

# CASCADES SENIOR CENTER

WEEKLY E-NEWS SEPTEMBER 11, 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)



## 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*



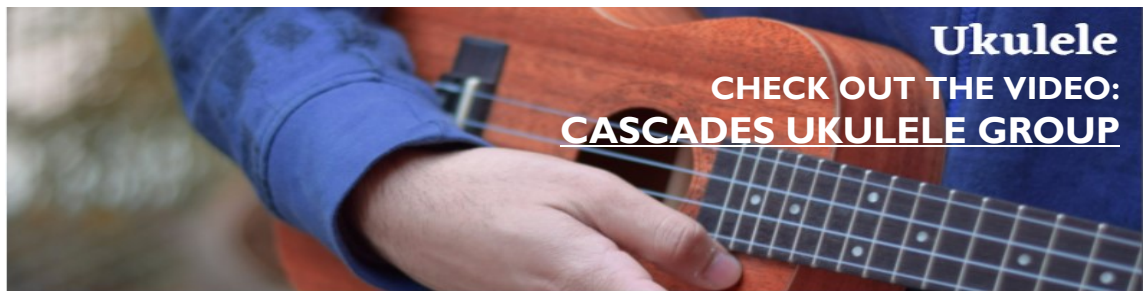
## Manager's Note:

Join your friends at the Senior Center at Cascades for our new Outdoor Programming beginning the week of September 21!

- Take a stroll with the new Cascades Walking Group at 9:30am on Mondays
- Meet up with friends to practice Ukulele on Tuesdays at 10:00am
- Join the Knit & Crochet Tailgate Group on Tuesdays at 10:30am
- De-stress in a Tai Chi class with Mabel on Thursday mornings at 10am

All COVID safety measures apply to outdoor programming.

All Outdoor Programs will be held weather permitting – please call first to find out if it is a go!



**Ukulele**

**CHECK OUT THE VIDEO:  
CASCADES UKULELE GROUP**

# OUTDOOR *activities*



**CASCADES SENIOR CENTER**

Beginning 9.21.2020

Meet at the parking lot. Mask required.

Registration required.

*Knit & Crochet*



**TAI-CHI**







**Walking**



# What's for lunch at Cascades?

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

MON 9/14	TUES 9/15	WED 9/16	THURS 9/17	FRI 9/18
Stuffed Cabbage Mashed Potato Riviera Blend Vegetable Fruit, Cornbread & Milk  Vegetarian meal available	Hot Dog Baked Beans Carribean Blend Vegetable Hot dog bun Fruit & Milk  Vegetarian meal available	Baked Chicken Fillet Brown Rice Sliced Carrots Fruit, Roll & Milk  Vegetarian meal Available	Spaghetti with Meat Sauce Malibu Blend Vegetables Fruit, Roll & Milk  Vegetarian meal Available	BBQ Chicken Potato Mixed Vegetables 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](http://www.mycascadescenter.org) for more information about coming to the café for lunch.



<https://www.loudoun.gov/prcscreatingcommunity>

## \*\*VIRTUAL CLASSES/ACTIVITIES SCHEDULE\*\*

MON. 9/14	TUES. 9/15	WED. 9/16	THURS. 9/17	FRI. 9/18
<p><b>1:00pm-2:00pm</b> Yoga/ Breathing Class Instructors: Jagdish &amp; Kailash Sachdev</p> <p><b>2:30pm-3:30pm</b> Teen Tech Class Instructor: Aidan Comie</p>	<p><b>10:30am-11:30am</b> Conversational Spanish Instructor: Ana Mahoney</p> <p><i>(only open to registered participants)</i></p>	<p><b>10:30am-11:30am</b> Yoga/Breathing Class Instructors: Jagdish &amp; Kailash Sachdev</p> <p><i>(open to senior center members)</i></p> <p><b>1:00pm-2:00pm</b> Current Events Instructor: Steve Creskoff</p> <p><i>(open to senior center members)</i></p>	<p><b>10:30am-11:30am</b> Learn Mandarin Instructor: Susan Xiaoping</p> <p><i>(open to senior center members)</i></p> <div style="text-align: center;">  </div>	<p><b>10:30am-11:30am</b> Knit &amp; Crochet Velinda Sutton</p> <p><i>(open to senior center members)</i></p> <div style="text-align: center;">  </div>

### Virtual Programming Update: Intermediate Spanish I

**INTERMEDIATE SPANISH I will start on Tuesday, October 6th and run ten weeks, ending on Tuesday Dec 8th.**

Virtual log in time: 1:00-2:30. It will be open to any Senior Center member who has completed a year of Beginning Spanish or its equivalent. New students will need to purchase an all-levels textbook (\$20). Virtual class size is limited and registration is required.

Email [paul.torrible@loudoun.gov](mailto:paul.torrible@loudoun.gov)



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 would like to join any of our activities, email [paul.torrible@loudoun.gov](mailto:paul.torrible@loudoun.gov) to be added to the distribution list.

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](#)

**NEW ACTIVITY!**

COME ONE,  
COME WITH A FRIEND!  
CASCADES SENIOR  
CENTER

**MORNING  
WALKING  
GROUP**

STARTS 9.21.2020  
MONDAYS (9:30 AM)  
MEET AT PARKING LOT  
BRING WATER

**FACE MASK REQUIRED  
REGISTRATION REQUIRED**



## Online Learning On-demand Webinar: Sorting Fact From Fiction Online

Do you believe everything you see online?

There are plenty of sensationalized headlines, misleading stories and even complete falsehoods circulating on the Internet, making it hard for even the most discerning reader to sort fact from fiction. This free webinar will equip you with valuable tools and resources to help you stay safe online.

Take this chance to learn how to protect yourself and loves ones.

What will you learn? Register now!

[Click here to register.](#)



**September 17<sup>th</sup> is Constitution Day!**  
Also known as Citizenship Day, it commemorates the formation and signing of the U.S. Constitution on September 17, 1787, and recognizes all who, by coming of age or by naturalization, have become citizens.

September 18<sup>th</sup>, Rosh Hashanah begins at sundown. It is the Jewish New Year. Customs include sounding the shofar, attending synagogue services, as well as enjoying festive meals. Eating symbolic foods is a tradition, such as apples dipped in honey, hoping to evoke a sweet new year.





Loudoun County Area Agency on Aging  
**VIRTUAL FAMILY CAREGIVER EDUCATION SERIES**

**LEGAL PLANNING**

Saturday, October 24, 2020 12:30 pm – 2 pm  
Presented by Rory Clark, Esq., The Legacy Elder Law Center

**COPING THROUGH THE TINSEL AND TEARS**

Thursday, November 19, 2020 1 pm – 2 pm  
Presented by Lori Stahl, Elder Case Manager, Loudoun County Area Agency on Aging  
Learn strategies on how to cope through the holiday season as many are experiencing grief-related losses during the Covid-19 pandemic or grieving the loss of a loved during this holiday season. Dealing with the pandemic has changed how traditions and holidays are being celebrated, and a message of hope will be presented.

**QUICK START TO THE LOUDOUN COUNTY AREA AGENCY ON AGING**

Thursday, December 3, 2020 1 pm – 2 pm  
Join AAA staff for an overview of the programs and services available to older adults and family caregivers in Loudoun County.

*Hosted by the Loudoun County Area Agency on Aging*

**TO REGISTER FOR THESE FREE, VIRTUAL PROGRAMS,**  
please send an email to [aaasupport@loudoun.gov](mailto:aaasupport@loudoun.gov)



*If you require an accommodation for any type of disability in order to participate, please contact Lesley Katz at 703-771-5407/TTY-711. Three business days advance notice is requested.*



# Grandparents Day is Sunday, September 13<sup>th</sup>

The love between grandparents and their grandchildren is undeniable, and grandparents fill so many important roles in today's families. From babysitting to serving as field trip chaperones, grandparents are there to support their kids and grand-kids every step of the way.

Grandparents Day is a national holiday established to honor grandparents for the love and support they provide to their grandchildren. While there are many ways to celebrate Grandparents Day, the objective is always to facilitate quality time between grand-kids and grandparents.

Like the official Grandparents Day flower, forget-me-nots, this is a holiday designed to let grandmothers and grandfathers know that their lifetime of hard work and sacrifice has not been forgotten.

There is so much wisdom and love that grandparents have to share not just on Grandparents Day, but also throughout the year.

## **\*\*RECIPE CORNER\*\***

### **Contest-Winning Stuffed Pepper Soup**



#### **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 package (8.8 ounces) ready-to-serve long grain and wild rice
  - 1 pound ground beef
  - 2 cups chopped green pepper
  - 1 cup chopped onion
  - 1 jar (26 ounces) chunky tomato pasta sauce
  - 1 can (14-1/2 ounces) Italian diced tomatoes, undrained
- 1 can (14 ounces) beef broth

#### **Directions**

Prepare rice according to package directions. Meanwhile, in a large saucepan, cook the beef, green peppers and onion until meat is no longer pink; drain. Stir in the pasta sauce, tomatoes, broth and prepared rice; heat through.

Ideas: don't forget you can use low-sodium for some of the ingredients

mild ground Italian sausage and regular long grain white rice

cook the peppers and onions a couple of minutes and then add the ground beef so they are a little softer.

Use about 1 cup of rice as some feel the rice soaks up too much liquid



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***

## SENIOR TRIPS INFORMATION

**New! Fall 2020 Trips Announced!**

A limited number of Senior Trips will be available for the Fall. Registration is by **phone or online only** and will begin 9/16. For more information go to <http://www.loudoun.gov/seniortrips>



## Watching any good TV shows during the quarantine? Here's what your Cascades Senior Center staff is watching:



**Paul's Pick-- Yellowstone.** "I've liked Kevin Costner ever since he did Dances with Wolves in 1990." Here he plays John Dutton, a sixth-generation homesteader and devoted father who controls the largest contiguous ranch in the United States. He operates in a corrupt world where politicians are compromised by influential oil and lumber corporations and land grabs make developers billions. Dutton's property is in constant conflict with those it borders -- an expanding town, an Indian reservation, and America's first national park. Available on Paramount and Hulu.

**Haley's Pick--Love Island.** "I like this show because the voice-over guy makes it funny." In the show, a cast of young singles arrive at a luxury villa looking for a summer of love and romance, hoping to leave the island with the grand prize of \$100,000. But in order to claim it, they have to win over each other and the public. Available on Hulu and CBS.

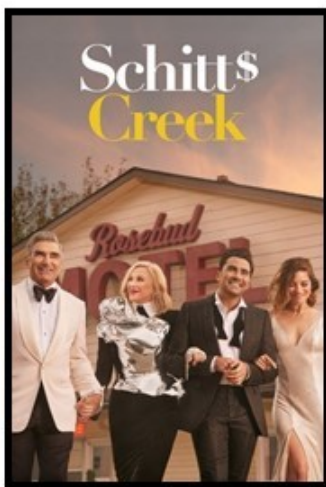


**Carrie's Pick--The Real Housewives franchise.** "I like these shows because they're mindless, so I don't really have to concentrate, ha-ha-ha-ha!" The shows document the lives of several affluent housewives residing in varying regions throughout the United States. The success of the original "Housewives of Orange County" has inspired spinoffs of over 9 other regions of the United States. Available on Bravo and on-demand.

What TV show do you recommend? E-mail [paul.torrible@loudoun.gov](mailto:paul.torrible@loudoun.gov)  
a critique of your favorite TV show or on-demand series.

## Watching any good TV shows during the quarantine? Here's what your Cascades Senior Center staff is watching:

**Judith's Pick—Crash Landing On You.** “I like it because it's cheesy-funny. You also get to see what life is like in North Korea.” Knocked out by fierce winds while paragliding through the air, a wealthy businesswoman and CEO from South Korea wakes up on the north side of the Korean Demilitarized Zone and is discovered by a captain in the North Korean military. He helps her hide from the authorities, and they soon become star crossed lovers. Available on Netflix..



**Brenda's Pick—Schitt's Creek.** “We just finished all the seasons of “Schitt's Creek” and we can't wait for season 6 in October!” A wealthy couple – a video store magnate Johnny and his soap opera star wife Moira -- suddenly find themselves completely broke. With only one remaining asset, a small town called Schitt's Creek, which they bought years earlier as a joke, this once-wealthy couple must give up life as they know it. With their two spoiled children in tow, they are forced to face their newfound poverty head-on and come together as a family to survive. Available on Pop TV and Netflix.

**Paul's Pick—Last Tango In Halifax.** This romantic comedy involves two 70-something widowed people, whose grandsons put their profiles on a popular social-networking site. The two rediscover feelings for each other similar to the ones they had many decades earlier as teenagers. Their relationship is a celebration of the power of love at any age. The series won the British Academy Television Award for Best Drama Series. Available on Netflix.



What TV show do you recommend? E-mail [paul.torrible@loudoun.gov](mailto:paul.torrible@loudoun.gov)  
a critique of your favorite TV show or on-demand series.

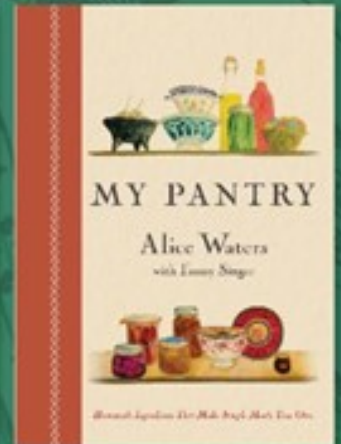
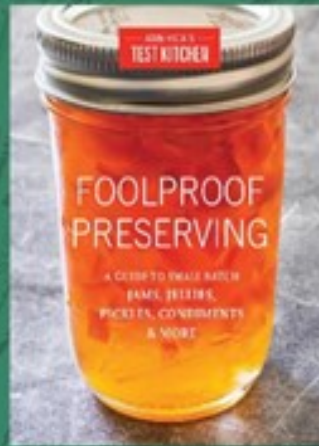
# your LIBRARY

LOUDOUN COUNTY PUBLIC LIBRARY NEWS AND HAPPENINGS

STAFF ePICKS

## Canning & preserving summer's harvest

LOUDOUN COUNTY  
PUBLIC LIBRARY  
[library.loudoun.gov](http://library.loudoun.gov)



With summer winding down, it's time to start squirreling away the bounty from your garden or local farmers market. If you're new to canning and preserving, the library has a [host of eBooks](#) to help get you started. Seasoned veterans seeking new recipe-inspiration will find plenty to enjoy here, too, as well as in eMagazines like [Mother Earth News](#). For hands-on learners, the library also has a comprehensive online course through [Universal Class](#) that covers all kinds of preservation methods, including freezing, canning, drying, smoking and even preserving beverages.

<https://library.loudoun.gov/staffpicks>

## BATHROOM SAFETY

*While it may be one of the smallest rooms in the home, the bathroom can be one of the most dangerous.*

According to the CDC's study, the most hazardous activities included bathing, showering or getting out of the tub or shower. Approximately 80% of these injuries were caused by falls.

When it comes to bathroom safety, individuals, especially older adults, should be aware of bathroom activities that are associated with a high risk for injury as well as the environmental modifications that might reduce that risk. Here are several tips to improve your ability to stay safe in the bathroom.



### **Install Grab Bars**

Ensure you or your loved ones have assistance getting in and out of the tub or on or off the toilet. Installing grab bars in and out of the tub or shower and next to toilets can allow older adults to steady themselves as they transition in and out of the tub or on or off the toilet.

The placement of the grab bar is important. The bars should be in easy-to-reach places to help support balance. They should also be placed at a height that will allow the individual to gain hold without having to reach too far up or down.

### **Use a Transfer Bench**

When getting in and out of the tub, older adults may not be able to lift their leg high enough to make it over the top of the tub. A transfer bench eliminates the problem of stepping in and out of the tub. The individual safely sits on the bench outside the tub then slides over on the seat safely into the tub. The person can enter and exit the tub while remaining seated.

### **Purchase a Shower Chair**

For individuals who have difficulty balancing or standing for long periods of time, a shower chair can make bathing easier by providing stability.

### **Utilize Non-Slip Mats**

Falls can be caused by slippery surfaces. To prevent needless slips on wet surfaces, place non-slip mats or decals on the floor of the shower or tub as well as a non-slip mat on the floor when stepping outside of the tub or shower.

### **Test Water Temperature**

Always check the temperature of the water in the bath or shower before an elderly person bathes. Test water temperature before the individual enters the shower or tub to avoid sudden movements that could cause a fall.

### **Make Items Accessible**

Have towels and clothing ready and make sure commonly used items are easy to reach without having to stretch or bend, including shampoo or other toiletry items.

### **Eliminate Throw Rugs**

Stepping on a throw rug in front of the tub, toilet or sink can easily slide away from underneath the feet. Remove bathmats or throw rugs that could cause slips, trips and falls.

**Sources:** [www.CDC.gov](http://www.CDC.gov) [www.consumeraffairs.com](http://www.consumeraffairs.com) [www.nia.nih.gov](http://www.nia.nih.gov)

## Les Misérables

Find and circle all of the names and items from the novel  
Les Misérables.

The remaining 47 letters spell a secret message.

L M A R I U S R E P E E K N N I E S M P F  
 L E I R Y M P O H S I B F R E N C H P R C  
 I S E N J O L R A S E Y R O T C A F A I O  
 N G V I C T O R H U G O R R A B M N T S S  
 A A L J C O N V I C T E E S I A C S R O E  
 E V M O U S R E W E S V T N Y S E E O N T  
 J R E C O N C I L I A T I O N O G N N R T  
 L O R F T L E T H J L S R E G O L I M E E  
 A C C O E B N R R T T I R N R R R E I V D  
 V H Y V S E A O E N E E E B G E A S N O I  
 N E O E V O T R E B D M E M I S E E E L C  
 A N G N F C L D R E E A U D R P T H T U I  
 E E O N E A U D M I U L R L O E A T T T U  
 J C C P I T N P I H C A L N P M F S E I S  
 N D S N S D T T O E N A I I L E I T O O V  
 E N O L A I D U I E R N D E O R U S N N E  
 I V E L O E S E H N E S Z E A N R R W O R  
 I T T N L E F T W E E A N P S D A E R B M

**ARGOT  
 AZELMA  
 BARRICADES  
 BISHOP  
 MYRIEL  
 BREAD  
 CONVENT  
 CONVICT  
 COSETTE  
 DOLL  
 ENJOLRAS  
 EPONINE**

**FACTORY  
 FANTINE  
 FEANCE  
 FRANCS  
 FRENCH  
 GAVROCHE  
 GORBEAU  
 HOUSE  
 INNKEEPER  
 INSPECTOR  
 JAVERT  
 JEAN  
 VALJEAN  
 JUNE  
 REBELLION**

**MARIUS  
 MAYOR  
 MERCY  
 MONTFERMEIL  
 NOVEL  
 PARIS  
 PATRON-  
 MINETTE  
 PRISON  
 RECONCILIATION  
 REDEMPTION**

**REVOLUTION  
 RUE PLUMET  
 SEWERS  
 SOLDIERS  
 STUDENTS  
 SUICIDE  
 THE SEINE  
 THENARDIER  
 VICTOR  
 HUGO  
 WEDDING**

# Picture Time!

*We asked you to email us pictures of your pets or whatever is helping you thru the Covid-19 quarantine.*

*You can still email your pictures to:*

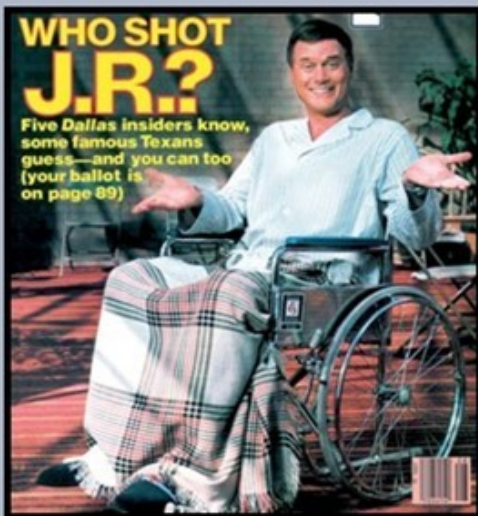
[paul.torrible@loudoun.gov](mailto:paul.torrible@loudoun.gov)

**Loulou emailed us these pictures of her and her dog “Baxter.” She says Baxter is a fan of napping and having his belly rubbed. Last Christmas, Baxter got dressed up for the holidays!**



# Remember to treat your mask like underwear!

LCPS Public Information Officer, Wayde Byard, reminded us on Facebook to treat our masks like underwear. Do not share it, change it daily, make sure it's clean, do not borrow or lend it, and make sure it fits snug, but not too tight!



## It's been 40 years! Do you remember who shot J.R.?

It was 1980, and the world was holding its breath to find out who shot J.R. Ewing. Do you remember where you were?

The 80's were a decade filled with video games, electronic music and science fiction movies. What were you doing in the 80's? Have any vintage photos to share? Email [paul.torrible@loudoun.gov](mailto:paul.torrible@loudoun.gov) . Include details as to where you were, and what you were doing back then. Be nostalgic and have fun. We'd love to hear from you! We may feature your pictures and your story in our next e-newsletter.