

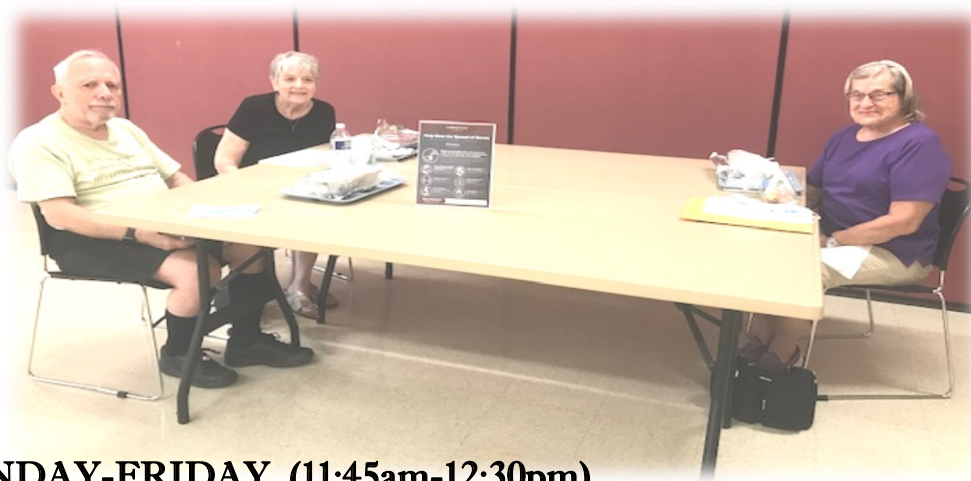
Loudoun County
Senior Center at
Cascades
21060 Whitfield Place
Sterling, VA 20165

571-258-3280
[www.loudoun.gov/
seniors-cascades](http://www.loudoun.gov/seniors-cascades)

CASCADES SENIOR CENTER

WEEKLY E-NEWS AUGUST 28, 2020

What's for lunch at Cascades?



MONDAY-FRIDAY (11:45am-12:30pm)

MON 8/31	TUES 9/1	WED 9/2	THURS 9/3	FRI 9/4
Vegetarian Broccoli Quiche Malibu Veggie Blend Fruit, Roll & Milk	Lasagna Malibu Blend Vegetables Fruit, Roll & Milk Vegetarian meal available	Oven Fried Chicken Macaroni & Cheese Collard Greens Fruit, Roll & Milk Vegetarian meal available	Swedish Meatballs Noodles Key West Vegetable Fruit, Roll & Milk Vegetarian meal	Chicken Pot Pie Rice Spinach Fruit, Roll & Milk Vegetarian meal Available



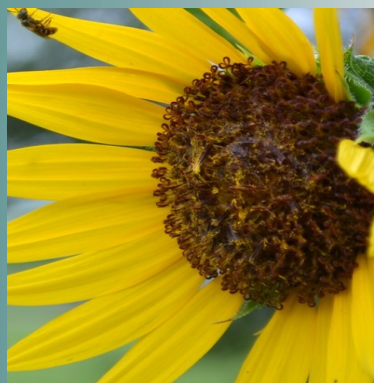
Lunches are packaged individually under very safe protocol at the central kitchen and the food is as delicious as ever! The center is cleaned and disinfected regularly and masks must be worn in the building at all times (except while at your table eating 😊).

Check out this video on the Advisory Board website www.mycascadescenter.org for more information about coming to the café for lunch.

So, meet up with a few friends for lunch at the Senior Center at Cascades. Call us to reserve your place for lunch – we can't wait to see you! 😊



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



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

A reminder regarding our virtual activities

We send out reminder emails everyday with an electronic invitation to our classes. Sometimes the information on the invitation can change. Please use the latest electronic invitation to log into your activity.



If you have not joined in any of our activities, email paul.terrible@loudoun.gov so he can add you to the distribution list.

Thank you!

VIRTUAL CLASSES/ACTIVITIES SCHEDULE

MON. 8/24	TUES. 8/25	WED. 8/26	THURS. 8/27	FRI. 8/28
<p>1:00pm-2:00pm Yoga/Breathing Class Instructors: Jagdish and Kailash Sachdev <i>(open to senior center members)</i></p>	<p>10:30am-11:30am Conversational Spanish Instructor: Ana Mahoney <i>(only open to registered participants)</i></p> <p>12:00pm-1:00pm Teen Tech <i>(open to senior center members)</i></p>	<p>10:30am-11:30am Yoga/Breathing Class Instructors: Jagdish and Kailash Sachdev <i>(open to senior center members)</i></p> <p>1:00pm-2:00pm Current Events Instructor: Steve Creskoff <i>(open to senior center members)</i></p>	<p>10:30am-11:30am Learn Mandarin Instructor: Susan Xiaoping <i>(open to senior center members)</i></p>	<p>10:30am-11:30am Knit & Crochet Velinda Sutton <i>(open to senior center members)</i></p>

To view activities and programs going on at the other senior centers you can click on each link below:

[The Senior Center of Leesburg E-Newsletter](#)

[Dulles South Senior Center E-Newsletter](#)

[Carver Senior Center E-Newsletter](#)

COOKIE SALAD

INGREDIENTS

1 package (3.4 ounce) instant vanilla pudding mix
1 cup buttermilk
8 ounces frozen whipped topping, thawed
1 can (20 ounce) crushed pineapple, drained well
1 can (11 ounces) mandarin oranges, drained well
10 fudge stripe cookies, crushed

INSTRUCTIONS

In a large bowl, mix together the pudding mix and the buttermilk. It will be thick. (You can use a whisk or a hand-held mixer.)

Fold in the whipped topping.

Add in the pineapple and mandarin oranges and stir well.

Chill until ready to serve.

Crush cookies and mix in just before serving. Reserve a few for garnish.



NO-BAKE CHOCOLATE ECLAIR DESSERT

INGREDIENTS:

Filling:

2 (3.5 oz.) boxes vanilla instant pudding**

3 c. milk

1 (8 oz.) container Cool Whip non-dairy whipped topping {or 3 c. homemade whipped cream}

1 (14.4 oz) box graham crackers

Topping:

1/3 c. unsweetened cocoa powder

1 c. granulated sugar

1/4 c. milk

1/2 c. butter {1 stick}

1 tsp. vanilla extract

INSTRUCTIONS:

FOR THE FILLING: Combine dry pudding mix and 3 cups milk; beat until well mixed. Stir in Cool Whip. Place a layer of graham crackers in the bottom of a 9x13" dish. Spread 1/2 of the pudding mixture over the graham crackers. Repeat with another layer of graham crackers and pudding; then top with a final layer of graham crackers.

FOR THE TOPPING: In a medium-sized saucepan, bring cocoa, milk, and sugar to a full rolling boil; boil about 1 minute, stirring very frequently. Remove from heat and cool one minute. Add butter and vanilla; stir until butter is melted. Pour chocolate topping over the top layer of graham crackers. Spread evenly to completely cover graham crackers.

Refrigerate overnight.

NOTES:

Keep in mind when making, this dessert must chill overnight.

CHECK your PUDDING package size!! You may need to buy an extra package of pudding to be sure you have a total of **7 ounces of dry pudding mix** ... if you don't, the filling may be soupy and not set up. (Or, you could reduce the amount of milk proportionally to the "new" amount of pudding you have if your packages are smaller ... but then you would have less filling.)

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.



****HEALTH & WELLNESS****

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

****WOMEN'S EQUALITY DAY****

Passage of 19th
Amendment
celebrates 100 year
Anniversary!



Women's Equality Day is celebrated on August 26th. The date was chosen to commemorate the day in 1920 when Secretary of State Bainbridge Colby signed the proclamation granting American women the constitutional right to vote. On August 16, 1973, Congress approved H.J. Res. 52, which stated that August 26 would be designated as Women's Equality Day and that "the President is authorized and requested to issue a proclamation in commemoration of that day in 1920 on which the women in America were first guaranteed the right to vote".

****LEGACY WRITING****



What is legacy writing?

"Legacy writing is a way of documenting your life experiences, values, and opinions to share with others. It can be a cherished gift to family and loved ones, and healing for the **writers** themselves."

The New Way to Write Your Life Story: The 10 Themes of Legacy Writing

The ten core legacy themes are meant to be written in order. This will give your finished life story a sense of completion. After reading the following theme descriptions and writing prompts below, you will write your short 2-3 page life story for each.

Legacy Theme 1: Forks in the Road: We all have dozens of turning points in our childhood years, events that often take us in unexpected directions. Some are huge – the death of a parent – or they may be sublime – suddenly knowing what you will excel at for the rest of your life. Here are two points to help jog your memory. If something else comes to mind, perfect!

Did something happen to you as a child that changed the course of your life? It could have been a family crisis, or it could have been a positive experience. Sometimes we make choices that take us down roads we later regret. Does any particular one experience stand out?

Legacy Theme 2: My Family, My Self: We all have family, in whatever context that might mean. It could be our family of birth or one we created later on in life. What was it like to grow up in your household? Is there one family member that stands out for you? How did this person influence you?

Legacy Theme 3: The Meaning of Wealth: Money dominates our culture and is a recurring theme throughout our lives. From childhood through adolescence and into adulthood, how did your view of financial security evolve? What does money mean to you? Is it a means of getting what you want? Power? Safety? Freedom?

Legacy Theme 4: My Life's Work: This can be your professional or volunteer work, looking after a household, or any combination thereof. It is what we *do* or *have done* in life. Has there been a dominant trade or profession that has taken you through your work history? How did this come about and where has it led you? Did your early dreams have any influence on what work you would end up performing?

Legacy Theme 5: Self-Image and Well-Being: The mind-body connection is a challenge we all face at one time or another. Most of us have faced a health crisis. How has your emotional and physical health affected the life you live? Have you struggled with body image? What was that like?.

Legacy Theme 6: The Male–Female Equation: Gender identity is a powerful biological life force. The male-female equation is a shifting balance that can cause confusion.

During your adult years, have you noticed a blurring of gender roles in your own life, or are you solidly male or female? How does this balance work for you?

Over the course of your life time, have your ideas of gender changed? How so?

Legacy Theme 7: The End of Life: Time always runs out. We often ponder the meaning of life and as it nears its end, we wonder what we have accomplished and if it was all worth it.

What was your very first experience with death? How did it affect you?

Did you discuss death and dying as a child or adolescent? Is it something that you have come to terms with as an adult?

Legacy Theme 8: From Secular to Spirit: It is natural to wonder what lies after death. Religion offers hope to some, while others embrace spirituality in a broader scope, or believe that death is final.

Did your earliest religious or spiritual beliefs follow you into adulthood? What changed, and how?

Did you ever fall away from your beliefs? What happened?

Legacy Theme 9: My Life Goals: As children we all had our hopes and dreams. Some of us were lucky to build these into reality.

What have been your main life achievements so far?

Did you have support from others for your life goals? Did you primarily have to rely on yourself?

Legacy Theme 10: My Legacy Letter: We all wish to be remembered. A Legacy Letter is your opportunity to pass down life lessons you have learned along the way.

If you were to write a Legacy Letter, who would be the recipients? Your children, grandchildren, your community?

What values have you lived by and how have they guided you to this moment in your life?

That's it. Writing these ten themes will result in a concise story that covers all essential aspects of a life well lived.

This guest post is by Richard Campbell.





A Good Old Fashioned Coloring Contest!

Print out the following page of the "Boots with Flowers."
Color it with colored pencils, paint, crayons, or whatever
you wish. Scan it in and email it back to:

paul.torrible@loudoun.gov.

If you don't have a scanner, you can mail it back to us at:

Senior Center at Cascades
ATTN: Coloring Contest
21060 Whitfield Place
Sterling, VA 20165

The winner of the contest will receive a puzzle from our
prize closet and their work will be featured in our
e-newsletter!

To be eligible for the contest, we must receive your work
no later than September 15th. Good Luck!



The Many Benefits of Gardening for Seniors



Gardening has many health benefits, but especially so for seniors. The thought of gardening may invoke images of heavy lifting and bending, but gardening can be easily modified for seniors, such as using planters or raised beds, so we can enjoy all the benefits within our own abilities. Below is a highlight of some of these benefits.



Lowers stress and blood pressure. Studies show that gardening activities can lower cortisol in our bodies, the hormone that affects our blood pressure. Being in a peaceful setting with nature brings a relaxing state and lowers anxiety. In addition, there is the reward of flowers, veggies, and herbs to enjoy.



Boosts mood, reducing depression. Being out in the sunshine and creating a place of beauty gives us a daily dose of vitamin D and also helps lift our mood. Horticultural therapy is a growing field because gardening seems to increase our bodies' levels of serotonin, a natural antidepressant.



Provides enjoyable exercise. There's no doubt that gardening involves some exercise, even if it is working with just a few patio containers. It can easily count as our 30 minutes of light or moderate exercise a day, which is known to help reduce the risk of heart attack and stroke for people over 60. It also helps burn some extra calories—just 30 minutes of planting and weeding a garden burns about 150 calories, according to webmd.com.



Increases mobility and strength. Gardening gets our bodies moving and increases our flexibility and endurance. Picking up tools and applying pressure keeps our muscles from weakening. It's always advisable to do some stretches beforehand and check first with your doctor if needed.



Maintains good brain health. Gardening activities keep us using our brains to plan, coordinate, and problem solve, making sure we choose plants to fit our environment and then determining how to care for them.

There are many studies that show the health benefits of gardening, but gardeners know that the best benefits are the satisfaction and enjoyment you get from your hard work and creation. To read more, see [The Guardian](#) and [Science Nordic](#).

Sources: Websites from Leisurecare.com, Homecareassistance.com, Agingcare.com, and webmed.com.

Becoming a TikTok Star isn't just for Teens!

Short entertaining videos, made at home, are reaching audiences around the world! TikTok is an app where users post brief videos from a few seconds to a minute. Though TikTok is most popular with teens, people of all ages have developed followings of thousands and even millions!



Steve Austin, 81

"Old Man Steve" shows that TikTok is not just for kids. He shares what he's eating and relies on natural charm. He is up to 1.2 million followers



Charles Mallet, 84
2.7 million followers

Viewers are attracted to Charles' deadpan humor, with quick videos that range from cooking to dancing and more. His most popular content includes his wife of 57 years, Maudra.

What is TikTok?

TikTok is a smartphone application that allows users to create a short video of themselves which often feature music in the background. People can also add their own sound on top of background music. To create a music video with the app, users can choose background music from a wide variety of music genres, edit with a filter and record a 15-second video with speed adjustments before uploading it to share with others on TikTok or other social platforms. They can also film short lip-sync videos to popular songs.

Who Uses TikTok?

In the three years after it launched in September 2016, TikTok acquired 800 million active users. In the United States, 52% of TikTok users are iPhone users. While TikTok has a neutral gender-bias format, 44% of TikTok users are female while 56% are male. TikTok has proven to attract the younger generation, as 41% of its users are between the ages of 16 and 24. Among these TikTok users, 90% say they use the app on a daily basis. As of May 2020, there are 30 million monthly active users in the United States alone.