

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



**Staff:**

**Manager:**  
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**Assistant Manager:**  
*Judith Mangilin*

**Café Supervisor:**  
*Carrie Randolph*

**Recreation  
Programmer:**  
*Paul Torrible*

**Customer Service:**  
*Haley Moore*

**Vehicle Operator:**  
*Felix Duran*

**Vehicle Operator:**  
*Satish Sharma*



# SENIOR CENTER

## WEEKLY E-NEWS April 10, 2020

### Manager's Note

Greetings Members – the staff at Cascades Senior Center is so happy to hear from so many of you with requests to be added to this e-newsletter list and also with other questions about virtual programming and resources. Check the offerings in the calendar below as we will continue to add new options as instructors/leaders are able to take part.

The CDC recently recommended using facemasks when you are out in public to protect others from coughs or sneezes. Has anyone made their own? Have you gotten creative with design or fabric? If so, we'd like to hear from you! We'd love to see your pictures and share them with members. If you want to learn more about making masks, including a very simple bandana mask, visit [CDC Face Mask Instructions](https://www.cdc.gov/media/releases/2020/s0409-face-mask-guidance.html) to learn more.

Remember to check the Advisory Board Webpage for frequent updates and new resources while we are closed to the public. Find them at [www.mycascadescenter.org](http://www.mycascadescenter.org).

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

MON. 4/13	TUES. 4/14	WED. 4/15	FRI. 4/17
<b>10:30am- 11:30am</b> ESL  <b>1:00pm- 2:00pm</b> Teen Tech  (open to senior center members)	<b>10:30am- 11:30am</b> Conversational Spanish  <b>1:00pm-2:00pm</b> Beginning Spanish II  (only open to registered participants)	<b>10:30am- 11:30am</b> Yoga/Breathing Class  <b>1:00pm-2:00pm</b> Current Events  (open to senior center members)	<b>10:30am- 11:30am</b> Knit & Crochet  (open to members of the group)

*"Just wanted to say that I thought the Spanish Zoom class went very, very well. I felt very good about it. I think the students enjoyed being able to be together as a class and practice what they've been learning. Thank you all so much for making this possible, and I look forward to next Tuesday!"*  
*Lea Nigon, Beginner's Spanish II Instructor*

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 Conversational and 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 **ESL, Teen Tech, Yoga or Current Events** Zoom calls should **call the center to register**.

## COVID UPDATE-19/INFORMATIONAL SECTION



### **7 Coronavirus Scams: Police Urge Residents To Remain Vigilant**

The Loudoun County Sheriff's Office has put together a list of seven scams that could be used against people in the age of the coronavirus:

- **Treatment scam:** Scammers are offering to sell fake cures, vaccines and advice on unproven treatments for the coronavirus.
- **Supply scam:** Scammers call, email, or place ads saying they have medical products in stock.
- **Provider scam:** Scammers contacting people pretending to be doctors and hospitals that have treated a friend or relative for coronavirus and demand payments for their treatment.
- **Charity scam:** Scammers are soliciting donations for individuals, groups and areas affected by the coronavirus. Only donate to a reputable organization.
- **Phishing scam:** Scammers posing as health authorities from the CDC and WHO are sending phishing emails designed to trick recipients into downloading malware or providing personal identifying and financial information.
- **App scam:** Scammers are creating and manipulating mobile apps designed to track the spread of the coronavirus to insert malware that will compromise users' devices and personal information.
- **Investment scam:** Scammers are offering online promotions to get you to buy stocks, claiming that the products or services of publicly traded companies can prevent, detect, or cure the coronavirus, and that the stock of these companies will dramatically increase in value as a result.



## APRIL IS POETRY MONTH!

### Choose Something Like a Star

by Robert Frost

O Star (the fairest one in sight),  
We grant your loftiness the right  
To some obscurity of cloud—  
It will not do to say of night,  
Since dark is what brings out your light.  
Some mystery becomes the proud.  
But to be wholly taciturn  
In your reserve is not allowed.  
Say something to us we can learn  
By heart and when alone repeat.  
Say something! And it says, 'I burn.'  
But say with what degree of heat.  
Talk Fahrenheit, talk Centigrade.  
Use language we can comprehend.  
Tell us what elements you blend.  
It gives us strangely little aid,  
But does tell something in the end.  
And steadfast as Keats' Eremite,  
Not even stooping from its sphere,  
It asks a little of us here.  
It asks of us a certain height,  
So when at times the mob is swayed  
To carry praise or blame too far,  
We may choose something like a star  
To stay our minds on and be staid.

Thank you to Elaine Winn for submitting this poem for our e-newsletter. Watch for more poems throughout the month of April. 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).

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

### **HERE'S A FUN FACT: APRIL IS GRILLED CHEESE MONTH!**

#### **Grilled Caprese Sandwich**

This caprese sandwich recipe is the classic combination of tomatoes, mozzarella and basil with the welcome addition of avocado slices, all sandwiched together between slices of buttery toasted bread.

#### **INGREDIENTS:**

4 slices Sara Lee® Artesano™ Bread or any thick bread  
4 ounces of thinly sliced mozzarella cheese  
2 small tomatoes thinly sliced  
1 tablespoon fresh basil leaves  
1/2 of an avocado thinly sliced  
1 tablespoon butter

#### **INSTRUCTIONS:**

In a large pan melt the butter over medium heat. Place 2 slices of bread in the pan and top with the mozzarella and tomatoes. Place the other 2 slices of bread on top. Cook for 3-5 minutes on each side or until cheese is melted. Watch carefully to make sure that the bread does not get overly browned; if the bread is browned but the cheese still needs time to melt, lower the heat level. Lift the top slices of bread off the sandwiches and layer the basil and avocado on top of the tomatoes. Place the bread slices back on top and serve immediately.



#### **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.*



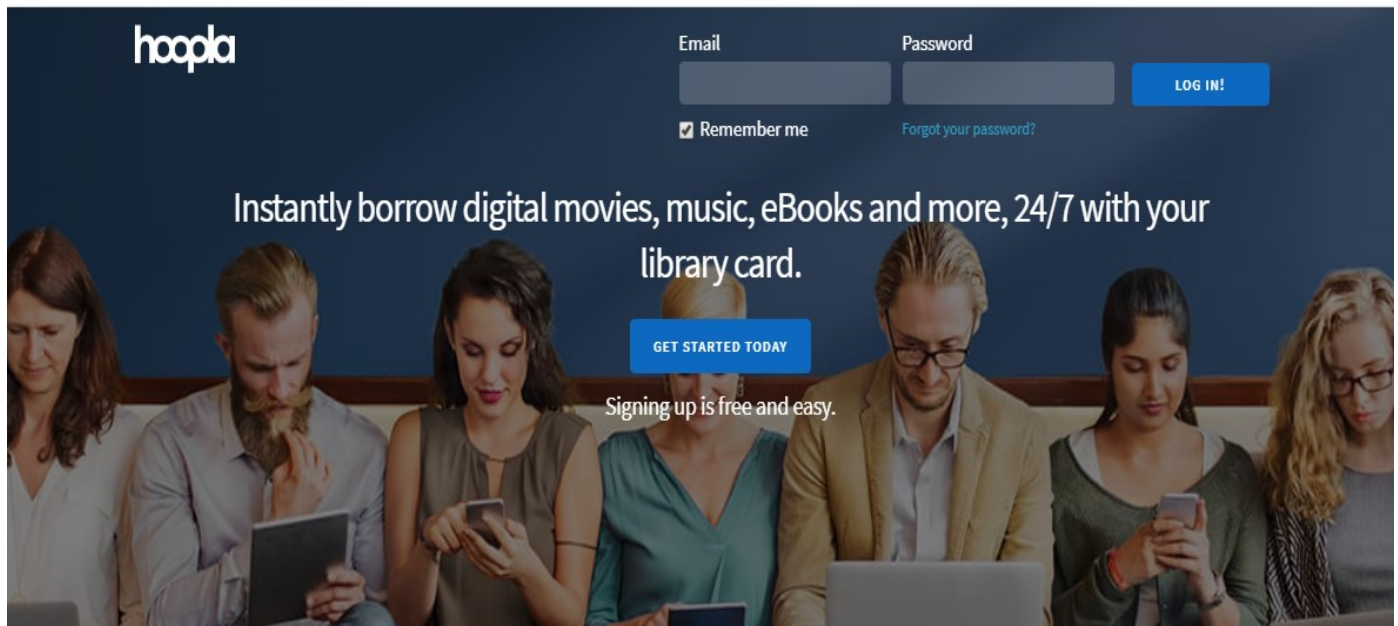
#### **The Ultimate Grilled Cheese Sandwich**

2 pieces whole wheat bread  
1 hard-boiled egg  
Mayo (you can add hot sauce in your mayo)  
2 slices American cheese (or whatever kind YOU like)  
1 1/2 slices bacon  
Grilled onion (3-4 rings)  
Softened butter  
Salt and pepper

Cut the bacon in half and fry in a pan.  
In another pan, fry some onions. Peel hard boiled egg.  
Spread mayo one side of the bread — the sides that would be on the “inside” of the sandwich.  
Next put a piece of cheese on the bread. Put four slices of hard-boiled egg on top of that.  
Put three halves of a strip of bacon (1 1/1 pieces total) on top of the eggs.  
Put a couple grilled onions on top of the bacon.  
Put another slice of cheese on top of the onions.  
Then put the other piece of bread on top. So in order it was bread— cheese — eggs — bacon — onion — cheese — and then bread.  
Spread butter on the top of the assembled sandwich and place that face down in a preheated pan. Then spread butter on the other side, be careful to kind of hold everything together when I flipped it so all the stuff inside doesn't come flying out!



## **\*\*WHAT BOOKS ARE YOU READING?\*\***



Hoopla is a groundbreaking digital media service offered by your local public library that allows you to borrow movies, music, audiobooks, ebooks, comics and TV shows to enjoy on your computer, tablet, or phone—and even your TV! With no waiting, titles can be streamed immediately, or downloaded to phones or tablets for offline enjoyment later. We have hundreds of thousands of title to choose from, with more being added daily. Hoopla is like having a your public library at your fingertips.

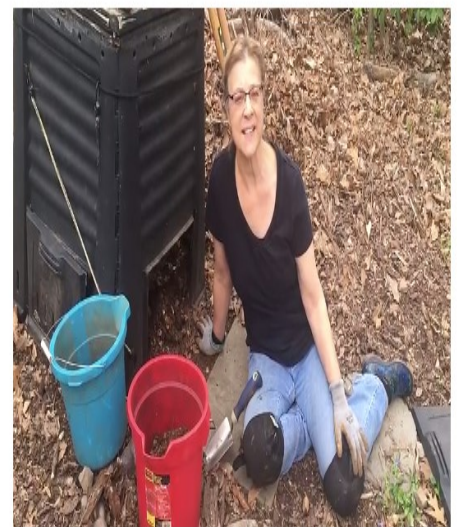
Visit <https://www.hoopladigital.com/> to get started or see attached document for instruction on how to sign up for hoopla!

## **\*\*HOW-TO VIDEOS\*\***



Terry Garczynski from Line Dancing prepared a video for our line dancers and Arlene Bajusz from the Garden Club has a video on composting! Check them out and follow this link:

[https://  
mycascadescenter.org/  
category/how-to/](https://mycascadescenter.org/category/how-to/)



# \*\*SPANISH WORD SCRAMBLE\*\*

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Unscramble each of the clue words.

Copy the letters in the numbered cells to other cells with the same number.



**TWENTY TWO YEARS OF GIVING AND SHARING  
THROUGH STITCHING**  
APRIL 6, 1998 - APRIL 6, 2020

The Knit and Crochet Group of the Cascades Senior Center is celebrating its 22nd anniversary. It is one of the most industrious groups in all of the Senior Centers in Loudoun County. The strength of this group is the fellowship, friendship and diversity amongst the over 40 members who volunteer tirelessly each week.

On behalf of all of the members,  
Velinda Sutton

**Notes from the Cascades Garden Club: *Enjoy the Spring***

Spring is such a wonderful time of year for all of us, as well as for the plants and flowers in our region. The days are not too hot, rain seems plentiful, and new growth springs forth from the brown, barren ground. Plants and grasses seem so lush—so many different shades of green to spy and each so vibrant. As you walk through your neighborhood, take some time to smell the flowers or at least look up into the trees to see the greenery and down to see what's peeking out in your neighbors' yards or common areas—and it doesn't require getting your own hands dirty.



*Wisley Blue Ipheion on a shaded path*