

SENIOR CENTER

WEEKLY E-NEWS May 29, 2020

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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Carrie Randolph

Recreation

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Vehicle Operator:

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Manager's Note - Is it June already?

I can't think of a better way to say hello to summer than with a poem. I hope you find time to enjoy the sunshine, smell some flowers and listen to the birds.

June

By F.G. Sanders

Far up on the deep blue sky,
Great white clouds are floating by;
All the world is dressed in green;
Many happy birds are seen,
Roses bright and sunshine clear
Show that lovely June is here.



Thanks to Deputy Martin of the Loudoun County Sheriffs Department for his informative Zoom presentation "Covid-19 Scams & Frauds" last week. If you think you are the victim of a scam, you can call the Loudoun County Sheriffs department at 703-777-1021 to report it. Deputy Martin also emphasized that any sales person that comes to your door in Loudoun County must produce a Solicitors License or risk a fine. Sales

persons must register with the Sheriff's Department before going door to door.

For the latest scam alerts you can also visit:

[https://www.consumer.ftc.gov/
features/scam-alerts](https://www.consumer.ftc.gov/features/scam-alerts).



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. 6/1	TUES. 6/2	WED. 6/3	THURS. 6/4	FRI. 6/5
10:30am-11:30am <i>ESL</i>	10:30am-11:30am <i>Conversational Spanish</i> <i>(only open to registered participants)</i>	10:30am-11:30am <i>Yoga/ Breathing Class</i> <i>(open to senior center members)</i>	10:30am-11:30am <i>Learn Mandarin</i> <i>(open to senior center members)</i>	10:30am-11:30am <i>Knit & Crochet</i> <i>(only open to members of the group)</i>
<i>*Class Added*</i> 1:00pm-2:00pm <i>Yoga/ Breathing Class</i>	12:00pm-1:00pm <i>Teen Tech</i> <i>(open to senior center members)</i>	1:00pm-2:00pm <i>Current Events</i> <i>(open to senior center members)</i>	1:00pm-2:00pm <i>Special Guest Presenter:</i> Local Author Libby Klein-Her Books, and how she got published	

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



Local Author: Libby Klein Thursday, June 4 at 1:00 p.m.

Join Local Author Libby Klein Thursday as she discusses her books, her creative writing process and how she got published. Libby's books include: "Class Reunions Are Murder," "Midnight Snacks Are Murder," "Restaurant Weeks Are Murder," "Theater Nights Are Murder," and "Wine Tastings Are Murder" (coming December 2020). There will be discussion, followed by a question and answer session.

****VIDEOS****

From the Garden Club: "Spring Care for Fall Mums"



****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

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

For more information about COVID-19 updates visit

www.loudoun.gov/Coronavirus

CAR MAINTENANCE DURING COVID-19



Your car's tires can become underinflated just sitting in the driveway.

Excessive heat can cause your tire pressure to temporarily increase, just as colder weather can cause tire pressure to drop.

Underinflation increases wear, which means you could burn through a \$400 set of new tires a year early.

Underinflated tires waste gas. The Department of Transportation estimates that 5 million gallons of fuel a day are wasted due to low tire pressure. That's more than 2 billion gallons per year of gas wasted just because people don't take the time for the right tire inflation. Inflating your tires to the specified pressure is important. So make it a habit to check and refill them once a month. And remember, you can't tell if a tire is underinflated just by looking at it. If it actually looks underinflated, it is way, way underinflated.

Tire Cool Down. Proper tire inflation should be checked when the tires haven't been driven on for several hours and have had time to cool down.

Vehicle Manufacturer's Recommended Tire Pressure. Check manufacturer's recommended tire pressure on the door placard.

Check Tire Pressure. Check tire pressure with an accurate tire pressure gauge.

Inflate to Recommended PSI. Fill to each tire with air to the recommended PSI.



Suggestions to Beat the Heat and Stay Cool



The blazing heat of the summer is tough on our bodies. If you don't have the luxury of leaving your AC blasting on high or have AC at all, then you know how hard it can be to stay cool during the summer months. There are suggestions that may help you beat the heat and stay cool!

- 1). **Drink more water:** This may seem like a no brainer, but you'd be surprised at just how many people do not drink enough water during the day. To be safe, you should follow the 8 by 8 rule which states that you should drink eight 8-ounce glasses of fluid a day. Avoid hot drinks or hot water
- 2). **Get a portable fan** – check out the **Senior Cool Care Summer Program**. Fans and limited summer cooling assistance is available from **June 1-September 30**. For more information call Loudoun County Area Agency on Aging at 703-777-0257 or email: aaa@loudoun.gov
- 3). **Avoid eating hot foods:** Load up on water-rich fruits like watermelon, pears, apples, plums, berries and prunes. Pick vegetables like asparagus, broccoli, brussels sprouts and cucumber. Eat more salads, as they are cooling, especially when eaten for lunch.
- 4). **Exercise comfortably:** It is always good to exercise early in the morning as it is the coolest part of the day. Engaging in vigorous exercises during other parts of the day may heat up the body.
- 5). **Know your body's best cooling points:** If you aren't able to find a cooler place, then you can apply an ice pack, or cold towel to your cooling points. This can include wrists, forehead, etc. By knowing your cooling points, you'll be able to cool yourself off faster and more effectively.
- 6). **Make Use Of Cooling Oils:** Bring sandalwood, jasmine and khus oils to your rescue. Not only do they have a soothing aroma, but also are known to have cooling properties.



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

AVOCADO MACARONI AND CHEESE IN A MUG

INGREDIENTS:

1 cup elbow macaroni
1 cup shredded white cheddar cheese
1 cup water
1/2 of a ripe avocado
salt and pepper to taste

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.

IN A MUG SERIES

INSTRUCTIONS:

Add water and pasta into an oversized mug that can hold at least 20 ounces of liquid. Place the mug on a large plate (this is to catch the overflow of water that occurs when cooking). Microwave for 1 minute, then stir, making sure noodles do not stick to each other or to the bottom. Microwave for an additional 1 minute and stir again. Microwave for an additional 1 minute (you should be on minute 3 now) and stir again. Noodles should be almost cooked at this point and most of the liquid should be gone. How much more you need to cook will depend on your microwave. I microwaved mine an additional 30 seconds.

While macaroni is cooking, place avocado in a small bowl and mash with a large spoon until only very small chunks remain.

If you have any remaining water in your mug, pour it out. Immediately add in cheese and stir until it completely coats the noodles. If you're using very finely shredded cheese, it should completely melt. If you are using thicker shredded cheese, you may need to microwave for an additional 20 seconds and stir again before it's uniform. Add in mashed avocados and mix in with macaroni. Add salt and pepper as needed. Eat immediately.

BACON CHEDDAR CHEESE BURGER IN A MUG

This decadent stacked burger is SO delicious that you won't miss the bun.

INGREDIENTS:

1 1/2-lb hamburger patty 2 slices of bacon 2 slices of cheddar cheese

All your favorite burger toppings: Mayo, Mustard, Ketchup, Pickles, and Tomato

INSTRUCTIONS:

Nestle the burger patty inside a large mug. Microwave for 3 minutes or until the middle is cooked through. Drain any fat or liquid that has accumulated in the mug by slightly tipping the mug, being careful not to dump out the burger in the process!

Lay the cheese slices on top of the burger, followed by the bacon. Then top with your favorite condiments and veggies. Enjoy!

CHICKEN POT PIE IN A MUG

INGREDIENTS:

1 tsp butter	1 tsp all-purpose flour	1/4 cup milk, cream or half & half
1/4 cup chicken or vegetable broth		1 cup shredded rotisserie chicken
1/4 cup peas, defrosted if frozen		1/4 cup corn kernels, defrosted if frozen
1 tsp onion flakes		1/4 tsp smoked paprika
Onion flakes		Salt & Pepper to taste
1 small can crescent roll dough (approximately 4-oz), such as Pillsbury's		

INSTRUCTIONS:

1. Heat the butter in a large mug in the microwave until melted, about 20 seconds.
2. Whisk in the flour, using a fork, to make a paste. Then whisk in the milk or cream, followed by the broth. Mix in chicken, peas, corn, paprika, onion flakes, salt, and pepper.
3. Unroll the crescent rolls and lay two or three of them across the top of the mug to make a crust, leaving a small amount of space between them so that steam can vent.
4. Cook for 3 minutes or until the top is puffy and lightly browned



LET'S NOT FORGET DESSERT!

MUG PIZOOKIES 3 WAYS *Serves one.*

BASIC DOUGH INSTRUCTIONS:

- 1 tablespoon unsweetened apple sauce
- 2 tablespoons maple syrup (*If you do not have maple syrup, you can substitute 2 tablespoons of cane sugar (preferably coconut sugar) with 2 tablespoons of almond milk (or milk of your choice) instead of the maple syrup.
- few drops vanilla extract
- 1/4 cup oat flour
- 2 pinches of salt
- 1/8 tsp baking soda

Make it your own with add-ins!

For Chocolate Chip Cookie Cake—Add one tablespoon of mini (or regular) chocolate chips.

Double Chocolate Cookie Cake - Add 2 teaspoons of cocoa powder, and 1 tablespoon of chocolate chips (or chopped dark chocolate).

Snickerdoodle Cookie Cake—Replace the baking soda with baking powder, and swirl a spoonful of coconut sugar + a few dashes of cinnamon throughout the batter. Make sure to sprinkle a little extra of both on top.

Instructions:

In a mug, add the apple sauce, maple syrup, and vanilla. Mix well, then add in the remaining ingredients (plus your chosen add-ins). Place the mug in the microwave and cook for 1:30-2:00 minutes on high. (Mine usually takes 2 minutes.) The surface should be cooked (it won't brown) and slightly spring back when you press down on it with your finger. Let cool for a few minutes before topping with a scoop of ice cream — and, if you have them, sprinkles! Then dig in...a warm, gooey (two-minute) cookie!

WORD SEARCH

We've hidden 25 words in this puzzle, but we've not listed them. Here are some hints

- Each word is spelled with 7 letters.
- Each word begins with a different letter of the alphabet.
- Words may appear in any direction.

Circle the words in the puzzle as you find them. Write them in the blanks below.

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