

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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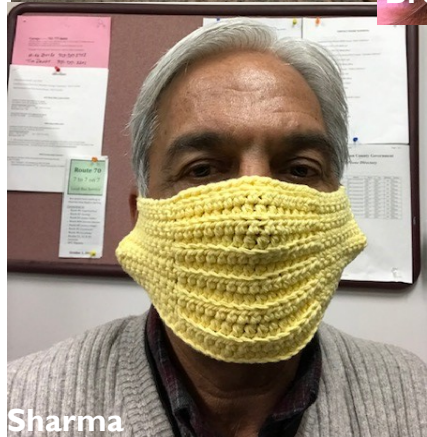


SENIOR CENTER

WEEKLY E-NEWS April 17, 2020

Manager's Note

The staff at the Senior Center at Cascades extends our deepest thanks to Velinda Sutton and Florence Lloyd, of the Knit & Crochet Group, for making face masks for each of us. We were so touched by your thoughtfulness and reminded of how much we miss you! We look forward to seeing you all again soon. Until then, please be safe!



thank you!



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

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 , Beginner's Spanish and Knit & Corchet 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, Mandarin or Current Events** Zoom calls should **call the center to register**.

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

MON. 4/20	TUES. 4/21	WED. 4/22	THURS. 4/23	FRI. 4/24
10:30am- 11:30am ESL <i>(open to senior center members)</i>	10:30am- 11:30am Conversational Spanish <i>(only open to registered participants)</i>	10:30am- 11:30am Yoga/ Breathing Class <i>(open to senior center members)</i>	10:30am- 11:30am Learn Mandarin <i>(open to senior center members)</i>	10:30am- 11:30am Knit & Crochet <i>(only open to members of the group)</i>
1:00pm- 2:00pm Teen Tech <i>(open to senior center members)</i>	1:00pm- 2:00pm Beginning Spanish II <i>(only open to registered participants)</i>	1:00pm- 2:00pm Current Events <i>(open to senior center members)</i>		

****VIRTUAL SENIOR CENTER HIGHLIGHTS****

I will teach you in a room.
I will teach you now on Zoom.
I will teach you in your house.
I will teach you with a mouse.
I will teach you here and there.
I will teach you because I care.
So just do your very best.
And do not worry about the rest.



Having fun and connecting with Zoom!
Ana teaches Conversational Spanish using the Zoom app.

****KITCHEN/RECIPE CORNER****

APRIL IS ALSO NATIONAL SOFT PRETZEL MONTH! TRY IT OUT!

Ingredients:

1 and 1/2 cups (360ml) warm wter (lukewarm
– no need to take temperature)
1 packet active dry or instant yeast (2 and 1/4 teaspoons)
1 teaspoon salt
1 Tablespoon brown sugar
1 Tablespoon unsalted butter, melted and slightly cool
3 and 3/4 - 4 cups (460-500g) all-purpose flour, plus more for
work surface
coarse sea salt for sprinkling (OR NOT)

Baking Soda Bath

1/2 cup (120g) baking soda
9 cups (2,160ml) water

Instructions:

Whisk the yeast into warm water. Allow to sit for 1 minute. Whisk in salt, brown sugar, and melted butter. Slowly add 3 cups of flour, 1 cup at a time. Mix with a wooden spoon (or dough hook attached to stand mixer) until dough is thick. Add 3/4 cup more flour until the dough is no longer sticky. If it is still sticky, add 1/4 – 1/2 cup more, as needed. Poke the dough with your finger – if it bounces back, it is ready to knead.

Turn the dough out onto a floured surface. Knead the dough for 3 minutes and shape into a ball. Cover lightly with a towel and allow to rest for 10 minutes. (Meanwhile, I like to get the water + baking soda boiling as instructed in step 6.)

Preheat oven to 400°F (204°C). Line 2 baking sheets with parchment paper or silicone baking mats. Silicone baking mats are highly recommended over parchment paper. If using parchment paper, lightly spray with nonstick spray or grease with butter. Set aside.

With a sharp knife or pizza cutter, cut dough into 1/3 cup sections.

Roll the dough into a 20-22 inch rope. Take the ends and draw them together so the dough forms a circle. Twist the ends, then bring them towards yourself and press them down into a pretzel shape.

Bring baking soda and 9 cups of water to a boil in a large pot. Drop 1-2 pretzels into the boiling water for 20 -30 seconds. Any more than that and your pretzels will have a metallic taste. Using a slotted spatula, lift the pretzel out of the water and allow as much of the excess water to drip off. Place pretzel onto prepared baking sheet. Sprinkle each with coarse sea salt. Repeat with remaining pretzels.

Bake for 12-15 minutes or until golden brown.

Remove from the oven and serve warm with spicy nacho cheese sauce. Pretzels may be stored in an airtight container or zipped top bag for up to 3 days (they lose a little softness).

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.

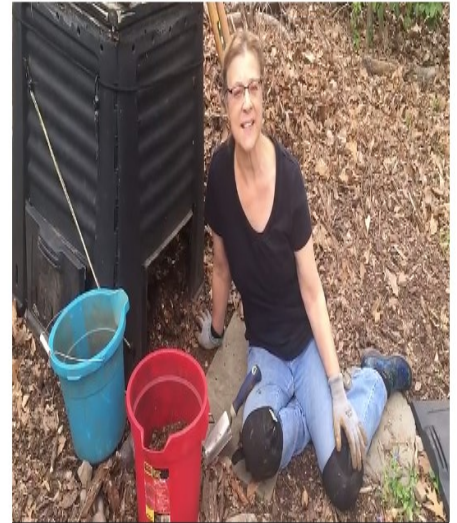


HOW-TO VIDEOS



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/>



Line Dance Videos with Vinny!

Fridays: Improver/Low Intermediate Line Dancing (Level 3)

<https://youtu.be/YgMtbc8DPUo>

Wednesdays: Beginner Line Dancing (Level 2)

<https://youtu.be/-1fAXDSLPA>



Cascades Thursday Intro to Line Dance Class, Level 1

Thursdays: Intro to Line Dancing (Level 1)

https://youtu.be/RMP9NP2_vCA



EARTH DAY is observed annually on April 22nd and is celebrated as International Earth Day.

In 1970, a US Senator named Gaylord Nelson was inspired to bring about mass public awareness of environment problems. He heavily promoted the day across the nation in an effort to gather the largest amount of public support possible and ultimately, in the hopes of elevating environmental protection onto the national political agenda. This day in 1970 marked the creation of United States Environmental Protection Agency and the passage of the Clean Air, Clean Water and Endangered Species Acts. Today, Earth Day is celebrated by billions of people around the world and is

observed in over 190 countries. Worldwide, Earth Day celebrations utilize educational programs to inform people of ways that can help protect the environment and its natural resources.

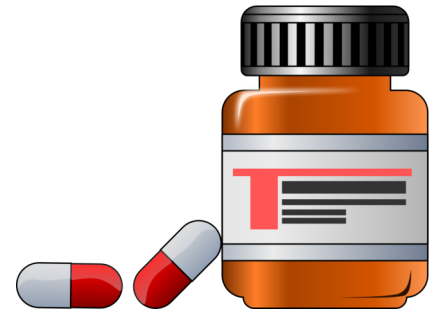
Earth Day Top Events and Things to Do

- ◆ Try to go the whole day without creating any garbage
- ◆ Try not to use your car for the entire day. Instead, walk or ride your bicycle
- ◆ Change your traditional incandescent light bulbs to energy saving LED or CFL light bulbs.
- ◆ Watch a documentary or movie that touches on an ecological issue. Our favorites are: *An Inconvenient Truth* (2006), *the Burning Season* (1993, 2008), *Elemental* (2012) and *The Day after Tomorrow* (2004).
- ◆ Read one of many books that relate to environmental issues such as, *The World Without Us* (Alan Weisman), *Hell and High Water* (Joseph Romm) and *Natural Capitalism* (Hawken, Lovins and Lovins)

****COVID-19 UPDATE/INFORMATION SECTION****

Loudoun County, VA (April 14, 2020) – Loudoun County Sheriff Mike Chapman announced today a prescription pick-up and delivery assistance program for the county's senior residents and those who are more vulnerable to Coronavirus (COVID-19).

Members of the Loudoun County Sheriff's Office (LCSO), in coordination with the resident, or their family, as well as local pharmacies, will pick-up prescription medications from Loudoun pharmacies and deliver the items to private residences in the county.



To participate residents must contact the LCSO at 703-777-1021 to request this service. Residents may call 24 hours a day, seven days a week. Deliveries will be made during normal business hours.

Members of the Loudoun County Sheriff's Office who deliver the medication will wear a sheriff's office uniform, will utilize personal protective equipment, and will maintain social distancing based on CDC guidance.

“We want to ensure residents who are physically unable to get to their pharmacy and are in critical need of their medications can receive their prescriptions in a safe manner,” said Sheriff Chapman.

The service requires the resident to pre-pay for the prescription and confirm their pharmacy allows third-party pick-up for the medication. For health considerations, the LCSO cannot deliver to assisted living communities, care facilities, senior centers, or group homes.

The service will be provided through the duration of Virginia Governor Ralph Northam's Executive Order which is effective until 11:59 p.m., Wednesday, June 10, 2020.

****GUIDE TO STOP THE SPREAD OF COVID-19****

Loudoun Publishes Guide to Stop the Spread of COVID-19. For more information please click on the link below:

<https://www.loudoun.gov/CivicAlerts.aspx?AID=5715>

****SPECIAL ANNOUNCEMENT****

United States Census 2020

Has your family been counted in the 2020 Census?

It's not too late to Respond!

Your count ensures the county receives its fair share of federal funding for programs our community needs, from school meals and affordable housing to Medicaid and healthcare services. It is safe and easy to respond online, by paper form, or by phone.



Online/En línea: 2020census.gov
puede responder en español



Mail/El correo: Forms arrived by mail this month if you did not respond online/ Recibio una forma de papel por el correo este mes si no responde en linea



Telephone: 1-844-330-2020
Teléfono: 1-844-468-2020

Don't Forget... Everyone Counts! From 1 day old to 100 years old, everyone in your home counts to make sure we can help every Loudoun family.

Instructions in English and Spanish included in the attachment together with your e-newsletter. You can also click on this link which will take you directly to the census page: <https://2020census.gov/>

APRIL IS POETRY MONTH!

How swiftly the strained honey
of afternoon light
flows into darkness
and the closed bud shrugs off
its special mystery
in order to break into blossom:
as if what exists, exists
so that it can be lost
and become precious

Lisel Mueller, 1924–2020

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.

****IN MEMORIAM****

The senior center was very saddened to learn of the passing of Ray Ehrenbeck, one of the original founding members of the Senior Center at Cascades. Ray was also an active member of the Friends of the Senior Center at Cascades and Advisory Board for many years. In addition, Ray served as a member of the Loudoun County Commission on Aging. We are forever grateful to Ray for his contributions to the center and the community. We send our deepest sympathies to his family. A memorial will be scheduled sometime in the near future. Stories and testimonials are encouraged and welcomed by the family – please email to ehrenbecktestimonials@gmail.com.

See attached obituary.

****CASCADES WORD SCRAMBLE****

PAHYP GOAY

AHM GONJG

ILEN DCANNGI

CCASEDAS

KOPRE

INBOG

VOMEI YDA

ITA HCI

SNEROI TRECEN

EW SISM UYO

****MIND PUZZLE****

**WHICH NUMBER SHOULD BE
IN THE RED SQUARE?**

32	27	48	19
34	32	56	?