

CASCADES SENIOR CENTER

WEEKLY E-NEWS SEPTEMBER 4, 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

Now Is the Time to Update Your Vaccines

You have the power to protect yourself against serious diseases like shingles, pneumonia, and flu. Vaccines aren't just for kids. Adults may need vaccines to protect against whooping cough, flu, pneumonia, and shingles. Ask your doctor about vaccines you may need for your age, health conditions, job, or lifestyle. Use VaccineFinder.org to find flu vaccines available near you.

The best way to prevent seasonal flu is to get vaccinated every year. Over 60 percent of flu-related hospitalizations occur in people 65 years and older. [Learn more about preventing seasonal flu.](#)

This year's flu season may be complicated by the ongoing COVID-19 pandemic. Because some of the symptoms of flu and COVID-19 are similar, it may be hard to tell the difference between them based on symptoms alone, and testing may be needed to help confirm a diagnosis.

If you have a condition that weakens the immune system, a cerebrospinal fluid leak, or cochlear implant, you should ask your doctor about other important vaccines.

[Learn more about recommended vaccines for various health conditions.](#)
Find out more at vaccines.gov.

You have

power to
protect

against vaccine-preventable
diseases.

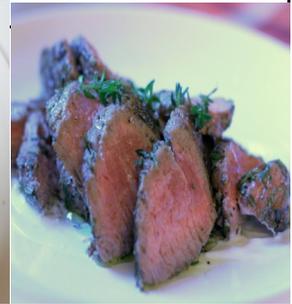


National Immunization
Awareness Month



What's for lunch at Cascades?

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

MON 9/7	TUES 9/8	WED 9/9	THURS 9/10	FRI 9/11
	Oven Baked Chicken Strips Corn/Lima beans Collard Greens Fruit, Roll & Milk Vegetarian meal available	Meatloaf Mashed Potato Mixed Vegetable Fruit, Roll & Milk Vegetarian meal Available	Pork Chops Fettuccini Spinach Fruit, Roll & Milk Vegetarian meal Available	Roast Beef Parslied Potato Kale 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.



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

VIRTUAL CLASSES/ACTIVITIES SCHEDULE

MON. 9/7	TUES. 9/8	WED. 9/9	THURS. 9/10	FRI. 9/11
 Happy Labor Day! <i>*Federal Holiday*</i> No Virtual Programming Today.	<p style="text-align: center;">10:30am-11:30am Conversational Spanish Instructor: Ana Mahoney</p> <p style="text-align: center;"><i>(only open to registered participants)</i></p> <p style="text-align: center;">Teen Tech Instructor: Aidan Comi <i>has moved to Mondays</i> 2:30pm-3:30pm beginning Monday, 9/14</p> <p style="text-align: center;"><i>(open to senior center members)</i></p>	<p style="text-align: center;">10:30am-11:30am Yoga/Breathing Class Instructors: Jagdish & Kailash Sachdev</p> <p style="text-align: center;"><i>(open to senior center members)</i></p> <p style="text-align: center;">1:00pm-2:00pm Current Events Instructor: Steve Creskoff <i>(open to senior center members)</i></p>	<p style="text-align: center;">10:30am-11:30am Learn Mandarin Instructor: Susan Xiaoping</p> <p style="text-align: center;"><i>(open to senior center members)</i></p> <p style="text-align: center;">1:00pm-2:00pm Virtual Bingo! Caller: Paul Torrible</p>	<p style="text-align: center;">10:30am-11:30am Knit & Crochet Velinda Sutton</p> <p style="text-align: center;"><i>(open to senior center members)</i></p> <div style="text-align: center;">  PATRIOT DAY </div>

Virtual Programming Update: Teen Tech

Teen Tech has moved to Mondays,
2:30pm-3:30pm

So if you need help with your technology,
(your iPhone, laptop, iPad, computer etc.),
please email paul.torrible@loudoun.gov
so we can sign you up for help with our
Teen Tech volunteer.



We're here for you!

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.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](#)

BINGO

Congratulations to Nancy H. for getting the most wins during our last virtual Bingo! Kathy K. and Bill K. were our runners-up!

Our next game is already scheduled!

When: Thursday, September 10th,
1:00pm-2:00pm

Where: On your computer

How do you sign up: you must call or email Paul at the Senior Center so he can email you a "virtual" bingo card and instruct you on how to use it.
571-258-3280 or
paul.torrible@Loudoun.gov

Caller: Paul





September is National Preparedness Month!

The impact of Hurricane Laura on the Gulf Coast and the ongoing impact of the COVID-19 pandemic serve as reminders to Loudoun County residents and businesses to take time to prepare for all types of emergencies in September, which is recognized as National Preparedness month. The 2020 theme is “Disasters Don’t Wait. Make Your Plan Today.” Emergency management officials urge everyone to follow a few simple steps for emergency preparedness. Everything families and businesses operators need to know is available online at:

[Emergency Preparedness](#)



Online Learning Series featuring::

What you need to know about Social Security

The decisions you make today about Social Security and Medicare could affect your benefits tomorrow. You probably have a lot of questions. That’s why AARP is here to help connect you to the resources and information that will help you make decisions that are right for YOU! Plus, AARP is offering more opportunities to learn in the time zone where you live. And remember, if you can’t make one of AARP’s free webinars when it’s broadcasted, register and you’ll get a link to view any time. Click the link below:

[Register here!](#)

****RECIPE CORNER****

LEMONY EGG IN A SPINACH-CHICKPEA NEST

COOK: 5 MINS

TOTAL: 5 MINS

Five minutes to a satisfying, wholesome, protein-rich breakfast! Sunny lemon brightens up breakfast with this super-simple egg-in-a-nest for one.

INGREDIENTS:

1 tablespoon olive oil + 1 teaspoons olive oil, divided
2 cups baby spinach
Pinch kosher salt & freshly ground black pepper
1/2 cup cooked/canned chickpeas (garbanzo beans), drained
2 teaspoons lemon zest
1 egg
Lemon juice

DIRECTIONS:

Heat 1 tablespoon olive oil in a medium saute' pan over medium heat. Add the spinach along with a pinch of salt and pepper and saute', stirring occasionally, until wilted, about 1 minute.

Add chickpeas and lemon zest. Carefully smash the chickpeas with a fork while combining the ingredients.

With a wooden spoon, shape the mixture into a "wreath" with a hole in the middle. Drizzle the remaining teaspoon of olive oil into the hole, and then crack the egg into the hole.

Cover pan with a lid and cook until egg has cooked through to desired doneness (for me, that's about 3 minutes).

Use a large spatula to transfer the egg and "nest" to a plate. Some of the edges of the nest may fall off; just put it back into position on the plate.

Top egg with a little additional salt and pepper, if desired, and squeeze a little fresh lemon juice over the top. Serve.

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



Labor Day is a federal holiday and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country. It is appropriate, therefore, that the nation pays tribute on Labor Day to the creator of so much of the nation's strength, freedom, and leadership – the American worker!

Patriot Day is a day of mourning in America. It occurs on September 11 of each year in memory of the people killed in the September 11 attacks of the year 2001. The flag of the United States is flown at half-mast at the White House and on all U.S. government buildings and establishments throughout the world; Americans are also encouraged to display flags in and outside their homes. Additionally, a moment of silence is observed to correspond with the attacks, beginning at 8:46 a.m.



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

Rajendra emailed us these beautiful pictures he took at the Kenilworth Aquatic Garden in Washington DC. He says he is staying in touch with his friends and talks with them regularly on the phone. He is doing well, and he is missing seeing you all at the Center!



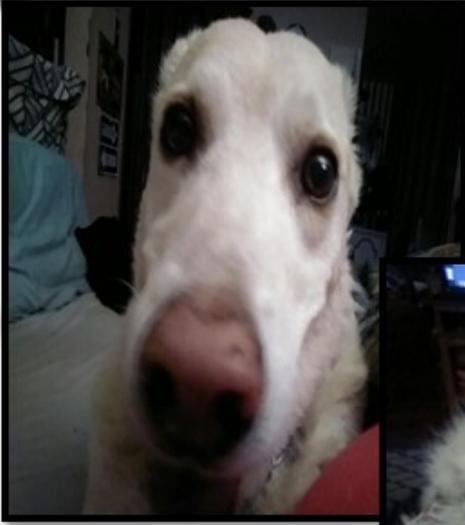
Roberta emailed us this picture of her "Grand Dog" Eddie the pug. She doesn't get to see him or her daughter right now as often as she'd like. But she is looking forward to the day when we are all back at Cascades Senior Center!

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“Ichabod” the cat strikes a pose and doggy pal “Emeril” likes taking selfies at Carrie’s, our Café Supervisor’s, house!



“JoJo” seems very comfortable as she helps our Manager, Brenda, get through the quarantine.



“Bear” the dog, and “Rocky” the cat each help Haley, in Customer Service, pass the time during the quarantine.

****ARTS & CRAFTS IDEAS****

Looking for an inventive and enjoyable way to spend your free time? Check out our extensive list of crafts for seniors. It encompasses a wide range of craft activities, from painting and knitting to woodworking and scrapbooking. Whatever your interests or skill level, there are dozens of ways to [have fun](#) while keeping your hands occupied and your creativity flourishing.

Did you know that crafting offers numerous benefits for older people? Being engaged in hands-on creative activities can improve motor skills, strengthen social connections, reduce stress, and alleviate anxiety. It can also be good for the brain. Making crafts may be a great way to keep your brain stimulated and enhance your cognitive abilities.

Plus, many seniors who have physical limitations can still experience the joys of crafting by adapting the activities or using special equipment. For example, older adults who like to knit can use larger needles and heavier gauge yarn. Those who enjoy woodworking but have difficulty standing or using power tools can sit at a table and assemble projects from kits. And older crafters with vision challenges can use magnifying stands for assistance.

General Craft Ideas

Are you ready to get crafting? Whether you're looking for projects that use paper, glass, wood, flowers, or beads, you're sure to be inspired by this list. Check out these simple craft ideas for older adults:

Suncatchers: Make your home sparkle by crafting a suncatcher to hang in your window. You can create a [lightweight suncatcher](#) out of mason jar lids and coloring sheets or go a little heavier and use [glass stones](#). You can even create one using [melted beads](#).

Scrap-fabric magnets: Want a cute way to use up those old bits of fabric? Add a bit of felt and turn them into adorable ladybug magnets.

Clay jewelry charms: Create some one-of-a-kind jewelry pieces by shaping your own unique charms out of polymer clay. Adding a toggle clasp to your necklace will make it easier to put on and take off.

Pressed flowers: Gather some flowers and arrange them creatively between two sheets of wax paper. Place a heavy book on top to weigh the flowers down and let it sit overnight. Once the flowers are totally flat, you can laminate them or use them to decorate greeting cards, bookmarks, coasters, photo frames, and more.

Birdhouses: Constructing things out of wood can be deeply satisfying. If you have the appropriate tools and know-how, you can [build a birdhouse from scratch](#). Another option is to assemble one from a store-bought kit.

Beaded bracelets: Using safety pins and brightly colored beads, you can create some customized bling and wear it with pride.

Wind chimes: Wind chimes can be a colorful and charming addition to a garden. How about a [simple design](#) that uses clay pots with pre-existing holes?

Paper flowers: Brighten up any room with flowers that you make yourself. You can create beautiful blooms out of [tissue paper](#) or [coffee filters](#).

Greeting cards: Homemade cards are a great way to let loved ones know you're thinking about them. You can use paper, stickers, fabric, ribbons, and many other materials to make fun and creative cards for any occasion, such as [Christmas](#), [birthdays](#), or [Easter](#).

Painting and Coloring Crafts

Many seniors enjoy expressing themselves with markers and paintbrushes. Focusing on patterns and colors calms the mind and allows the brain to take a break from daily worries. In fact, [some research suggests](#) that coloring can have the same soothing effect on the body as meditation. With that in mind, check out these examples of painting and coloring projects for seniors:

Coloring books for older adults: Coloring is not just for kids! Adult coloring books are an increasingly popular way for seniors to relax, relieve stress, and create something beautiful. Large-print coloring books for adults with low vision are also available.

Geometric tape painting: Use painter's tape on a piece of canvas to mark geometric lines in a pattern, paint between the tape lines, then remove the tape. This can be a great way for seniors with unsteady hands to produce a painting with nice smooth edges.

Painted rocks: Your imagination is the only limit when it comes to painting rocks. You can turn rocks into ladybugs, garden markers, and a lot more.

Painted mirrors: If you've got an old mirror with a frame that has seen better days, try giving it new life with some spray paint.

Terracotta pots: Add a little pizzazz to ordinary garden pots. You can paint them freehand or use a stencil to add details like hearts, leaves, or stars.

Pine cones: Painted pine cones can make a gorgeous addition to any centerpiece.

Photo Crafts

Incorporating photos into crafts is the ultimate way to personalize a project. Many seniors enjoy taking pictures, and some have boxes of photos gathering dust in a closet somewhere that could be put to good use. If you have digital photos on a memory card, smartphone, or computer, you can print them out yourself or have them printed fairly inexpensively at places that offer printing.

Photo crafts make extremely good gifts because they are so personal. Consider these ideas:

Scrapbook: Making a scrapbook is an excellent way to preserve memories. Set your creativity loose and use papers, ribbons, stickers, and other embellishments to decorate your pages.

Collage board: Create a unique wall hanging by arranging a bunch of your favorite photos in an overlapping pattern and adhering them to wood, canvas, or corkboard.

Photo magnets: Turn your fridge into a photo gallery! With adhesive magnetic sheets, it's easy to create magnets out of photos of any size.

Photo cube: Photo cubes are a fun way to display a bunch of photos in a small area, and they make great conversation pieces. It's best to choose photos that will work well as squares.

Photo coasters: Want a practical way to show off some of your favorite prints? Stick them on coasters and put them out for your next social gathering.

Photo-covered flower pot: Bring a personal touch to an ordinary flower pot. You can let the photos speak for themselves or add other details like a meaningful phrase or saying.

Weekly PROGRAM SCHEDULE

TUESDAY (9/8)

4:00 PM - Identify Your Skin Type: Get help with common skin issues. (Teens)

7:00 PM - English Tutor Training Workshop: Become an ESOL tutor and make a difference in someone's life. To sign up, please send an email to Kfeldman@loudounliteracy.org

7:00 PM - Evening Meditation: Relaxation exercises led by Gretchen Schutte.

THURSDAY (9/10)

3:00 PM - Optimize Your WiFi Set Up for Online Learning: Learn simple and cost effective solutions to improve the quality of your wireless internet connection. Erik Huggler from Brambleton Library's Makerspace discusses adjustments you can make to your router, as well as some common tools to diagnose and improve coverage.

SATURDAY (9/12)

11:00 AM - Make a Nature Journal: Record your explorations in this DIY journal. Ms. Michelle from Ashburn Library will show you how. (Elementary)

4:00 PM - Staff Picks: Art in Fiction: Alexandra Heidler, librarian at Middleburg Library, recommends books reminiscent of *Girl with a Pearl Earring*.

MONDAY (9/7)

Labor Day - Library branches are closed. Online resources are available.

WEDNESDAY (9/9)

11:00 AM - Online Storytime: Ms. Lauren from Rust Library reads *Bear Snores On* by Karma Wilson.

1:00 PM - Noisy Animal Neighbors: Meet a Red-shouldered Hawk and a Barred Owl as Liz Dennison from Secret Garden Birds and Bees talks about some of your backyard friends.

FRIDAY (9/11)

11:00 AM - Online Storytime: Ms. Elizabeth from Lovettsville Library reads *Bear & Hare: Where's Bear?* by Emily Gravett.

4:00 PM - Watercolor Workshop: Instructor Jyotsna Umesh, winner of the Loudoun Book & Arts Festival Plein Air contest, guides you through strokes and painting techniques.

Links for these online programs are available from the Calendar at library.loudoun.gov.

WRITE ON

Short Story Writing Contest

Adults 19 and older can submit entries online beginning
Saturday, Aug. 1, through Wednesday, Sept. 30,
at library.loudoun.gov/writeon.



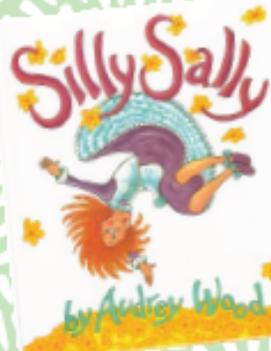
Free English Class Registration

Loudoun Literacy Council is now registering students for free, weekly, online interactive English classes to be held Monday, Sept. 14, through Thursday, Dec. 3.

Contact LearnEnglish@LoudounLiteracy.org
for more details.

Take a STROLL AROUND THE LIBRARY ON A STORYWALK®!

Ashburn Library
Through Wednesday, Sept. 16



SERVICE CHANGES

for Rust and Ashburn Libraries

Curbside Pickup Service only

Monday-Thursday, 10 a.m. - 8 p.m.

Friday-Saturday, 10 a.m. - 5 p.m.



Ashburn, Rust libraries limited to Curbside Pickup Service beginning Monday, Aug. 31

The Ashburn and Rust branches of the Loudoun County Public Library system will offer Curbside Pickup service only beginning Monday, Aug. 31. Customers will not be able to enter either branch due to the Loudoun County Board of Supervisors' decision to utilize the buildings as childcare facilities for the upcoming school year.

Customers will be able to access Curbside services at each location Monday through Thursday, 10 a.m. to 8 p.m. and Friday and Saturday, 10 a.m. to 5 p.m.

The service continues to operate in the same fashion as it did when all LCPL branches temporarily closed in March due to the COVID-19 pandemic.

Customers are encouraged to place holds through the online catalog at or call the Ashburn (703-737-8100) or Rust (703-777-0323) libraries for assistance. Customers will be contacted through their choice of email, text or phone call when their items are ready to be picked up.

Curbside Pickup service is contactless to help reduce the spread of COVID-19. Customers may return items to the library only during open hours. All returned items will be quarantined for at least four days before being removed from customers' accounts. Patrons will not be subject to any late fees or penalties during this period.

The other eight LCPL branches remain open to the public during the same hours with the exception of the Law Library in downtown Leesburg, which is open 8:30 a.m. to 4 p.m. Monday through Friday.

The Ashburn Library is located at 43316 Hay Road in Ashburn, and the Rust Library is located at 380 Old Waterford Road NW in Leesburg.

Autumn Word Search

by Craftideas.info

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LLARCELIVHUMA AHONLGN EVKHLEMTESIATKNIAEM
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GAKOASCZOBMOEVERSFEMALFCMOSBEUDESHT EYNV
ESTPIOKIEVUNZLMORAUHS LRUEOXZCANNEONBOSZ
ZENUPBLACKBERRIES ENDPEPHLWTANMRV LARHMAL
TOVIOVUJIATHBNHMLKSTRACBLLNK SOTETSEADOU
IBACKTOSCHOOLMNPWDMEHUDSRIEB CWHNKYTOIVT
ERBPGASNUTE PAGULFORNPECTEZNARAJIOTNLSNY
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SZPEPLOGGYUNKDMSEHUWALNUTSBO SERNKHLWANT
AGUNFMELUEZECNAHAHOHIRETSMHKISISEASONS DSO
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BZOXVKECJUQASEMKUNKSELIPFAELYNAOHTAROVN
PUMPKINPATCHMOUGLDCHDUFDATEAVDITWSJLAND

Acorns, Apple Pie, Apples, Autumn, Autumnal Equinox, Back to School, Blackberries, Black Cats, Bounty, Chestnuts, Chrysanthemum, Colorful Leaves, Cool Weather, Corn, Corn Fields, Cornucopia, Cranberries, Cranberry Sauce, Crows, Fall, Falling Leaves, Fog, Halloween, Harvest, Harvest Moon, Haystacks, Indian Summer, Jack o' Lantern, Kite Flying, Kites, Leaf Piles, Moon, November, Nuts, October, Pecan Pie, Pine Cone, Pumpkin Patch, Pumpkin Pie, Pumpkins, Raking Leaves, Rain, Raincoat, Scarecrows, Season, September, Spooky, Squash, Thanksgiving, Trick or Treat, Turkey, Walnuts, Winds, Yams