coronavirus (COVID-19).

Visit Office of Inspector General's [COVID-19 fraud alert page](#)[external icon](#).

- **Know the Signs & Symptoms**

Know the [signs and symptoms](#) of COVID-19 and what to do if symptomatic:

Stay home when you are sick

Call your health care provider's office in advance of a visit

Limit movement in the community

Limit visitors

Take Steps for Those at Higher Risk

- **Know what additional measures those at [higher risk](#) and who are vulnerable should take.**

- **Protect Yourself & Family**

Implement [steps to prevent illness](#) (e.g., stay home when sick, handwashing, respiratory etiquette, clean frequently touched surfaces daily).

- **Create a Household Plan**

Create a [household plan](#) of action in case of illness in the household or disruption of daily activities due to COVID-19 in the community.

Consider 2-week supply of prescription and over the counter medications, food and other essentials.

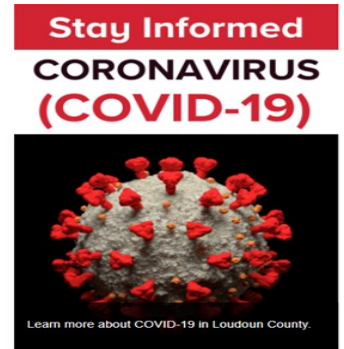
Know how to get food delivered if possible.

- **Establish ways to communicate with others (e.g., family, friends, co-workers).**

Establish plans to telework, what to do about childcare needs, how to adapt to cancellation of events.

- **Stay Informed About Emergency Plans**

Know about emergency operations plans for schools/workplaces of household members.



HELPFUL LINKS:

[Loudoun County Coronavirus Webpage](#)

[AARP Mutual Aid](#)

[W.H.O Mask Use](#)

****WHERE IS LUPE?****



Lupe has been working hard to clean, sanitize and making our facility look beautiful while our center is closed! Floors are shiny!

****APRIL BIRTHDAYS****

To all our members who are celebrating their Birthday this month:



Birthstone: Diamond

Flower: Sweet Pea

Colors: Yellow and Red

****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.

WHAT'S IN YOUR HOUSE??



SPAGHETTI PASTA SALAD!

Ingredients:

16 oz spaghetti (or any other pasta you may have at home)
 1 cup cherry tomatoes – halved
 2 bell peppers chopped (yellow, green or red)
 1 cucumber chopped
 1 small onion chopped
 1/3 cup of grated Parmesan cheese or whatever cheese you prefer
 16 oz of Italian Dressing (ANY kind!)

Directions:

In a large stockpot, cook spaghetti per package instructions. Drain pasta and rinse with cold water. Place pasta in a large mixing bowl. Add cherry tomatoes, peppers, cucumber, onion, cheese and Italian dressing to bowl. Mix ingredients well. Serve pasta salad immediately

Additions to salad: Tuna fish, chicken, broccoli, OR
 ANYTHING ELSE THAT SUITS YOUR FANCY!!

TERRIFIC TUNA CASSEROLE!

Ingredients:

2 tablespoons butter
 1 cup finely diced onion
 1 cup finely diced celery
 1 teaspoon garlic salt
 2 cans (10.75 ounces each) cream of mushroom soup
 1 3/4 cups milk
 1/4 cup dry white wine (optional)
 1 cup frozen peas
 2 cans (5 ounces each) albacore tuna (OR regular tuna) packed in water, drained
 3 cups shredded cheddar cheese
 2 cups crushed potato chips or crushed croutons (optional)
 1 pkg. (16 ounces) egg or shell shaped noodles, cooked al dente

Directions:

Preheat oven to 350 degrees. In a large pan melt the butter. Cook onion and celery in the butter until the vegetables start to get soft. Season with garlic salt and pepper. Add mushroom soup, milk and wine. Stir and heat until smooth. Add tuna, noodles and peas. Stir and coat with the sauce. Spoon into a 9 x 13 inch baking dish that has been sprayed with cooking spray and top with cheese and potato chips or croutons. Bake for 30 to 45 minutes until bubbly and golden.

Yum!

APRIL IS POETRY MONTH!**“Hope is the Thing With Feathers” by Emily Dickinson**

“Hope” is the thing with feathers -
That perches in the soul -
And sings the tune without the words -
And never stops - at all -

And sweetest - in the Gale - is heard -
And sore must be the storm -
That could abash the little Bird
That kept so many warm -

I’ve heard it in the chilliest land -
And on the strangest Sea -
Yet - never - in Extremity,
It asked a crumb - of me.

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.

