

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)



**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 JULY 17, 2020

### Manager's Note

Puzzles! Puzzles! Come and get a puzzle!! If you are ready for a new challenge, we are happy to provide you with a puzzle to work on at home. If you are interested in picking up a mystery puzzle, just call the office and let us know and we'll have one for you to pick up during the Drive-Thru Lunch, 11am-12pm, Monday through Friday. Please call the day before to place your request.



### 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.

Click here for [Drive-Thru Lunch Pickup Details](#)



### SENIOR COOL CARE SUMMER PROGRAM

Senior Cool Care Summer Program Fans and limited summer cooling assistance is available for persons aged 60 years and older who are income eligible (June 1-September 30)

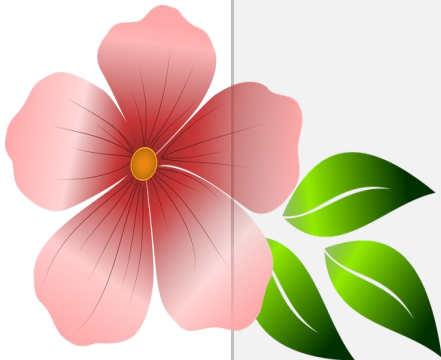
Please call Loudoun County Area Agency on Aging at 703-777-0257 or email: [aaa@loudoun.gov](mailto:aaa@loudoun.gov).

## \*\*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**.

<b>MON.</b> 7/20	<b>TUES.</b> 7/21	<b>WED.</b> 7/22	<b>THURS.</b> 7/23	<b>FRI.</b> 7/24
<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>(open to senior center members)</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-2:30pm</b> <b>Beginners Spanish III</b> <b>Instructor:</b> <b>Lea Nigon</b> <i>(only open to registered participants)</i>			

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

Hello from Senior Trips! We hope you are well and staying healthy. We wanted to share a quick program update with you. Registration for fall trips is tentatively scheduled for August 12<sup>th</sup>. Our plan is to have a modified fall trips list to you by the end of July. Please be aware that many venues and theatres are still closed and may remain so for some time.



We are also planning some overnight trips and hope to be able to offer, *The Crooked Road Music Trail* in October and *A Biltmore Christmas* in December. Due to the continued uncertainty surrounding Covid-19 all trips offered may be subject to change. Feel free to contact us if you have any questions, Terry Fleming (571) 258-3050 or Sonya Haynes (571) 258-3051. We hope to see you in the fall!

---

## **\*\*LINE DANCE VIDEOS\*\***

**Wednesday AM Line Dance  
with Vinny**



---

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

### **County Promotes COVID-19 Testing Awareness**

As COVID-19 continues to circulate in our community, it's important to know when, where and how to get tested. Learn about the steps involved in getting a COVID-19 test as well as where to find testing locations near you on [Loudoun County's COVID-19 hub](https://www.loudoun.gov/COVID-19).

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

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

## **\*\*HEALTH & WELLNESS\*\***

Your skin changes with age. It becomes thinner, loses fat, and no longer looks as plump and smooth as it once did. Your veins and bones can be seen more easily. Scratches, cuts, or bumps can take longer to heal. Years of sun tanning or being out in the sunlight for a long time may lead to wrinkles, dryness, age spots, and even cancer. But, there are things you can do to protect your skin and to make it feel and look better.

### **Dry Skin and Itching**

Many older people suffer from dry spots on their skin, often on their lower legs, elbows, and lower arms. Dry skin patches feel rough and scaly. There are many possible reasons for dry skin, such as:

- Not drinking enough liquids
- Spending too much time in the sun or sun tanning
- Being in very dry air
- Smoking
- Feeling stress
- Losing sweat and oil glands, which is common with age



Dry skin also can be caused by health problems. Using too much soap, antiperspirant, or perfume and taking hot baths can make dry skin worse. Some medicines can make skin itchy. Because older people have thinner skin, scratching can cause bleeding that may lead to infection. Talk to your doctor if your skin is very dry and itchy.

Here are some ways to help dry, itchy skin:

- Use moisturizers, like lotions, creams, or ointments, every day.
- Take fewer baths or showers and use milder soap. Warm water is less drying than hot water. Don't add bath oil to your water. It can make the tub too slippery.
- Try using a humidifier, an appliance that adds moisture to a room.

**Bruises** - Older people may bruise more easily. It can take longer for these bruises to heal. Some medicines or illnesses may also cause bruising. Talk to your doctor if you see bruises and don't know how you got them, especially on parts of your body usually covered by clothing.

**Keep Your Skin Healthy** - Some sun can be good for you, but to keep your skin healthy, be careful:

- **Limit time in the sun.** It's okay to go out during the day, but try to avoid being in sun during peak times when the sun's rays are strongest. For example, during the summer, try to stay out of the sun between 10 a.m. and 4 p.m. You can also get sunburned if you are in water.
- **Use sunscreen.** Look for sunscreen with an SPF (sun protection factor) number of 15 or higher. It's best to choose sunscreens with "broad spectrum" on the label. Put the sunscreen on 15 to 30 minutes before you go outside. Sunscreen should be reapplied at least every 2 hours. You need to put sunscreen on more often if you are swimming, sweating, or rubbing your skin with a towel.
- **Wear protective clothing.** A hat with a wide brim can shade your neck, ears, eyes, and head. Look for sunglasses that block 99 to 100 percent of the sun's rays. If you have to be in the sun, wear loose, lightweight, long-sleeved shirts and long pants or long skirts.
- **Avoid tanning.** Don't use sunlamps or tanning beds. Tanning pills are not approved by the U.S. Food and Drug Administration (FDA) and might not be safe.

Your skin may change with age. But remember, there are things you can do to help. Check your skin often. If you find any changes that worry you, see your doctor.



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

### **BBQ Chicken with Peach and Feta Slaw**

Using ripe, juicy peaches, it's the perfect sweet-salty side dish for any number of grilled or smoked proteins.

#### **Ingredients**

- 5 tablespoons olive oil, divided
- 2 tablespoons sherry vinegar
- 1/2 teaspoon freshly ground black pepper, divided
- 3/8 teaspoon kosher salt, divided
- 1 1/2 cups sliced fresh peaches (about 2 medium)
- 1 (12-oz.) pkg. broccoli slaw (\$1.99 at Giant)
- 3 (6-oz.) skinless, boneless chicken breasts, cut crosswise into 1-in. strips
- 1/4 cup barbecue sauce

#### **Toppings (change them up as desired)**

- 1 tablespoon chopped fresh chives
- 1 ounce feta cheese, crumbled (about 1/4 cup)
- 2 center-cut bacon slices, cooked and crumbled

#### **How to Make It**

**Step 1:** Combine 4 tablespoons oil, vinegar, 1/4 teaspoon pepper, and 1/4 teaspoon salt in a large bowl, stirring with a whisk. Add peaches and slaw to vinegar mixture; toss gently to coat.

**Step 2:** Sprinkle chicken evenly with remaining 1/4 teaspoon pepper and remaining 1/8 teaspoon salt. Heat remaining 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add chicken to pan; cook 6 minutes or until done. Place chicken in a large bowl. Add barbecue sauce to bowl; toss.

**Step 3:** Divide slaw mixture evenly among 4 plates; top evenly with chicken strips. Sprinkle with chives, feta and bacon.

#### **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.*



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.

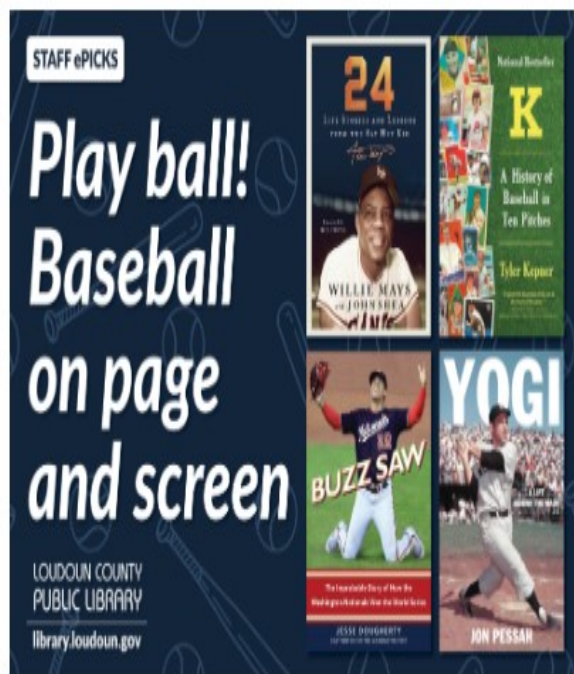
To sign-up, send an **email** to **[aaasupport@loudoun.gov](mailto:aaasupport@loudoun.gov)** or call **571-233-2583**

*For more information about the Loudoun County Area Agency on Aging, visit [www.loudoun.gov/aaa](http://www.loudoun.gov/aaa) or call 703-777-0257*



# your LIBRARY

LOUDOUN COUNTY PUBLIC LIBRARY NEWS AND HAPPENINGS



## *eBooks and audiobooks*

The [Play Ball! collection](#) on [OverDrive](#) and the [Libby app](#) features [new biographies](#) about Willie Mays and Yogi Berra as well as plenty of [fiction](#), [nonfiction](#) and [titles for sports-loving kids](#) exploring the history, artistry and nuance of baseball.

## *eComics*

Immerse yourself in America's pastime with historical cartoons as well as illustrated adventures for kids on the [Hoopla Digital](#) platform.

[\*Willard Mullin's Golden Age Of Baseball Drawings 1934-1972\*](#)

[\*Fuzzy Baseball\*](#)

[\*The Baseball Adventure of Jackie Mitchell, Girl Pitcher Vs. Babe Ruth\*](#)

## *Streaming movies*

These documentaries on [Kanopy](#) give a voice to little-known stories from baseball's past.

[\*Diamonds in the Rough: Legacy of Japanese-American Baseball\*](#)

[\*A Long Way From Home: The Untold Story of Baseball's Desegregation\*](#)

[\*Heading Home: The Tale of Team Israel\*](#)

[\*Play Better Baseball\*](#) features 70 minutes of instruction by former University of Arizona head coach Jerry Stitt.

## *eMagazines*

[ESPN The Magazine](#) ceased publication in 2019, but you can catch up on [every issue dating back to 2013](#) through the [RB Digital](#) platform.



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

You won't find the ordinary colors – like pink, black and brown here. But you will (hopefully) find the names of 60 other colors inside this word puzzle.



ANTIQUE GOLD  
APRICOT  
BRONZE  
BUFF  
BURGUNDY  
CANARY  
CERISE  
CITRON  
CLARET  
COFFEE  
COPPER  
CORAL  
CORDOVAN  
CRIMSON  
CYAN

DAMASK  
EBONY  
ECRU  
EGGSHELL  
FLESH  
FUCHSIA  
GOLD  
HENNA  
HONEY  
JADE  
LAVENDER  
LILAC  
MAGENTA  
MAHOGANY  
MANDARIN

MAROON  
MAUVE  
NAVY  
NEUTRAL  
OCHRE  
OLIVE  
ORCHID  
PEA GREEN  
PEACH  
PEARL  
PLATINUM  
PUCE  
PURPLE  
ROSE  
ROYAL BLUE

SABLE  
SAFFRON  
SALMON  
SCARLET  
SENNA  
SEPIA  
SILVER  
TAUPE  
TAWNY  
TERRA COTTA  
TURQUOISE  
UMBER  
VERMILION  
WHEAT  
WINE