

SENIOR CENTER

WEEKLY E-NEWS AUGUST 14, 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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Vehicle Operator:

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AUGUST

Future Outdoor Activities at the Center

As the days grow a little shorter and we move toward the fall and cooler weather, we are gathering ideas for possible outdoor activities. Please let us know if any of these ideas would be of interest, or if you have any ideas you'd like to throw in for consideration for future programming:

- Walking Group – meet at the center and take a 1-2 mile walk around the Cascades Marketplace community
- Corn Hole – gather in the grass to play corn hole – play against one other person or teams of two
- Early Bird Stretches – gather in the shaded grassy area on the north side of the building to stretch and breath (seated or standing)

Please call Paul at the center or email him at paul.torrible@loudoun.gov with your interest in the above activities or to add any ideas or interest you might have.

Garden Club: Reaching for the Sky

Garden Club Member Florence reaching for new heights with her Burgundy Sunflower.



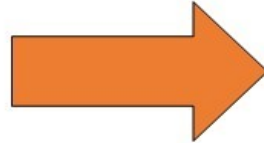
Trivia Challenge Contest Winner

Congratulations to Kathy K for winning our 2nd Trivia Challenge Contest last Thursday on Zoom. Kathy wins a puzzle from our prize closet! This time around there were questions like: “What US state name has only one syllable?” “What famous ship wreck was discovered in 1985?” and “Who was America’s first billionaire?” (Answers: Maine, Titanic, John D. Rockefeller). I’d like to thank everyone for playing; it was a fun game! Keep an eye on your e-newsletters for the date of our next Trivia Challenge Contest coming soon!

Congratulations!

****VIRTUAL CLASSES/ACTIVITIES****

We're making the switch.



From Zoom to GoToMeeting.

We are making the switch from Zoom to GoToMeeting! GoToMeeting has more advanced security and added features. If you do not have a laptop with a camera or prefer to just listen, GoToMeeting allows you to join classes and activities using your home phone.

Attendees will receive an email that looks like this:

ESL Class (*EXAMPLE*)

Please join my meeting from your computer, tablet or smartphone.

<https://global.gotomeeting.com/join/658422037>

You can also dial in using your phone

[1- \(786\) 535-3211](tel:1-786-535-3211)

Access Code: 658-422-037

New to GoToMeeting? Get the app now and be ready when your first meeting starts:

<https://global.gotomeeting.com/install/658422037>

You can join the meeting by clicking on the first link, or you can dial in for audio only using your home phone (or cell phone) using the provided phone number. For the first time, we suggest downloading the app provided on the bottom line.

For best results, GoToMeeting suggests you use a wired internet connection, but you can also use Wifi. They also suggest you use wired headphones with a mic for best results, but you can also use the mic and speakers on your device if you prefer.

Need more help? Here is a video with easy instructions:

<https://www.youtube.com/watch?v=95dRdnMMgbQ>

For more information, contact Paul or Haley at the center 571-258-3280.

VIRTUAL CLASSES/ACTIVITIES SCHEDULE

MON. 8/17	TUES. 8/18	WED. 8/19	THURS. 8/20	FRI. 8/21
<p>10:30am-11:30am <i>ESL</i> Instructor: Judy Villedrouin</p> <p>1:00pm-2:00pm <i>Yoga/ Breathing Class</i> Instructors: Jagdish and Kailash Sachdev <i>(open to senior center members)</i></p>	<p>10:30am-11:30am <i>Conversational Spanish</i> Instructor: Ana Mahoney <i>(only open to registered participants)</i></p> <p>12:00pm-1:00pm <i>Teen Tech</i> <i>(open to senior center members)</i></p> <p>1:00pm-2:30pm <i>Beginners Spanish III</i> Instructor: Lea Nigon <i>(only open to registered participants)</i></p>	<p>10:30am-11:30am <i>Yoga/ Breathing Class</i> Instructors: Jagdish and Kailash Sachdev <i>(open to senior center members)</i></p> <p>1:00pm-2:00pm <i>Current Events</i> Instructor: Steve Creskoff <i>(open to senior center members)</i></p>	<p>10:30am-11:30am <i>Learn Mandarin</i> Instructor: Susan Xiaoping <i>(open to senior center members)</i></p>	<p>10:30am-11:30am <i>Knit & Crochet</i> Velinda Sutton <i>(open to senior center members)</i></p>

TAKE A VIRTUAL TOUR

[Museum of Natural History](#) (free of charge, in 3D, no need to sign in or become a member)

[National Zoo](#) (free of charge, in real time, do not need to sign in or become a member)

[National Gallery of Art](#) (true-to-nature-virtual-tour, free of charge, do not need to sign in or become a member) A bit technical as you will need to move around but once you're used to the features, it is fantastic!

[American Museum of Natural History](#) (different options to see the exhibits, an "online weekly" with the museum, free of charge, do not need to sign in or become a member)

HEALTH & WELLNESS

TELEMEDICINE



How Does Telemedicine Work?

Doctors have connected medicine with technology for years, and so have you. With a few clicks, you can research conditions and symptoms online. You can also have nearly anything -- prescriptions, supplements, or bacon-shaped Band-Aids -- delivered to your door. But to see your provider, you still had to go to their office and sit in a germ-filled waiting room.

Now, with telemedicine, technology can make health care something it's rarely been: convenient.

What Is Telemedicine? Telemedicine is a general term that covers all of the ways you and your doctor can use technology to communicate without being in the same room. It includes phone calls, video chats, emails, and text messages. People also call it telehealth, digital medicine, e-health, or m-health for mobile.

Who Uses It? If your doctor offers the option, all you need to use telemedicine is reliable internet and a phone, smartphone, or computer.

Telemedicine is a convenient tool for everyone, but it's especially helpful if you:

- Live in a rural area or far from your doctor's office
- Have limited movement, time, or transportation
- Need medical care while you're away from home

How Telemedicine Works

Depending on what your doctor offers, you can get medical services in different ways. Two of the most common are:

- **A patient portal.** With the security of a username and password, a patient portal lets you send and get emails from your doctor or nurse, ask for prescription refills, and set up appointments. Your doctor can also share your lab or imaging test results and tell you what they mean. This is often faster than waiting to talk to them on the phone.

- **Virtual appointments.** Some doctors can let you have an appointment through a phone call or video conference. You can often have these meetings with mental and behavioral health professionals and urgent care clinics, as well.

For Many Issues, but not all, Telemedicine can do many things. But it can't replace all doctor visits.

If you have a long-term illness, you can use it to share home readings like blood pressure or blood sugar levels and to talk to your doctor about them.

Virtual urgent care can make it easier for you to find out whether you need to go to the doctor's office. If it's a common cold, you can stay home. If you have sinus pain, your doctor may be able to walk you through the process of pressing on different parts of your face to figure out what's causing it.

On the other hand, a sore throat may need an in-person test called a throat culture. An earache could be a sign of an infection that needs closer care. Or you might need a shot of medication to treat your condition.

You can't have surgery online. But your surgeon can use telemedicine to check how you're healing.

Sometimes, an in-person exam is the only way for your doctor to be sure about your diagnosis.

How to Get the Most Out of Telemedicine

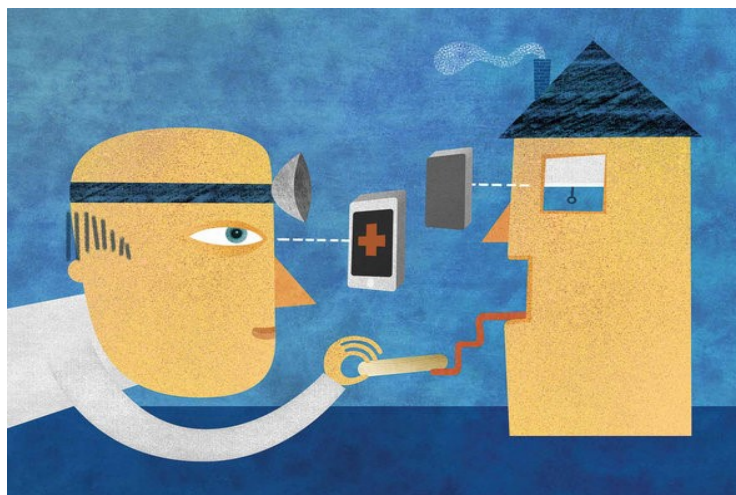
Be prepared. Whether you have a call or a video appointment, write down your symptoms, medicines you've taken, and questions you have so you don't forget anything when speaking to your doctor.

Prepare to punt. Remember that you may start with telemedicine but still end up in your doctor's office. That can be frustrating, but it'll help you feel better faster.

What Telemedicine Services Can I Use?

Check your insurance plan to find out what's covered under telemedicine, including your doctor and urgent care, plus copays and other fees. If you don't have insurance or if your coverage doesn't include telemedicine, you might be able to pay a fixed fee to use it.

For full article go to [WebMD](#).



****KITCHEN CORNER****

MASHED POTATO

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.

CLASSIC – THE BASIC WHICH WILL BE THE BASE FOR SOME OF THE RECIPES BELOW

Cover 2 pounds whole russet or Yukon gold potatoes with cold salted water; simmer 45 minutes.

Drain, peel and mash with 1/2 to 1 stick butter. Add 1 cup hot milk, and salt and pepper; mash until smooth and fluffy.

CHUNKY RED – THE 2ND BASIC RECIPE THAT WILL BE THE BASE FOR SOME OF THE RECIPES BELOW

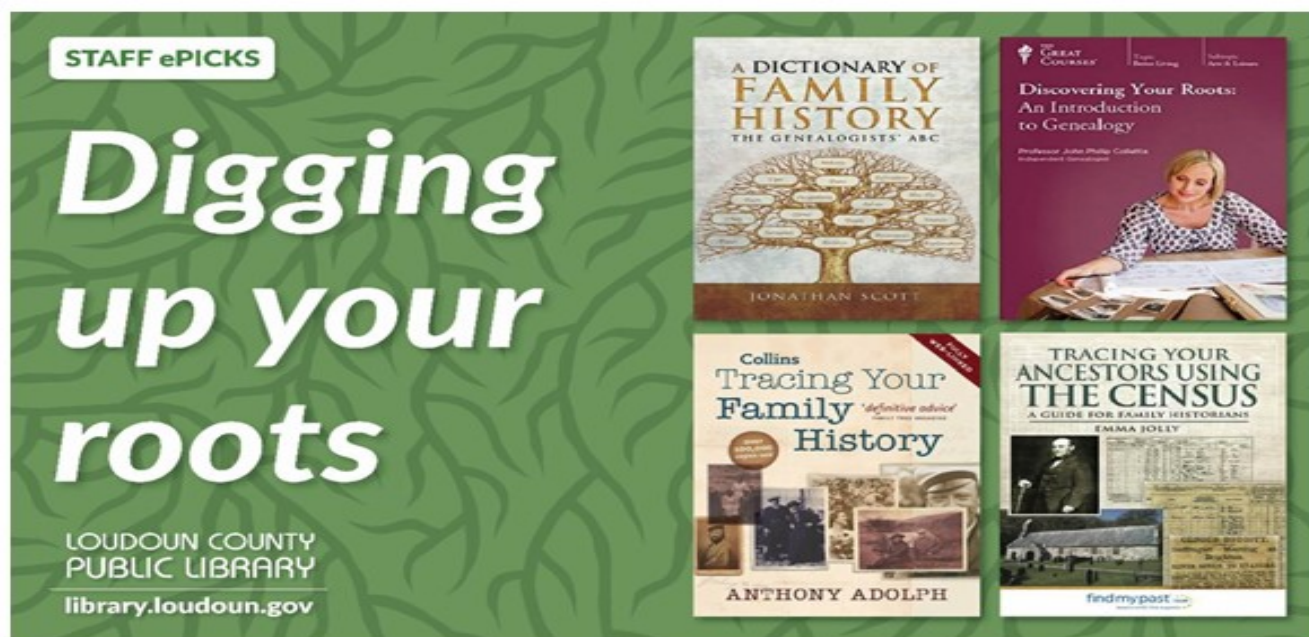
Cover 2 pounds whole red potatoes with cold salted water; simmer 40 minutes. Drain; do not peel. Smash with 1/2 to 1 stick butter, 3/4 cup hot milk, and salt and pepper.



1. Tangy - Make Classic Mash or Chunky Red Mash. Use 1 cup sour cream instead of milk; top with fresh dill.
2. Pepper-Swirl - Saute 2 chopped red bell peppers and 1 teaspoon thyme leaves in olive oil, covered, until tender. Puree; swirl into Classic Mash.
3. Low-Fat - Make Chunky Red Mash; replace the butter with 1/4 cup cooking water and use nonfat plain Greek yogurt instead of milk.
4. Spicy Chipotle - Make Classic Mash; add 1 tablespoon chopped chipotles in adobo sauce. Garnish with chopped scallions and cilantro.
5. Olive Butter - Pulse 1/4 cup pitted Kalamata olives, 1/2 stick soft butter and 2 tablespoons each parsley and cilantro in a food processor. Dollop the olive butter on Classic Mash.
6. Orange-Fennel - Heat 1/2 cup olive oil with the grated zest of 1/2 orange, 1 tablespoon fennel seeds and 1/2 teaspoon pepper flakes. Drizzle over Classic Mash.
7. Tex-Mex - Make Chunky Red Mash; add 1/2 pound grated Monterey Jack, 1/4 cup sliced scallions and 2 minced seeded jalapenos. Top with sour cream and more scallions and jalapenos.
8. Bacon Cheddar - Cook 1/2 pound chopped bacon until crisp. Make Classic Mash; replace half of the butter with 2 to 4 tablespoons bacon drippings. Fold in some bacon; sprinkle the rest on top. Add 1/2 pound grated sharp cheddar and 1/4 cup each minced parsley and scallions.
9. Pancetta-Rosemary - Cook 1/4 pound diced pancetta in olive oil with 1/4 teaspoon chopped rosemary and 2 smashed garlic cloves; drain and spoon over Classic Mash or Chunky Red Mash.
10. Smoky - Make Classic Mash (No. 1); mix in 1/2 pound grated smoked gouda and 1/4 cup sliced scallions.

your LIBRARY

LOUDOUN COUNTY PUBLIC LIBRARY NEWS AND HAPPENINGS



The study of genealogy and family history is a great way to connect to the past. And your family history is just a click away through a variety of high-quality online genealogical resources. For this week's [Staff ePicks](#), we've pulled together some of the library's best tools for exploring your family's roots right from your home computer.

eBooks

On [Hoopla Digital](#), you'll discover a variety of helpful [eBooks in the genealogy and heraldry category](#): From the general ([The Family Tree Toolkit](#)) to the specific ([The Scottish Pioneers of Upper Canada](#)) and everything in between. [Click to explore them all.](#)

Online learning

[Genealogy 101](#) is a self-paced online course through the library's [Universal Class](#) database that features nine hours of video-based instruction with exams and assignments to help you focus your search. [Register here if you're using Universal Class for the first time.](#)

Go beyond searching records and learn how to interview relatives and write historical narratives with [Discovering Your Roots: An Introduction to Genealogy](#) – part of [The Great Courses series](#), which is available for streaming on [Kanopy](#).