

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

**Recreation
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Vehicle Operator:
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SENIOR CENTER

WEEKLY E-NEWS JUNE 26, 2020

Manager's Note

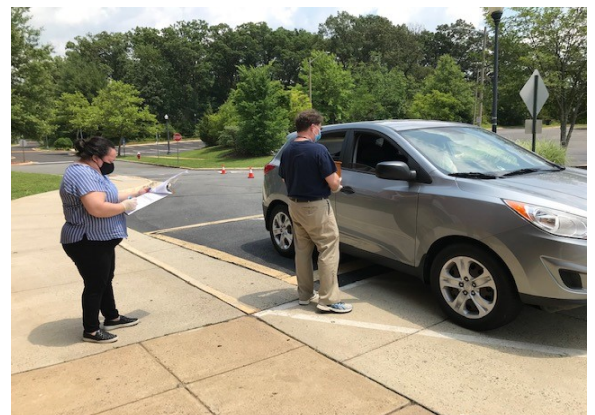
The Cascades Senior Center will look a bit different when you return! We have plexiglass installed at the front and customer service desks to help ensure the safety of our staff, volunteers and members. Signs will be posted throughout the facility regarding social distancing, face covering requirement and safety guidelines. These are just a few of the things that will be different. As we move forward, we will keep you posted and let you know when you are allowed to come in and enjoy the center! We can't wait to see you again!



DRIVE-THRU LUNCH PICKUP

Drive-thru Congregate Meal pick-up available
Monday-Friday between 11:00am - 12:00pm. Please see attachment (flyer) for more information. If you are having trouble opening the attachment, you can click on the link below:

[Drive-Thru Lunch Pickup Details](#)



VIRTUAL CLASSES/ACTIVITIES SCHEDULE

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**.

MON. 6/29	TUES. 6/30	WED. 7/1	THURS. 7/2	FRI. 7/3
10:30am-11:30am ESL Instructor: Judy Villedrouin <i>(open to senior center members)</i> 1:00pm-2:00pm Yoga/ Breathing Class Instructors: Jagdish and Kailash Sachdev <i>(open to senior center members)</i>	10:30am-11:30am Conversational Spanish Instructor: Ana Mahoney <i>(only open to registered participants)</i> 12:00pm-1:00pm Teen Tech <i>(open to senior center members)</i> 1:00pm-2:30pm Beginners Spanish III Instructor: Lea Nigon <i>(only open to registered participants)</i>	10:30am-11:30am Yoga/ Breathing Class Instructors: Jagdish and Kailash Sachdev <i>(open to senior center members)</i> 1:00pm-2:00pm Current Events Instructor: Steve Creskoff <i>(open to senior center members)</i>	10:30am-11:30am Learn Mandarin Instructor: Susan Xiaoping <i>(open to senior center members)</i>	No Zoom Activities and No Lunch Pickup Today



****LINE DANCING VIDEOS****

Wednesday AM Beginner Line Dance Class, Level 2

<https://youtu.be/CVrlpZinom0> by Vinny

Friday Improver/Low Intermediate class, Level 3

<https://youtu.be/qWHIHmdbfzE> by Vinny

<https://youtu.be/CBPL8yYTOTA> by Terry

<https://youtu.be/N04ZmvmwdzA> by Terry

Thursday AM, Intro to Line Dance class, Level 1

<https://youtu.be/L0K7HpP8U90> by Celeste

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

For more information about COVID-19 updates visit

www.loudoun.gov/Coronavirus

DAILY QUARANTINE QUESTIONS:

1. What am I GRATEFUL for today?
2. Who am I CHECKING IN ON or CONNECTING WITH today?
3. What expectations of "normal" am I LETTING GO OF today?
4. How am I GETTING OUTSIDE today?
5. How am I MOVING MY BODY today?
6. What BEAUTY am I either creating, cultivating, or inviting in today?

****BRAIN EXERCISE****

An IMPOSSIBLE Brain Teaser

This brain teaser is really not impossible, but it is tricky! Carefully read the directions in each line to make changes in the previous set of letters. Write the new letters in the blank after each instruction. The first two are completed for you.



Start with IMPOSSIBLE

IMPOSSIBLE

Change the second vowel from the left to E

IMPESSIBLE

If occurrence is spelled correctly, change the 2nd consonant to H. If it is not spelled correctly, change the last consonant to T.

Omit the letters, in order, that spell MESS.

Insert CABBAGE after the 1st vowel.

Change the 2nd I to A

Move the first vowel so that is directly to the right of the 4th consonant.

If the mischievous is spelled correctly, omit the first two letters. If it is spelled incorrectly, omit the double consonants.

Change the G to V.

Switch the places of the 2nd consonant and the 3rd consonant.

If occasionally is spelled correctly, omit the 2nd letter. If it is spelled incorrectly, add IN after the first letter.

Switch the order of the 1st and 2nd letters.

If your letters now form a correctly-spelled word, write them in the blank below. If not, review the directions to find any possible errors.

Solving the brain teaser is not IMPOSSIBLE. It is _____!

****KITCHEN CORNER****

CHEESY CHICKEN ENCHILADAS VERDE

INGREDIENTS:

1-jar (16 ounces) Pace® Salsa Verde
1 ½ -cups shredded cooked chicken
½ -cup sour cream
1 ½ -cups shredded Cheddar Jack cheese (about 6 ounces)
8 -corn tortilla or flour tortillas (6-inch), warmed

HOW TO MAKE IT:

Step 1: Set the oven to 375°F. Spread 1/2 cup salsa in an 11x8x2-inch baking dish.

Step 2: Stir 1/4 cup salsa, chicken, sour cream and 1/2 cup cheese in a medium bowl. Spoon about 3 tablespoons chicken mixture down the center of each tortilla. Roll up the tortillas around the filling and place seam-side down in the baking dish. Top with the remaining salsa.

Step 3: Bake for 15 minutes. Sprinkle with the remaining cheese.

RECIPE TIPS: You can substitute 2 cans (12.5 ounces each) Swanson® Premium White Chunk Chicken Breast in Water, drained, for the 1 1/2 cups cooked chicken or use an already cooked rotisserie chicken from the store

Use plain greek yogurt instead of sour cream

Add Cream of Celery Soup

Use regular Salsa instead of Pace Salsa Verde

Marinate chicken first with McCormick southwest packet

SPANISH RICE

INGREDIENTS:

2 cups long grain rice (brown rice can definitely be used in place of white rice. Just add ⅓ c more water per cup of brown rice and let simmer longer- until the brown rice reaches your desired texture)

1/8 cup oil

8 oz tomato sauce (use Salsa instead of tomato sauce, adds more flavor and spice)

6 stems cilantro (optional)

1 tsp salt

1 tsp minced garlic

4 cups water

1 cube chicken flavored bouillon

dash cumin

dash garlic pepper

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.



Instructions:

Heat oil in large frying pan on medium heat.

Add rice and cook until golden brown.

Add 1 chicken flavored bouillon cube to 4 cups water and microwave for 3 minutes.

When rice is brown, add chicken flavored water, tomato sauce, salt, garlic, cumin and garlic pepper to pan.

Stir and cover pan. Let simmer for 30-40 minutes or until all is cooked and there is no liquid left. Fluff before serving

TOPPING SUGGESTIONS: chopped peppers, chopped cilantro, onions, green onions.

****DIY TIPS FOR HOME SAFETY****



With just a small investment in time and a few dollars, you can make your home safer and more comfortable by following these do-it-yourself tips. All of the home modification suggestions below are easily implemented by you, the homeowner, and do not require the services of a professional contractor. So why wait? Modify your home today and feel happier and more secure.

Top DIY Tips For Home Safety: All Rooms

1. Keep emergency numbers (911, doctor, relatives, neighbors) in large print near each phone.
 2. Arrange furniture to create unobstructed pathways and strategically place heavy, sturdy furniture pieces for resting and support.
 3. Try to create bright, uniform lighting by adding lights to dark areas and changing light bulbs to a higher wattage (without exceeding manufacturer's maximum).
 4. Ensure ample reading and task lights in the bedroom, kitchen and living room; consider under-counter lights and natural spectrum desktop or magnifier floor lamps.
 5. Remove personal items, decorations and any clutter on floors, tables and counters.
 6. Clean out and reorganize contents of closets, cabinets, shelves and pantries for easy access of the most frequently used items.
 7. Remove throw rugs, but if you can't part with them, secure with double-sided tape, tacks or a non-skid mat.
 8. Remove or rearrange electrical cords and extension cords that interfere with pathways.
 9. Make sure electrical outlets are not overloaded with plugs; consider switching to a surge protector.
 10. Make sure smoke/carbon monoxide detectors have new batteries, are in working order and are placed near bedroom, kitchen and utility area where your boiler, furnace, hot water heater and washer/dryer may be located.
- Keep a working fire extinguisher in the home that is easily accessible, preferably near the kitchen, and know how to operate it.

Top DIY Tips For Home Safety: Kitchen

1. Move frequently used small appliances to the counter or waist-height cupboard and near an outlet.
 2. Consider upgrading to small appliances with an automatic shut-off feature such as a coffee maker, electric kettle, toaster oven and iron.
 3. Reduce the risk of fire around the stovetop area by relocating potentially flammable fabrics such as curtains, aprons and dish towels; and refrain from wearing clothing with billowy or wide sleeves when cooking on the stove.
 4. Reduce the risk of burns by placing a heat-resistant surface near the stove, oven and microwave for placing hot pans and dishes; keep potholders and mitts handy.
- If you must use a step stool, make sure your foot stool has a support handle and never use a chair in place of a step stool.

Top DIY Tips For Home Safety: Living Room

1. Make sure curtains and shades are easy to operate; and consider adding sheers to reduce glare.
2. Upgrade to a lighted, big-button universal remote control to easily operate the television and entertainment system.

Make sure your favorite chair or sofa is easy to sit down in and get up from, and has sturdy arms for support; otherwise consider a lift chair or uplift seat device.

For more extensive home modifications such as ramps, grab bars, curb less showers, recessed lighting and wider doorways, just to name a few, hire a reputable company that is certified in aging-in-place solutions.

****DIY TIPS FOR HOME SAFETY CONTINUED****

Top DIY Tips For Home Safety: Bedroom

1. Use a sturdy nightstand with ample surface for a lamp, phone, glasses and water; use a drawer to store a flashlight and extra batteries.
 2. Use nightlights with sensors that illuminate your path from your bed to the bathroom and to the hallway.
 3. Have a sturdy chair with arms in your dressing area for support and comfort while putting on shoes, socks, pants, jewelry, etc.
 4. Ensure your bed is high enough to get in and out of easily; consider adding sturdy wooden risers and remove casters.
- If possible, consider relocating your bedroom to the first floor of your home.

Top DIY Tips For Home Safety: Bathroom

1. Install non-slip strips or a suction-cup bath mat on the floor inside the shower and tub.
2. Place a non-slip, absorbent floor mat outside the shower and tub to soak up excess water and dry the bottom of your feet.
3. Consider using DIY suction cup grab bars with green-light safety indicator, a tub rail and bath transfer bench or bath lift inside the tub.
4. Install an elevated toilet seat with support arms to help with sitting and standing.
5. Make sure toilet paper is comfortably within reach and extra rolls are handy in case you run out; consider installing an L-shaped holder that makes changing the roll easy.

Top DIY Tips For Home Safety: Exterior

1. Mount battery-operated, motion-detector lights outside to illuminate doors and walkways.
2. Make sure address numbers are visible at all exterior doors and easily seen from the street in the event of an emergency.
3. Clean garage floor to remove slick spots, pick up any sharp objects (nails, screws, shovels) and use a non-slip floor mat to wipe moisture and debris off shoes and boots before entering the home.
4. Clear a path, free of overgrown grass, bushes and shrubs, to a sturdy mailbox that is easy to open and close.
5. Make sure garden tools are easily reached from a flat-footed stance; and use a retractable reel to keep hoses coiled.
6. Consider hiring a local service for wintertime ice and snow removal, spring and summer yard maintenance and fall leaf removal and gutter cleaning.



LOUDOUN COUNTY AREA AGENCY ON AGING PRESENTS

COFFEE CHAT

with Lori



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 be connected with Area Agency on Aging programs and services, and other community resources, please call 703-777-0257 to speak with an Aging Program Specialist.

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

For more information about the Loudoun County Area Agency on Aging, visit www.loudoun.gov/aaa or call 703-777-0257