

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:**

*Brenda Davis*

**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 May 8, 2020

### Manager's Note

#### Senior Center at Cascades Information and Satisfaction 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.



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>

Thank you.

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### A Corona Lament: Chapter 2

14 Days and it'll be done,  
That's what they said when all this begun.  
Now I hear *August* on the evening news,  
Next they'll cancel my Christmas cruise!  
COVID has changed the way we live,  
The grammar of our narrative.  
Buying groceries? Lines are outrageous!  
And the guy beside me, looks contagious.  
So I stay at home, just get deliveries,  
For entertainment, I read murder mysteries.  
Mostly I just sit, sometimes with a Guinness,  
But so much sitting, has its consequences.  
So I called my primary, said I was *not* fine,  
"No problem," she retorted, "I diagnose on-line.  
With a high-resolution camera, linked to your trusty cell,  
I can see with clarity, why you are not well."  
But the camera shut down quickly, when on my android,  
I told her of my problem – a painful hemorrhoid!

*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\*\***

<b>MON. 5/11</b>	<b>TUES. 5/12</b>	<b>WED. 5/13</b>	<b>THURS. 5/14</b>	<b>FRI. 5/15</b>
<p><b>10:30am- 11:30am</b> <i>ESL</i></p> <p><i>(open to senior center members)</i></p>	<p><b>10:30am- 11:30am</b> <i>Conversational Spanish</i></p> <p><i>(only open to registered participants)</i></p>	<p><b>10:30am- 11:30am</b> <i>Yoga/ Breathing Class</i></p> <p><i>(open to senior center members)</i></p>	<p><b>10:30am- 11:30am</b> <i>Learn Mandarin</i></p> <p><i>(open to senior center members)</i></p>	<p><b>10:30am- 11:30am</b> <i>Knit &amp; Crochet</i></p> <p><i>(only open to members of the group)</i></p>
<p><b>1:00pm- 2:00pm</b> <i>Teen Tech</i></p> <p><i>(open to senior center members)</i></p>	<p><b>1:00pm- 2:00pm</b> <i>Beginning Spanish II</i></p> <p><i>(only open to registered participants)</i></p>	<p><b>1:00pm- 2:00pm</b> <i>Current Events</i></p> <p><i>(open to senior center members)</i></p>	<p><b>1:00pm- 2:00pm</b> <i>Special Guest Presenter Lisa Braun- Montalvo: "Coffee with a Firefighter"</i></p>	<p><b>1:00pm- 2:00pm</b> <i>Special Guest Presenter Danielle Brosan: "The EMS Cost Recovery Program"</i></p>

## **\*\*GUEST PRESENTERS VIA ZOOM\*\***



### **“Coffee with a Firefighter”**

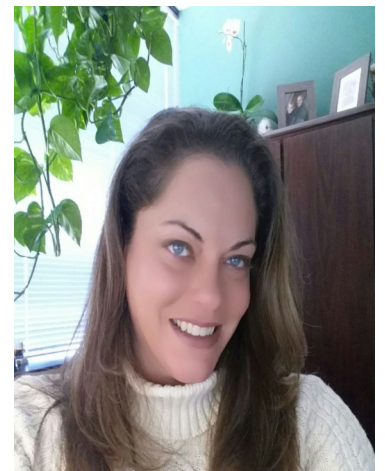
**May 14 at 1:00 p.m.**

Join Lisa Braun-Montalvo for a special Zoom presentation. Lisa is with the Loudoun County Fire Marshall’s Office and will be giving a presentation about fire safety and tips during the self-quarantine. Needs change as we enter different points in our life. Come join us for an interactive program and learn more about fire safety in this special virtual Zoom presentation.

### **“The EMS Cost Recovery Program”**

**Friday, May, 15 at 1:00 p.m.**

Join Danielle Brosan for a special Zoom presentation. Danielle is The EMS Cost Recovery Manager from the Loudoun County Combined Fire and Rescue System. She will be presenting an informational session regarding emergency ambulance billing. She will answer questions such as: Why does Fire and Rescue bill me or my insurance for an emergency ambulance transport? What is the money used for? What happens if I cannot pay? How does this affect my local volunteer fire department? Join us Friday for this special Zoom presentation.



## **\*\*VIDEOS\*\***

### **Vinny’s Wednesday AM Beginner Line Dancing:**

<https://youtu.be/IXj5hUGz4tk> (last week)

<https://youtu.be/EDb3yIGCevE> (this week)

### **Vinny’s Thursday AM Intro to Line Dancing:**

<https://youtu.be/Y0l-Gt2cSmM> (last week)

<https://youtu.be/ne9LpuPO294> (this week)

### **Vinny’s Leesburg, Fri. AM Beginner Line Dancing:**

<https://youtu.be/m9Zj9K0oPFg> (last week)

<https://youtu.be/XujYRGPOeWg> (this week)

### **Vinny’s Friday PM Improver/Low Intermediate Line Dancing:**

<https://youtu.be/ERV73qYHwil>

Enjoy

## **\*\*CAR BATTERY TIPS DURING QUARANTINE\*\***

Is your car sitting while you are in self quarantine? Your car's battery can discharge while sitting in your driveway.

The best way and perhaps the easiest way to keep it charged up is to drive your car 20 minutes a day. Letting the car idle outside in the driveway is the second best way, but will not charge up as fast as driving. If you let your car idle, make sure you do it outside of your garage so your exhaust can blow away.

Another way to charge up your battery is by using a Battery Tender/Maintainer. You can buy this product at Home Depot or any automotive parts store. They are simple, safe and easy to use. You plug in the Battery Tender to your wall outlet (you may have to use an extension cord) and place the alligator clips on your car battery. That's it! The Battery Tender will start charging your car battery at a slow rate and will automatically shut off when it's 100%. If you leave it connected, that's ok! It will monitor your battery to see when it discharges and will automatically start charging your battery up.

If you have any questions, see your local automotive parts store or battery store in your area for more information.



**Tips for making sure your car battery doesn't die while it sits in your driveway during the quarantine.**



## **\*\*SENIOR TRIPS UPDATE\*\***

Registration for summer trips originally scheduled for May 20<sup>th</sup> 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.



## **\*\*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.*

## **CRAB CAKES**

### **Ingredients:**

- 20 large fresh mushrooms, stems removed
- 3 tablespoons Italian-style salad dressing
- 1 cup crabmeat (can use canned/ faux crabmeat)
- $\frac{3}{4}$  cup bread crumbs
- 2 eggs, beaten
- $\frac{1}{4}$  cup mayonnaise
- $\frac{1}{4}$  cup minced onion
- 1 teaspoon lemon juice

### **Directions:**

- Step 1: Preheat oven to 375 degrees F (190 degrees C). Spray a cookie sheet with non-stick cooking spray.
- Step 2: In a shallow bowl, marinate mushrooms in Italian dressing for 20 minutes. Drain well.
- Step 3: In a small mixing bowl, combine crabmeat,  $\frac{1}{2}$  cup of breadcrumbs, eggs, mayonnaise, onions, and lemon juice. Fill the mushroom caps with the mixture. Arrange the mushrooms on the prepared baking sheet. Top with remaining breadcrumbs.

Step 4: Bake for 15 minutes.

### **Nutrition Facts Per Serving:**

124 calories; 7.4 g total fat; 51 mg cholesterol; 225 mg sodium. 8.5 g carbohydrates; 6.6 g protein;

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

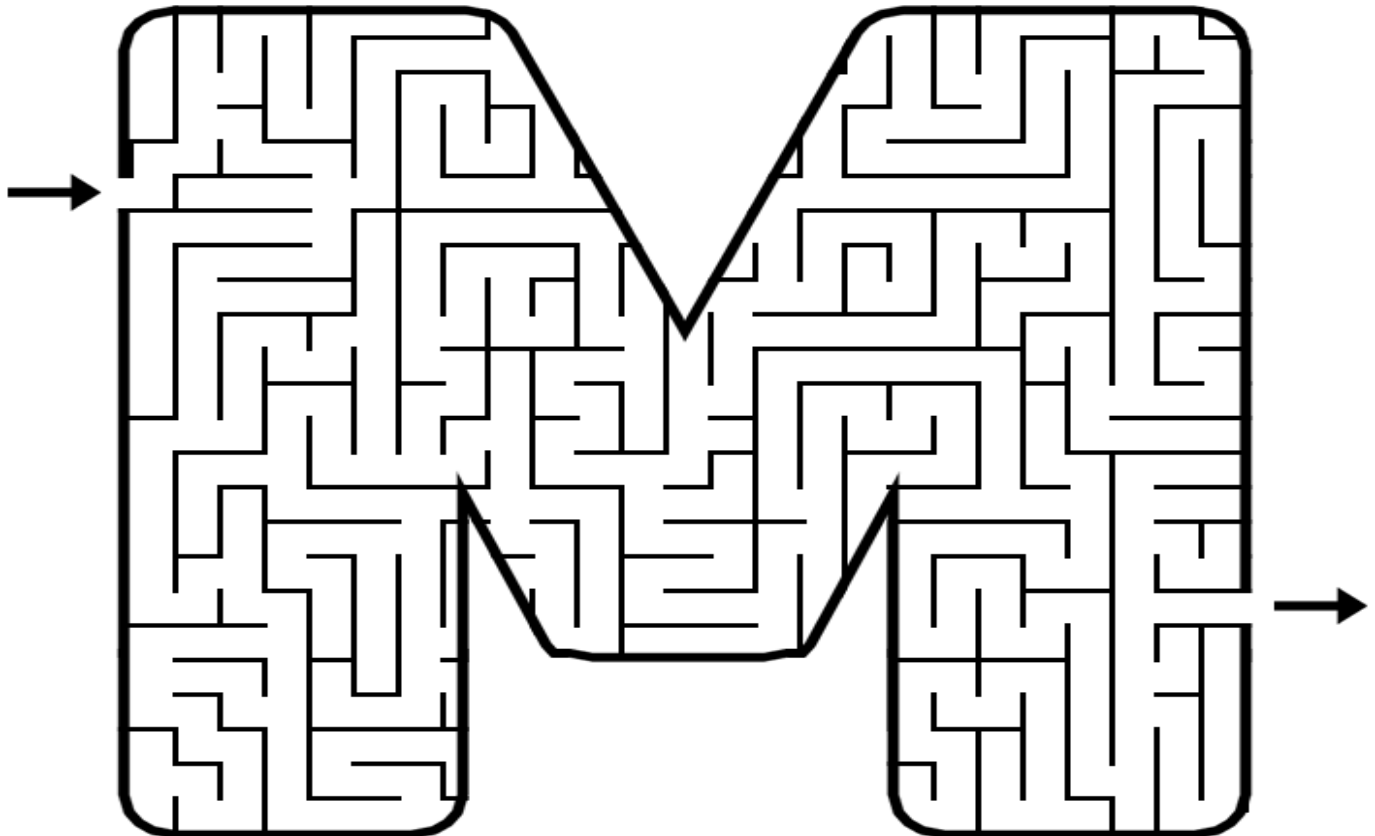
For more information about COVID-19 updates visit

[www.loudoun.gov/Coronavirus](http://www.loudoun.gov/Coronavirus)

**COVID-19 Flyer – Staying Safe At Home**

The Eldercare Locator and the Alliance for Aging Research have created a flyer, 'Staying Safe at Home During the Coronavirus Crisis' which is available in both English and Spanish. The [two-sided flyer](#) (see attached) provides critical information about COVID-19 that can help older adults stay safe and healthy at home while preventing spread of the disease.

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**\*\*MAY-ZE\*\***

**\*\*SPECIAL MESSAGE\*\***

**The Garden Club Wishes All Moms a**

**HAPPY** Mother's  
**DAY**



Mother's Day is the last official date for a frost in our area. It's a good time to plant all delicate annuals, vegetables, and herbs.



*Rhododendron*