

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)



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Café Supervisor:
Carrie Randolph

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Paul Torrible

Customer Service:
Haley Moore

Vehicle Operator:
Felix Duran

Vehicle Operator:
Satish Sharma



SENIOR CENTER

WEEKLY E-NEWS May 22, 2020

Manager's Note

Monday, May 25 is Memorial Day. We hold all those who have served our country and lost their lives in our hearts and extend our deepest gratitude for their service.

Even though we cannot be together, we can honor and celebrate Memorial Day virtually this year:

* [American Veterans Center](#) – sponsors of the annual National Memorial Day Parade in DC

“Our first priority must be the health and safety of the thousands of participants and the hundreds of thousands of spectators who attend the parade annually. However, the parade will live on in a pre-recorded television special titled, The National Memorial Day Parade: America Stands Tall, that will broadcast on Memorial Day to more than 100 million households on ABC, CBS, NBC, and Fox stations nationwide.”

* **Virginia Veterans Services & Virginia War Memorial Virtual Memorial Day Ceremony** 10am, Monday, May 25th livestreaming on their Facebook pages – www.facebook.com/VirginiaVeteransServices or www.facebook.com/VirginiaWarMemorial

- ♦ [D-DAY Memorial Virtual Event](#)
- ♦ [Vietnam Veterans Virtual Memorial Day Event](#)




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. 5/25	TUES. 5/26	WED. 5/27	THURS. 5/28	FRI. 5/29
 <p>No Zoom activities today</p>	<p>10:30am-11:30am <i>Conversational Spanish</i> <small>(only open to registered participants)</small></p> <p>*New Day and Time*</p> <p>12:00pm-1:00pm <i>Teen Tech</i> <small>(open to senior center members)</small></p>	<p>10:30am-11:30am <i>Yoga/ Breathing Class</i> <small>(open to senior center members)</small></p> <p>1:00pm-2:00pm <i>Current Events</i> <small>(open to senior center members)</small></p>	<p>10:30am-11:30am <i>Learn Mandarin</i> <small>(open to senior center members)</small></p> <p>1:00pm-2:00pm <i>Special Guest Presenter: Martin Bailey</i> AARP "Social Security: Understanding your Benefits"</p>	<p>10:30am-11:30am <i>Knit & Crochet</i> <small>(only open to members of the group)</small></p>

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



Guest Speaker: Martin Bailey

“Social Security: Understanding Your Benefits”

Thursday, 5/28

1:00 p.m.- 2:00 p.m.



Social Security is one of the most successful and effective social insurance programs in our nation's history. In this session, we will explain the facets of Social Security (retirement, survivors, and disability benefits), discuss the options for when to claim your retirement benefits, and cover implications of working while collecting benefits.

****VIDEOS****

Thursday AM Intro To Line Dancing
by Celeste



****SPECIAL ANNOUNCEMENT****

If you would like to have puzzles, riddles, word searches, jokes, etc. with answers emailed on Mondays and Fridays to you, please send Carrie a message! You can email her at

Carrie.Randolph@Loudoun.gov



FIRE SAFETY

If you missed last week's Special Zoom presentation with Lisa Braun Montalvo from the Loudoun County Fire Marshall's office, here are the highlights:



SMOKE ALARMS



- ♦ Test smoke alarms monthly to be sure they work
- ♦ Clean them by removing them and vacuuming them with the soft brush attachment (or use hair dryer on cool setting)
- ♦ Replace smoke alarms every 10 years date of manufacture would be on back of smoke alarm
- ♦ New smoke detector should have UL seal
- ♦ Look for dual sensor if possible because it detects both smoke and heat

Loudoun County Fire Department will do a Free Smoke Alarm Assessment (preferably after COVID-19 Reopening) – go to www.loudoun.gov/smokealarms to fill out the request form.

FIRE EXTINGUISHERS

- ♦ Should be stored in the garage or on a wall that is in an area by the door, not next to the stove which may prevent you from getting to it if you have a stove fire
- ♦ If you have to use a fire extinguisher, remember PASS – Pull, Aim, Squeeze, Sweep
- ♦ Use the whole can on the fire – empty it
- ♦ Old fire extinguishers can be disposed of through hazardous waste collections run by the county



OTHER TIPS

- ♦ “Close Before You Doze” – keep your bedroom door closed when you are asleep to give you more protection from smoke and fire
- ♦ Create a home escape plan with primary exits (doorways to the outside) and alternative routes (windows) and include a note about where you'll meet up outside

Visit the Loudoun County Fire & Rescue website for more information about fire safety in your home, or call them at 703-737-8093

LOUDOUN COUNTY AMBULANCE TRANSPORT COST RECOVERY PROGRAM

Loudoun County Fire and Rescue began a fee-for-service program for emergency ambulance transport in July 2015. This cost recovery program was developed by the Loudoun Board of Supervisors to supplement the needs of the Fire and Rescue System.

Loudoun County's Emergency Medical Services Transport Reimbursement Program is based on concern for the medical and financial health of our residents. It is designed to minimize the out-of-pocket costs for residents and charges are based on the level of emergency care provided.

Frequently Asked Questions (FAQs)

1. Why should Loudoun County seek reimbursement for EMS services?

Ambulance Cost Recovery is the process of obtaining financial reimbursement for the cost of providing medical-ly necessary ambulance transportation. Medicaid, Medicare and most other private insurance policies (health, au-tomobile, and/or homeowners) already allow for reimbursement for this service. Loudoun County has implemen-ted this program to seek reimbursement of the cost of providing these services which will help offset some of the operational expenses for providing a combination of volunteer and career fire, rescue, and emergency services. Loudoun County approved the adoption of Codified Ordinance 1097 that establishes the program parameters. Additionally, Section 32.1-111.14 of the Code of Virginia authorizes counties to make reasonable charges for emergency service transportation.

2. Will Medicare pay for EMS transportation services?

Yes. Medicare will cover 80% of the Medicare-Allowed Fee for Transport and Mileage; as long as the transport is 'medically necessary', as defined by Medicare.

3. What are the current fees for these services?

BLS (Basic Life Support) \$467.00 ALS1 (Advanced Life Support, Level 1) \$660.00
ALS2 (Advanced Life Support, Level 2) \$770.00

4. What type of information will I have to give EMS personnel when they arrive to treat me?

EMS providers will not ask you for your insurance infor-mation or request any payment at the time of service. All insurance information will be obtained through the hospital where you received your emergency medical care.

5. As a supervisor of a facility or group of people, am I or my organization responsible for reimbursement if I call 9-1-1 for someone in my charge?

No. Only the person that was transported by ambulance would be responsible for the fees for service. 9-1-1 should be contacted as soon as someone may need emergency medical services. Anyone, including teachers, coaches, facility managers should not hesitate to call 9-1-1 when emergency medical services are needed.

6. Will the Volunteer Rescue Squads still need donations?

Yes. the cost of providing EMS services continues to grow and our Volunteer EMS agencies still rely on commu-nity support. Most agencies who have researched this issue have found that there is little to no impact on fund-raiser and donation collections.

7. Who will I call if I have a question regarding billing or insurance coverage?

The department contracts this service out to a private company to handle the claims filing process, whose contact information can be found on your statement. If you would prefer to speak to a patient advocate locally, you can contact Loudoun County Fire and Rescue Department by calling 703-737-8782 or email questions to emscostrecovery@loudoun.gov

8. How will my privacy be protected?

Ensuring that all patient information is protected, the Loudoun County Combined Fire and Rescue System follows all Federal and State privacy and security regulations are followed with strict adherence as a covered entity under the Health Insurance Portability and Accountability Act (HIPAA). For a copy of our Notice of Privacy Practices, please contact the Privacy Officer at 703-737-8718.

****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.



Banana Oatmeal Fitness Cookies

2 Ingredient Cookies. Just mix bananas and oats and bake them for 15 minutes. Perfect for when you need an energy boost on the go. Enjoy!

Time: 25 minutes
Prep Time: 10 minutes
Cook Time: 15 minutes
Total Time: 25 minutes
Calories: 43 kcal

Ingredients

- 2 ripe bananas
- 1 cup rolled oats (oatmeal or porridge oats work really well)

Optional:

- 1 tsp cinnamon
- 1 small handful raisins
- 1 small handful walnuts (crumbled)
- 1 small handful sesame seeds (toasted)

Instructions:

- Preheat the oven to 180°C (360°F)
- Get a bowl and mash the bananas until they're mushy
- Add the cup of oats and any of the optional ingredients
- Stir until everything is nicely mixed
- Put baking paper on the tray so the cookies don't stick. If you don't have that make sure to grease the baking tray with butter (or olive oil if you're vegan)
- To make the cookie shape just grab a spoon and scoop a decent amount from the mixture onto the baking tray like I did in the photo above. It's super quick and easy.
- Off it goes into the oven for about 15 – 20 minutes.

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

For more information about COVID-19 updates visit

www.loudoun.gov/Coronavirus

your LIBRARY

LOUDOUN COUNTY PUBLIC LIBRARY NEWS AND HAPPENINGS



The COVID-19 pandemic has spurred many people to consider growing more of their own food. If you're thinking about brushing up on your gardening skills, then take a look at our roundup of resources that you can access online to help transform your outdoor space into a thriving source of veggies.

Dive into the self-paced [Vegetable Gardening 101](#) course, find inspiration in the latest issue of [Mother Earth news](#) or stream the [Spring Into Goodness](#) playlist. Get outside, and get growing!





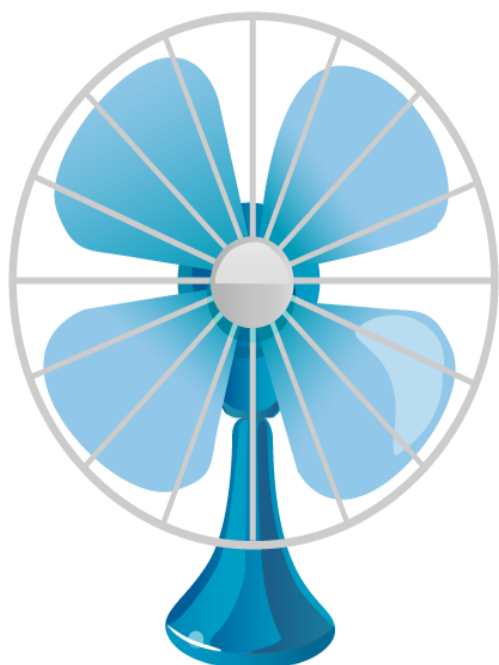
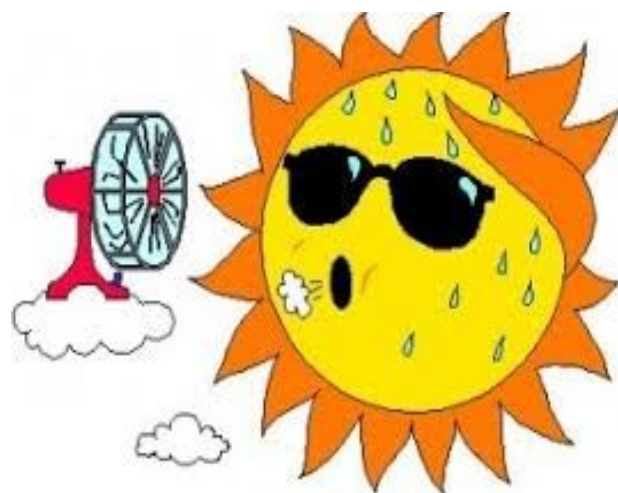
Senior Cool Care Summer Program

Fans and limited summer cooling assistance is available from
June 1-September 30



BE SAFE THIS SUMMER AND STAY COOL!

- ☒ Must be Loudoun County resident
- ☒ Must be 60 years of age or older
- ☒ Must meet income guidelines (below 150% Poverty Line)
- ☒ In need of cooling assistance



For more information:

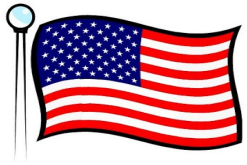


**Loudoun County
Area Agency on Aging
703-777-0257**

OR



aaa@loudoun.gov



MEMORIAL DAY WORD SEARCH

I T E D M U Y X N X O X R S T
W N C H U I Q R I X R L E E N
N L D E J T L S O E K I I R E
F A K E P D Y I B L A B D V M
L Q T X P S E M T M G E L E U
A B P I Z E E T E A T R O D N
G R A V O M N R B U R T S R O
N G T B E N I D L E R Y O E M
H N R R C C Y A E I D N J D H
C Q I T A B S J B N O N I I B
L C O N P R O U D H C E I R B
S W T G R A T E F U L E A P K
E J I S S E L R A E F V G I N
F I C M O D E E R F E L G A E
A N T H E M O R E H T O O G I

AMERICAN
DUTY
FLAG
GRATEFUL
INDEBTED
MILITARY
PATRIOTIC
REMEMBER
SERVED

ANTHEM
EAGLE
FREEDOM
HERO
INDEPENDENCE
MONUMENT
PRIDE
RESPECT
SOLDIER

BRAVE
FEARLESS
GLORY
HONOR
LIBERTY
NATION
PROUD
SALUTE
TRIBUTE