

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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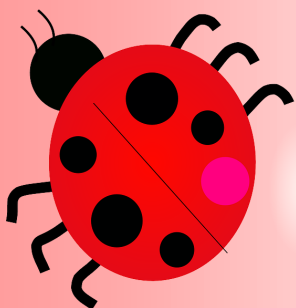
*Haley Moore*

**Vehicle Operator:**

*Felix Duran*

**Vehicle Operator:**

*Satish Sharma*



# SENIOR CENTER

WEEKLY E-NEWS JUNE 12, 2020

## Manager's Note

Loudoun County Senior Centers will begin the gradual process of re-opening with drive through Congregate Meal pick-up starting on Monday, June 22, 2020, between 11:00a and 1:00pm. If you are a current member of the center and would like to pick up a lunch, please contact the center 24-hours in advance at [571-258-3280](tel:571-258-3280). When you call to reserve, you will be given further details about picking up your meal. We look forward to seeing you at the center!



INOVA Hospital at Lansdowne once again requested these adorable octopi from the Cascades Knit & Crochet Group, this time for older patients suffering from anxiety or dementia or other neurological disorders. Mach Thien, Kathy Calhoun and Velinda Sutton stepped up and made 26 adorable octopi and delivered them to the Hospital on Friday, June 5. The tentacles of the octopi keep patients hands occupied and less likely to hurt themselves.

Thank you Mach, Kathy & Velinda for your beautiful work. We know the hospital staff, patients and families certainly appreciate all of your loving creations, and everyone at the Senior Center at Cascades is so proud of the impact the Knit & Crochet Group makes in the community.

## \*\*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.</b> 6/15	<b>TUES.</b> 6/16	<b>WED.</b> 6/17	<b>THURS.</b> 6/18	<b>FRI.</b> 6/19
<b>10:30am-11:30am</b> <b>ESL</b> <b>Instructor:</b> <b>Judy Villedrouin</b> <i>(open to senior center members)</i>	<b>10:30am-11:30am</b> <b>Conversational Spanish</b> <b>Instructor:</b> <b>Ana Mahoney</b> <i>(only open to registered participants)</i>	<b>10:30am-11:30am</b> <b>Yoga/ Breathing Class</b> <b>Instructors:</b> <b>Jagdish and Kailash Sachdev</b> <i>(open to senior center members)</i>	<b>10:30am-11:30am</b> <b>Learn Mandarin</b> <b>Instructor:</b> <b>Susan Xiaoping</b> <i>(open to senior center members)</i>	<b>10:30am-11:30am</b> <b>Knit &amp; Crochet</b> <b>Velinda Sutton</b> <i>(only open to members of the group)</i>
<b>1:00pm-2:00pm</b> <b>Yoga/ Breathing Class</b> <b>Instructors:</b> <b>Jagdish and Kailash Sachdev</b> <i>(open to senior center members)</i>	<b>12:00pm-1:00pm</b> <b>Teen Tech</b> <i>(open to senior center members)</i>	<b>1:00pm-2:00pm</b> <b>Current Events</b> <b>Instructor:</b> <b>Steve Creskoff</b> <i>(open to senior center members)</i>	<b>1:00pm-2:00pm</b> <b>Special Guest Presenter:</b> <b>Steve &amp; Tracey Gillespie</b> <b>"A Slice of Loudoun History- Mt. Zion Church Historical Tour"</b> <i>(open to senior center members)</i>	



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



**Thursday, June 18<sup>th</sup> at 1:00pm**

### **Mt. Zion Church - A Perfect Slice of Loudoun's History**

We'll visit Mt. Zion Church, a remnant in time, with historian Rich Gillespie and Mt. Zion Historic Park site manager Tracy Gillespie. We'll give you the cook's tour live, sharing with you what we see as we explore the old church, it's stories, it's graffiti, and its seldom-visited places—a perfect slice of Loudoun history.

We hope you join us!



We would like to take this opportunity to thank our very dedicated virtual volunteer instructors/leaders.

Each of you have given our members a chance to continue learning and stay active by providing programs and activities through virtual classes/activities and videos.

**Vinny & Celeste Mullally  
Terry Garczynski  
Judy Villedrouin  
Jagdish & Kailash Sachdev  
Aidan Comi  
Steve Creskoff  
Susan Xiaoping  
Arlene Bajusz  
Lea Nigon  
Velinda Sutton  
Ana Mahoney**

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

**For more information about COVID-19 updates visit**

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

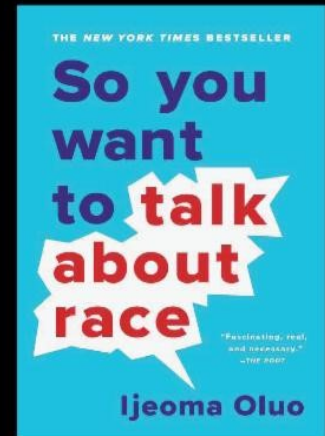
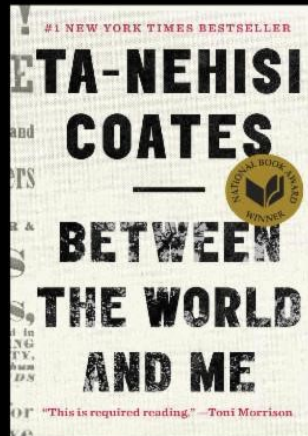
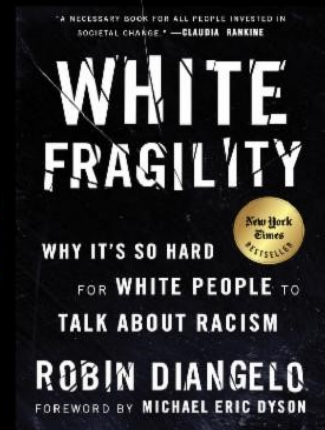
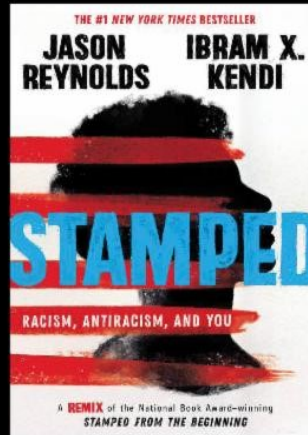
# your LIBRARY

LOUDOUN COUNTY PUBLIC LIBRARY NEWS AND HAPPENINGS

STAFF ePICKS

## Facing racism in America

LOUDOUN COUNTY  
PUBLIC LIBRARY  
[library.loudoun.gov](http://library.loudoun.gov)



Through every challenge, your library remains an important resource for education and information. Reading provides a window to the past in order to understand the present, and to amplify and listen to the voices of those affected by racism. Our staff has brought together a [wide range of antiracism resources](#) that we hope you'll find helpful. Whether you're discussing current events with children or teens, or you're learning for yourself, these eBooks, articles, films and courses are here for you.

# Internet Safety Tips



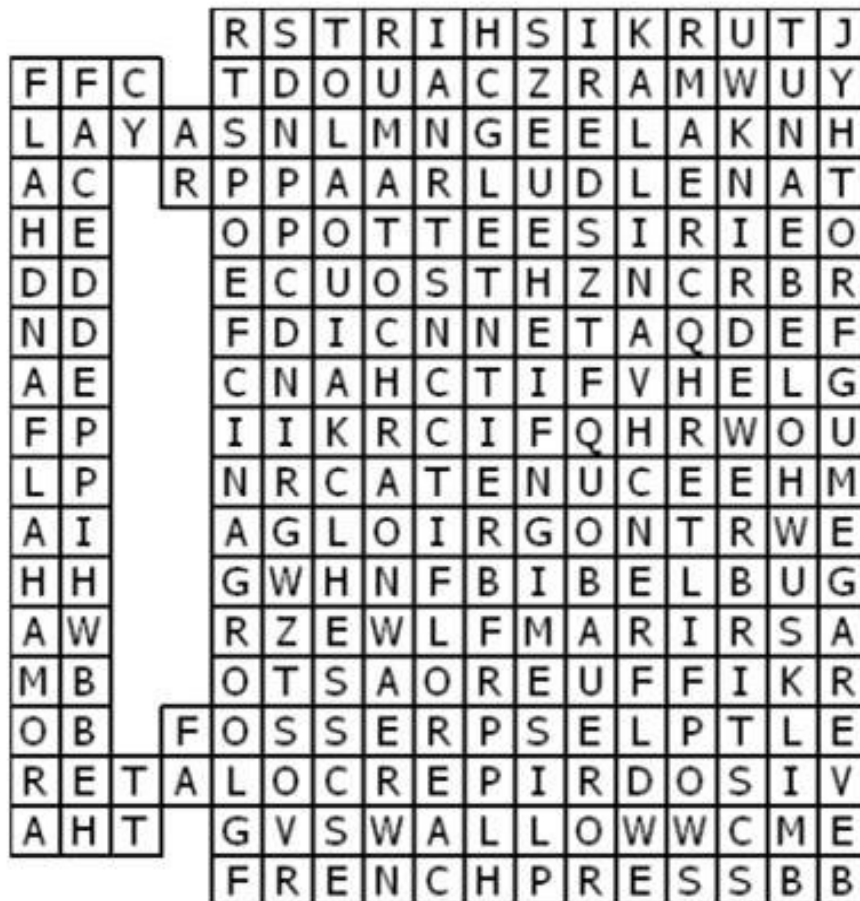
- **Create passwords and make them strong.** Half of seniors do not use the password feature on at least one of their internet-enabled devices, leaving it open to whomever may pick it up. Lock all of your devices including computer, tablet and smartphone with secure passwords. That will keep prying eyes out and add a line of defense **in case your devices are lost or stolen.** A strong password is at least 12 characters long. Strong password tips include the use a mix of letters, numbers and symbols, and try not to include personal information.
- **Secure access to your accounts.** Since passwords can be stolen, adding two-step authentication to accounts provides a second layer of protection. Many online services, including apps and websites, offer free options that could help you protect your information and ensure it's actually you trying to access your account – not just someone with your password.
- **Think before you act.** Emails and communication that create a sense of urgency such as a problem with your bank account or taxes is likely a scam. Consider reaching out directly to the company by phone to determine if the email is legitimate or not.
- **When in doubt, throw it out.** Clicking on links in emails is often how scammers get access to personal information. If an email looks unusual, even if you know the person who sent it, it's best to delete it. Remember that scammers can commandeer friends' email addresses and send you messages posing as them. Turn on spam filters for your email account to help filter suspicious messages.
- **Share with care.** Be aware of what you share publically on social media sites like Facebook. Adjust your privacy settings to limit who can see your information. **Avoid sharing your location.**
- **Use security software.** Install security software on your devices from a reliable source and keep it updated. It is best to run the anti-virus and anti-spyware software regularly. Be wary of security updates from pop-up ads or emails. They may actually be malware that could infect your computer.
- **Adjust your browser safety settings.** You likely search for news, information and products by using an internet browser such as Firefox, Google Chrome, Internet Explorer and Safari. Adjust your settings in each of those browsers to set your options for optimum security. Those menus can often be found in the upper right corner of your browser. Consider clearing your browsing history at the end of your session so you don't leave a trail of sensitive data.
- **Use the default firewall security protection on your computer.** Your operating system (OS) likely has default firewall settings that will protect your computer without needing adjustment. If your antivirus software includes additional firewall protection that you can adjust separately, consider contacting a computer professional for assistance to ensure you're safely protected without over-blocking sites and programs you use regularly.
- **Log out.** Remember to log out of apps and websites when you are done using them. Leaving them open on your computer screen could make you vulnerable to security and privacy risks.
- **Consider support.** If you live alone or spend a lot of time by yourself, consider a trusted source to serve as a second set of eyes and ears. Adult family members and grandchildren who are computer savvy may be willing to help.



## \*\*BRAIN EXERCISE\*\*

### Coffee

Whether you're sipping your favorite coffee at the café, or enjoying a morning mug at home, you'll enjoy finding these 38 coffee-related words in our unique word search puzzle.



aroma  
 beverage  
 brewed  
 caffeine  
 cappuccino  
 chicory  
 coffee  
 Columbia  
 cream  
 decaf  
 drink  
 drip  
 espresso

fair trade  
 filter  
 French press  
 French vanilla  
 frothy  
 grind  
 half and half  
 hazelnut  
 hot  
 iced  
 instant  
 latte  
 milk

mug  
 organic  
 percolate  
 roast  
 sip  
 spoon  
 stir  
 swallow  
 thermos  
 Turkish  
 whipped  
 whole bean

## **\*\*KITCHEN CORNER\*\***

### **ULTIMATE VEGGIE WRAP**

#### **The veggies:**

Zucchini, asparagus, broccoli, green beans. The crispier and crunchier, the better.

Lettuces. Chopped Romaine lettuce, baby spinach, mesclun mix, arugula, butter lettuce. Tomatoes. Slices of juicy heirloom tomatoes, or halved cherry tomatoes. Even sun-dried tomato tapenade

Carrots. Chop them into a julienne, or make ribbons with a vegetable peeler.

Cucumbers. Sliced thin or cut in long wedges.

Peppers. Colorful bell peppers, roasted peppers, or leftover fajita veggies.

Sprouts. Got alfalfa or radish sprouts. Wraps were *made* for sprouts.

Herbs. Leafy, non-woody stem types, like basil or mint, would be lovely. Maybe even a schmear of pesto...

Olives. A handful of green or black olives, or homemade tapenade for extra savory, salty flavor.

#### **Cheese:**

Crumbled feta cheese.

Blue cheese.

Brie. Sharp cheddar.

Mozzarella. Herbed Boursin.

#### **Optional protein:**

Hummus. Chickpea spread comes in a dizzying array of flavors these days.

Hard-boiled eggs.

Roasted chicken. Or rotisserie chicken.

Grilled steak.

Nut or seed butters. Sunflower seed butter, almond butter, or cashew butter.

Toasted nuts or seeds. A sprinkle of toasted sunflower seeds or pine nuts.

### **How to make the Ultimate Veggie Wrap:**

First, prep all your ingredients. Raw vegetables should be washed, patted dry, peeled or sliced, de-seeded, and cut into bite-able pieces.

To make the wrap, place the tortilla or flatbread of your choice onto a clean work surface. Spread the cream cheese (or anything "spreadable") down the middle of the tortilla, from end to end, leaving a little room on the two edges that will be rolled.

Next, add the lettuce leaves by placing them in the middle of the tortilla. Then layer on the rest of the ingredients over the lettuce, staying in one direction so you can roll the tortilla up when you're finished.

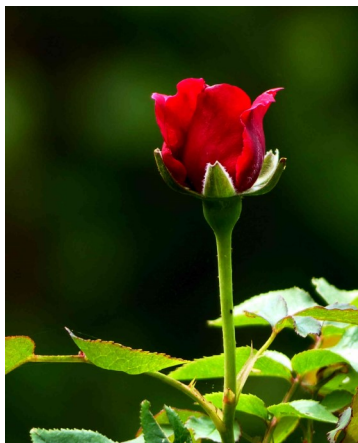
When finished with the ingredients, roll up the tortilla around the vegetables and wrap in waxed paper or plastic to keep the tortilla moist and the veggies fresh. Unlike a burrito, you don't have to tuck the ends of the tortilla in on themselves.

#### **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.*



## **\*\*PICTURE CORNER\*\***



Photos taken by our member  
Rajendra Prasad



Have a nice weekend!