

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 May 15, 2020

Manager's Note

What is the Status of COVID-19 Closures in Loudoun and Virginia?

Governor Northam announced on May 12 that he has approved the request made by the Health Department Directors, Boards of Supervisors and Mayors in three counties (Loudoun, Prince William, Fairfax) and two cities (Alexandria & Arlington) to delay reopening in the Northern Virginia region until May 29. Despite the May 29 reopening target date for Northern Virginia, Loudoun County Senior Centers will remain closed until further notice. For more information, visit [Loudoun County Coronavirus](#), the [Virginia Department of Health Coronavirus](#), or [Virginia State Coronavirus](#).

The staff at the center continues to offer virtual learning and networking opportunities, weekly e-newsletters, emergency congregate meal deliveries and information and referral as needed. In addition, visit the [Advisory Board webpage](#) to view videos with Line Dance instruction and Gardening Tips created by members of the center. The site also has links to resources and information, including back copies of the weekly e-newsletter.

As always, we want to hear from you! Call or email us to share your ideas, provide your feedback (fill out those surveys!) and let us know if you need something and we'll do our best to help.

Corona Lament – Chapter 3

See down there, it's not very bright,
But at the end of the tunnel, there's a glimmer of light.
And none too soon, I've got cabin fever,
As a Corona hermit, I'm an underachiever.
I've exhausted NetFlix, and all of Ted Talks,
Even Molly Goldberg with bagels and lox.
I've watched MED TV, I can spell streptomycin,
I've studied astrophysics, with Neil deGrasse Tyson.
But I'm told that we're about to emerge,
That we've bested that vile COVID scourge.
We can throw off the masks that prevent infestation,
(And also work well to rob a gas station.)
Social distance will shrink, a "new normal" ensue,
We may even be able, to see a menu.
But as for me, I'll just behave,
Like I'm preparing for that "second wave."
I'll wash my hands and avoid large crowds,
No viral contamination can be allowed.
With ZOOM and Skype, I will connect,
And stock up on Guinness, with my stimulus check.

Jim Kelly (senior center member)

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.

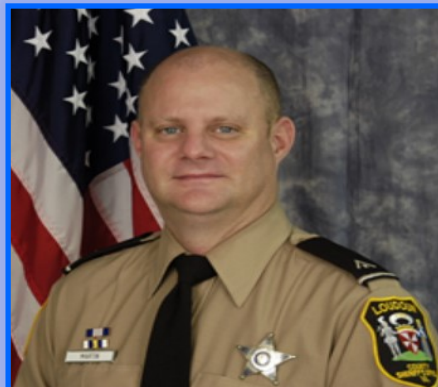
All registered or regular participants in Conversational , Beginner's Spanish and Knit & Corchet will receive an email invitation with a link to join the Zoom call. If you are a part of this group and haven't received an invite, please call the center to request information.

Any senior center member who would like to participate in the **ESL, Teen Tech, Yoga, Mandarin or Current Events and Guest Presenter** Zoom calls should **call the center to register**.

ZOOM CLASSES/ACTIVITIES SCHEDULE

| MON. 5/18 | TUES. 5/19 | WED. 5/20 | THURS. 5/21 | FRI. 5/22 |
|--|--|--|--|---|
| 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 Current Events <i>(open to senior center members)</i> | 1:00pm-2:00pm Special Guest Presenter LCSO Deputy Ethan Martin: "Covid-19 Frauds and Scams" | 12:00pm-1:00pm Special Guest Presenter Paul Torrible: "Virtual Lunch Bunch!" |

****GUEST PRESENTERS VIA ZOOM****



Covid-19 Frauds and Scams with Deputy Ethan Martin, Thursday May 21st from 1:00 pm-2:00 pm

Loudoun County Sherriff's Deputy Ethan Martin has put together a "Covid-19 Frauds and Scams" presentation that is current with the information that is being reported to law enforcement at this difficult time. The presentation is approximately 30 minutes long and there will be a question and answer session at the end.

Lunch Bunch with Paul Torrible

Friday May 22nd from 12:00 pm – 1:00 pm

Join Paul for a special Virtual Zoom Lunch Bunch. Cook something special! Share the recipe or just tell us about what you're eating. Have fun! Be positive! Enjoy the conversation! See you Friday at 12noon!



Explore the Loudoun Museum Online!

Never before has Loudoun's history been so accessible! Browse their collection of archives, photos, objects, and more...right from your computer! These records tell the stories of the people, locations, and events of Loudoun County. Search for specific topics, or browse the items. Images are available for purchase for private and commercial use upon request. Over 5,800 records are currently available online, as well as 4,100 image files related to those records.

Museum Home Page <https://www.loudounmuseum.org/>

Museum Online Collection <https://loudounmuseum.pastperfectonline.com/>

****VIDEOS****

Thursday AM Intro. To Line Dancing by Celeste

<https://youtu.be/FPUjfxPxggA>

your LIBRARY

LOUDOUN COUNTY PUBLIC LIBRARY NEWS AND HAPPENINGS



These days, we're spending way more time inside, and if you're tired of your surroundings by now, there are plenty of small tweaks and projects that can reinvigorate your space, and hopefully, your spirit.

We've rounded up some of our favorite library resources you can access online to help you spruce up and guide you through spring cleaning. Maybe it's time to take a [course in Feng-Shui](#). Or perhaps you're finally ready to [conquer the clutter](#) in your closet. Or you're mulling a [ceiling fan installation](#). Whatever it is, you can bet LCPL has the answers.

Here's a look at what's coming up:

Saturday, May 16: [Boredom-Buster with a Deck of Cards](#), 11 a.m.

****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.



The 2 Ingredient Banana Egg Pancakes

This world's simplest pancakes recipe contains just two ingredients (egg and banana) and is super quick – just minutes from bowl to plate! Simple and tasty.

Hey, why not try out this recipe right away before scrolling further down to the other ideas? Let me pass you the instructions right here

Time 10 minutes—Prep Time 3 minutes, Cook Time 7 minutes

Servings pancake = Calories 231kcal

Ingredients:

- 1 banana
- 2 eggs

Instructions:

- Mash up bananas in a large bowl.
- Whisk eggs (using a fork is just fine!) and add to banana paste.
- Fry gently in a pan on low-medium heat with a little heated oil or butter.

****SURVEY****



Once a year we conduct a survey of our members to learn about why you come to the center and your level of satisfaction with the senior center. Your feedback will help us to continue to improve your experience at the center. If you have not completed the survey, please take a few moments to fill out the survey online with the link below by Friday, May 29, 2020.

<https://www.surveymonkey.com/r/CascadesSurveyMay2020>

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

For more information about COVID-19 updates visit

www.loudoun.gov/Coronavirus

****SENIOR TRIPS UPDATE****

Registration for summer trips originally scheduled for May 20th will be postponed until further notice. Due to the uncertainty surrounding Covid-19 we are unable to provide a trips list at this time. A modified list of trips may be available after the Senior Centers re-open.

Spot the Difference

By Jason Sampson

**Can you find
all ten differences?**



6. Dog has extra spot
7. Dog tag missing
8. Extra flower on bush
9. Boys sleeve darker colour
10. Boy missing an ear



1. Leaves missing from tree
2. Boys lip missing
3. Boy missing a freckle
4. Heel missing from shoe
5. Ball moved

BLUES BUSTERS

1. Visualize a HAPPY memory!

The moment you feel yourself sliding back to an awful memory that takes you under, take a breath and instantly conjure up a GREAT, POSITIVE, HAPPY memory. Counter the gloom with an immediate dose of positivity!

2. Tell MYSELF something GOOD right NOW!

Write or send yourself a list of POSITIVE qualities you have, we KNOW you have them! Write all the qualities that make YOU a special, unique, lovable person! Need help? Ask a friend/ relative!

3. Make plans NOW! The Internet has made it dangerously seductive to keep to oneself. Studies show that limiting social media to approximately 30 minutes a day decreases depression. It's essential to make the effort to take a shower, get dressed, take a walk, go to the gym, and socialize. Search for something to put on YOUR calendar that makes YOU happy! People get an emotional lift when they contemplate a future fun event!

4. Ride around your neighborhood with the window down looking at the beautiful front yards people have created. Take those ideas back home and create your own garden or help your friends do theirs!

5. Plan family “zoom”/ “face timing” visiting, join book clubs, painting/drawing/writing/ cooking classes online, call your friends NOW (maybe they need someone too)! It's a GREAT time NOW to write down those stories from yesteryears for your children/ grandchildren/ great grandchildren!

6. Connect with Area Agency on Aging programs and services virtually with an Aging Program Specialist.

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

7. Do something to feel good about YOU and helping others! Volunteer as a mentor to underserved young women, teach workshops/ ESL, knit/crochet for donations, deliver home bound meals, work at a thrift store a half day a week, do you have a neighbor that needs rides to appointments, helping at the Library, volunteering in a classroom when school comes back in. Loudoun County has endless opportunities to volunteer! AND of course, your local Senior Center has opportunities too (i.e. meals program, etc.)!

The point is: DON'T tell yourself nothing good is going to ever happen again—you've been there, seen that, done that. There are endless plans you can make NOW for tomorrow or next month or whenever! JUST DO IT NOW and BUST THOSE BLUES!