

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 AUGUST 7, 2020

**Census employees are visiting Loudoun homes from now until September 30th**

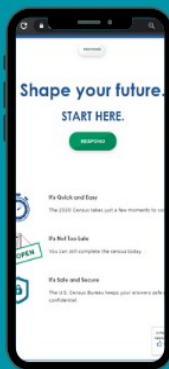
Facts to keep you & your information safe. **CENSUS EMPLOYEES:**



Will wear  
masks and  
practice  
physical  
distancing.



Will have a  
bag and ID  
with their  
photo and  
agency logo.



Only visit homes  
that have **not**  
responded.

You can still  
respond online:  
**2020Census.gov**



Will **NOT** ask  
for your  
immigration  
status or  
SSN.

## Los empleados del Censo visitarán los hogares de Loudoun.

Información para garantizar su seguridad y la de su información..

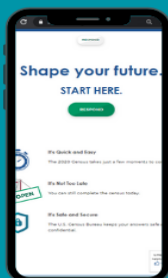
**Los Empleados del Censo:**



Llevarán  
mascarillas y  
mantendrán el  
distanciamiento  
físico.



Tendrán un  
bolso y una  
identificación  
con su foto y  
el logotipo de  
la agencia.



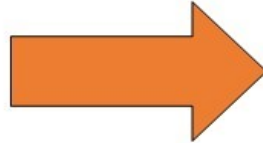
Solamente  
visitarán los hogares  
que **no hayan  
contestado.**  
Usted todavía  
puede responder en  
línea en español  
**2020Census.gov**



No le  
preguntarán  
sobre su estatus  
migratorio ni por  
su número de  
seguro social.

## **\*\*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:17865353211)

**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. 8/10	TUES. 8/11	WED. 8/12	THURS. 8/13	FRI. 8/14
<p><b>10:30am-11:30am</b> <i>ESL</i> Instructor: Judy Villedrouin</p> <p><b>1:00pm-2:00pm</b> <i>Yoga/ Breathing Class</i> Instructors: Jagdish and Kailash Sachdev <i>(open to senior center members)</i></p>	<p><b>10:30am-11:30am</b> <i>Conversational Spanish</i> Instructor: Ana Mahoney <i>(only open to registered participants)</i></p> <p><b>12:00pm-1:00pm</b> <i>Teen Tech</i> <i>(open to senior center members)</i></p> <p><b>1:00pm-2:30pm</b> <i>Beginners Spanish III</i> Instructor: Lea Nigon <i>(only open to registered participants)</i></p>	<p><b>10:30am-11:30am</b> <i>Yoga/ Breathing Class</i> Instructors: Jagdish and Kailash Sachdev <i>(open to senior center members)</i></p> <p><b>1:00pm-2:00pm</b> <i>Current Events</i> Instructor: Steve Creskoff <i>(open to senior center members)</i></p>	<p><b>10:30am-11:30am</b> <i>Learn Mandarin</i> Instructor: Susan Xiaoping <i>(open to senior center members)</i></p>	<p><b>10:30am-11:30am</b> <i>Knit &amp; Crochet</i> Velinda Sutton <i>(open to senior center members)</i></p>

## \*\*HOW-TO VIDEO\*\*



Click Here

[Container Gardening Video by Arlene Bajusz  
\(Garden Club\)](#)

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

### **FDA Broadens Warning on Methanol-Tainted Hand Sanitizers**

Deaths, blindness tied to toxic ingredient found in these sanitizers

by Peter Urban, Updated August 4, 2020

The U.S. Food and Drug Administration (FDA) is warning consumers to stop using more than 100 hand sanitizer products from 20 manufacturers in Mexico and one in Tennessee that may contain methanol, which can be toxic when absorbed through the skin or ingested.

#### Symptoms of methanol exposure

Consumers who have been exposed to hand sanitizer containing methanol and are experiencing symptoms should seek immediate treatment for potential reversal of toxic effects of methanol poisoning, according to the FDA.

The Centers for Disease Control and Prevention (CDC) says that it can take between one hour and three days for adverse health effects from methanol poisoning to become apparent. It also cautions that methanol toxicity worsens over time, and adverse effects can become more severe if left untreated.

“Initial adverse health effects due to methanol poisoning include drowsiness, a reduced level of consciousness (central nervous system depression), confusion, headache, dizziness and the inability to coordinate muscle movement (ataxia). Other adverse health effects may include nausea, vomiting (emesis), and heart and respiratory (cardiopulmonary) failure,” according to the CDC.

In response to COVID-19, the FDA reminds people to [wash their hands](#) with soap and water for at least 20 seconds (especially after going to the bathroom, before eating and after coughing, sneezing or blowing one’s nose) to prevent the [spread of the coronavirus](#). If soap and water are not available, the CDC suggests using a hand sanitizer that contains at least 60 percent ethanol to kill most disease-causing germs. Anything less than that may not work as well “for many types of germs” and could “merely reduce the growth of germs rather than kill them outright,” the CDC says.

Hand sanitizer works best when used correctly. Be sure to apply enough hand sanitizer to cover the entire surface of both hands. Rub the hand sanitizer into your hands (paying special attention to the fingertips) until your skin is completely dry; it should take about 20 seconds.

For full article go to [AARP website](#).



GETTY IMAGES

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

### **Beef & Mushroom Lasagna**



#### **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.*

#### **Ingredients**

- 1 can (10 1/2 ounces) Campbell's® Condensed Cream of Mushroom Soup or 98% Fat Free Cream of Mushroom Soup
- 1/4 cup milk
- 1 pound ground beef
- 9 lasagna noodles, cooked and drained
- 1 cup shredded Italian cheese blend or mozzarella cheese (about 4 ounces)

#### **Instructions**

Step 1: Heat the oven to 400°F. Stir the soup and milk in a small bowl until the mixture is smooth.

Step 2: Cook the beef in a 10-inch skillet over medium-high heat until well browned, stirring often to separate meat. Pour off any fat. Stir in the sauce.

Step 3: Layer half the beef mixture, 3 noodles and 1 cup soup mixture in an 11 x 7 x 2-inch baking dish. Top with 3 noodles, remaining beef mixture, remaining noodles and remaining soup mixture. Sprinkle with the cheese. Cover the baking dish.

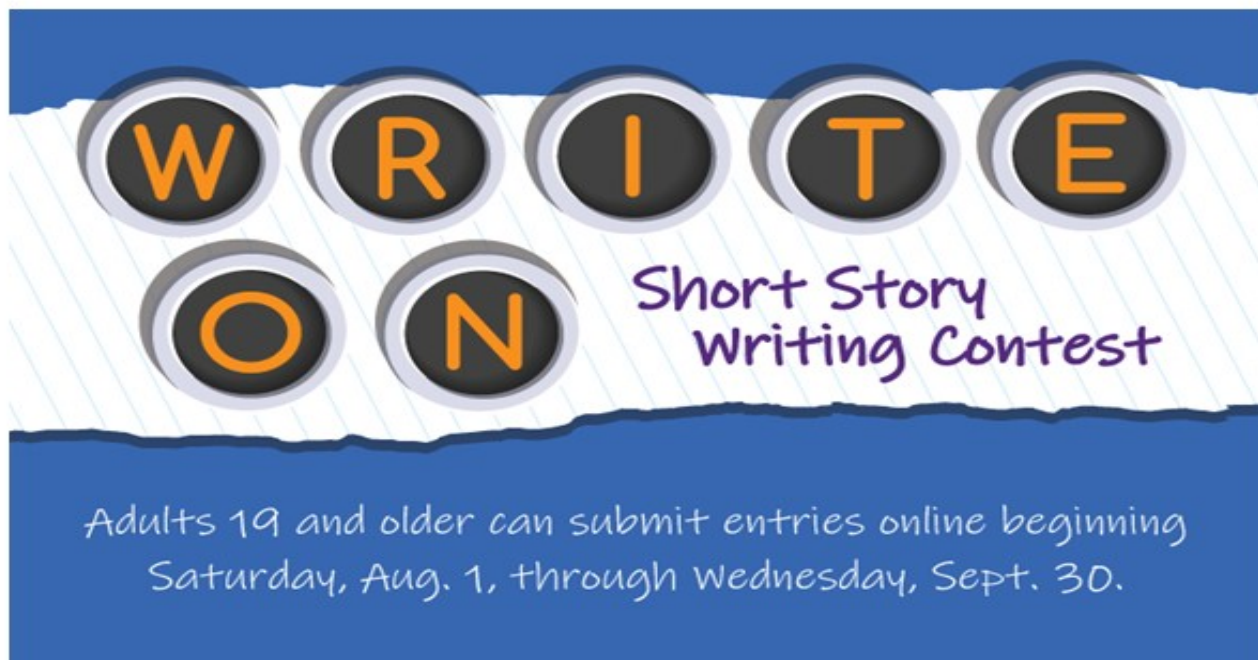
Step 4: Bake for 30 minutes or until the lasagna is hot. Let stand for 10 minutes before slicing.

#### **Tips & Ideas**

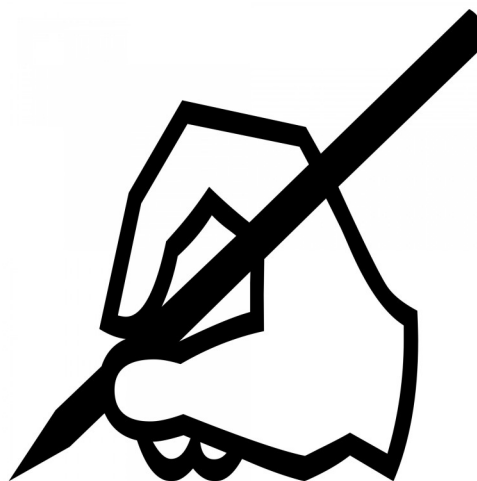
- **Make Ahead Freezer Meal:** Cook the beef and cool completely. Assemble lasagna as directed (including topping with the cheese), wrap tightly (add a layer of parchment on top under the foil so the cheese won't stick) and freeze. From frozen, bake, covered, for 1 hour 5 minutes or until hot. Or, thaw in the refrigerator, covered, then bake for 50 minutes or until hot.
- Add a can of mushrooms to the pasta sauce and a cup of shredded carrots to make it more balanced.
- Cream of Mushroom and Garlic soup and added a can of sliced mushrooms.
- Try the "no cook" lasagna noodles and break them into pieces.

# your LIBRARY

LOUDOUN COUNTY PUBLIC LIBRARY NEWS AND HAPPENINGS



Authors 19 and older have until Sept. 30 to enter their tale (2,500 words or less) and be eligible for the \$200 first-place prize. Winners will be honored during a virtual awards ceremony Saturday, Nov. 21 at 1 p.m.



Go to the [Write On! website](#) for contest rules and submission info.

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

Unlike cryptograms, which can include any message, cryptoquote word puzzles contain either a famous saying or a quote by a famous person. The quote must be translated using a cipher, or a key, in which one letter stands for another. Hundreds of ciphers have been created, but the ones most commonly used in cryptoquotes are known as classical ciphers. They might include simple substitutions -- for example, "How Stuff Works" might be encrypted as "Iad Twcbb Dahgt," where "B" substitutes for "F" and "T" substitutes for "S." Transposition ciphers, in which letters are transposed, are also common -- for example, "How Stuff Works" might be encrypted as "Wkros Fstuf Who."

These ciphers are generally easy to decode for anyone with a pen and a little time on their hands, but it does take a bit of practice and strategy to improve your speed. Read on to learn how to solve cryptoquotes and get some tips for improving your time.

### Conscientious Objector

HI SALMKI ME AMGDLCKMB JD,

JV SAL JSLH ZMLDE'S HGXSJFXI,

DHLXX, QNSQA VJKL, MK RXMQB

SAL KLVKJYLKNSMK ZMMK, XLS JS

RL. EM MEL LXDL QNKLD. CAI

DAMGXZ IMG?

-- LKHN RMHRLQB

## **\*\*KNIT & CROCHET GROUP\*\***



Our very own Knit & Crochet Group weekly meeting at a shaded parking lot between the senior center and the library. Let us know if your group would like to schedule an outdoor meeting.