

CASCADES SENIOR CENTER

WEEKLY E-NEWS SEPTEMBER 25, 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



Some of our members have been enjoying their lunch here at the center. Safety protocols are being followed.

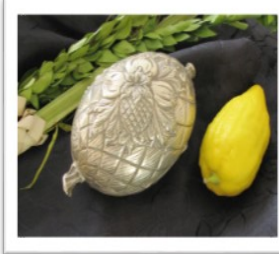
CURRENT EVENTS

Current Events will be
meeting **OUTDOORS**
beginning
September 30
at 1:00 p.m.
(Open to senior center members)



VIRTUAL CLASSES/ACTIVITIES SCHEDULE

MON. 9/28	TUES. 9/29	WED. 9/30	THURS. 10/1	FRI. 10/2
<p style="text-align: center;">1:00pm- 2:00pm</p> <p style="text-align: center;"><i>Yoga/Breathing Class</i></p> <p style="text-align: center;"><i>Instructors: Jagdish & Kailash Sachdev</i></p> <p style="text-align: center;">2:30pm- 3:30pm</p> <p style="text-align: center;"><i>Teen Tech Class</i></p> <p style="text-align: center;"><i>Instructor: Aidan Comie</i></p>	<p style="text-align: center;">10:30am- 11:30am</p> <p style="text-align: center;"><i>Conversational Spanish</i></p> <p style="text-align: center;"><i>Instructor: Ana Mahoney</i></p> <p style="text-align: center;"><i>(only open to registered participants)</i></p>	<p style="text-align: center;">10:30am- 11:30am</p> <p style="text-align: center;"><i>Yoga/Breathing Class</i></p> <p style="text-align: center;"><i>Instructors: Jagdish & Kailash Sachdev</i></p> <p style="text-align: center;"><i>(open to senior center members)</i></p>	<p style="text-align: center;">10:30am- 11:30am</p> <p style="text-align: center;"><i>Learn Mandarin</i></p> <p style="text-align: center;"><i>Instructor: Susan Xiaoping</i></p> <p style="text-align: center;"><i>(open to senior center members)</i></p>	<p style="text-align: center;">10:30am- 11:30am</p> <p style="text-align: center;"><i>Knit & Crochet</i></p> <p style="text-align: center;"><i>Instructor: Velinda Sutton</i></p> <p style="text-align: center;"><i>(open to senior center members)</i></p> <p style="text-align: center;">SUKKOT BEGINS AT SUNDOWN</p>



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



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 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](#)

OUTDOOR ACTIVITIES SCHEDULE

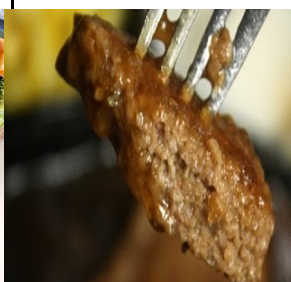
MON. 9/28	TUES. 9/29	WED. 9/30	THURS. 10/1	FRI. 10/2
<p>9:30am Walking Group (Registration Required)</p>	<p>9:30am Knit & Crochet Tailgate (Drop-in)</p> <p>10:00am Ukulele (Drop-in)</p>	<p>1:00pm Current Events Discussion Group (Drop-in)</p>	<p>10:00am Tai-Chi with Mabel (Registration Required)</p>	

What's for lunch at Cascades?

DRIVE-THRU PICKUP (11:00am-11:30am)

DINE-IN LUNCH (11:45am-12:30pm)

MON 9/28	TUES 9/29	WED 9/30	THURS 10/1	FRI 10/2
<p>Broccoli Quiche Carribbean Blend Vegetables Fruit & Milk</p> <p>(This is a vegetarian meal)</p>	<p>Salisbury Steak Delmonico Potato Green Beans Fruit, Roll & Milk</p> <p>Vegetarian meal Available</p>	<p>Sweet & Sour Pork Noodles Normandy Blend Vegetables Fruit, Roll & Milk</p> <p>Vegetarian meal Available</p>	<p>Swedish Meatballs Noodles Key West Vegetable Fruit, Roll & Milk</p> <p>Vegetarian meal Available</p>	<p>Chicken Pot Pie Rice Spinach Fruit, Roll & Milk</p> <p>Vegetarian meal Available</p>



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 –

****SPECIAL ANNOUNCEMENT****

We are delighted to add Outdoor Programs to the calendar and are planning for our eventual return to Indoor Programs and Bus Services. We know you like being at the center and we like having you here, but in order to make that happen we need your help.

We have COVID-19 guidelines that must be followed when you are riding the bus and while you are at the Senior Center.

Please review the guidelines and make sure you are familiar with them, they must be adhered to daily.

Staff will use a contactless thermometer to take your temperature and review health question each day, prior to boarding the bus or entering the Senior Center

You must wear your face covering while riding the bus and while in the center, the face covering must cover your mouth and your nose.

You must practice social distancing

You must stay home if you feel sick

Wash your hands frequently with soap and water or use available hand sanitizer when soap and water is not available.

Equipment is to be wiped down with provided cleaning solution before and after you use it.

Our goal is for all of us to stay healthy. When each person does their part collectively, we all stay healthy and can quickly get back to doing the things we enjoy doing, together!!!!



Senior Center Bus Service Protocols

Boarding and Exiting



Bus occupancy will be restricted to 50% capacity.

Riders will remain six-feet apart while waiting to board.

Riders will wear face coverings.

Boarding will be dependent on satisfactory results from a verbal screening process and a no-touch temperature check (completed off bus).

Drivers will wear face coverings and face shields while screening riders, and face coverings while driving.

Riders will fill bus from back to front.

Riders will exit bus from front to back.

Payment



Riders will hold out punch-card to driver, who will punch it contact-free. Hand sanitizer can be used before and after process if contact is made.

Disinfection



Buses will be wiped down every day between runs and at the end of the day.

Hand sanitizer and disinfecting wipes will be kept on the bus for use as needed.

*Additional staff member may accompany driver for first couple of weeks in order to observe and assess for potential gaps in process.
Protocols subject to revision as needed.*



CASCADES WALKING GROUP MONDAYS at 9:30 a.m.

DO I WANT TO GO FOR A WALK?



**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!**



Brenda Davis led the Walking Group last Monday, September 21, 2020.

We had 8 members who participated!

Pictured from L-R (Linda O'Brien, Ursula Lowe, Donna Henry) Not pictured: Tom Smith, Carolyn Swartz, Ann Gibbons, Betty Payne, Jen Kao.



Tuesdays



**Knit & Crochet at 9:30 a.m.
Ukulele at 10:00 a.m.**



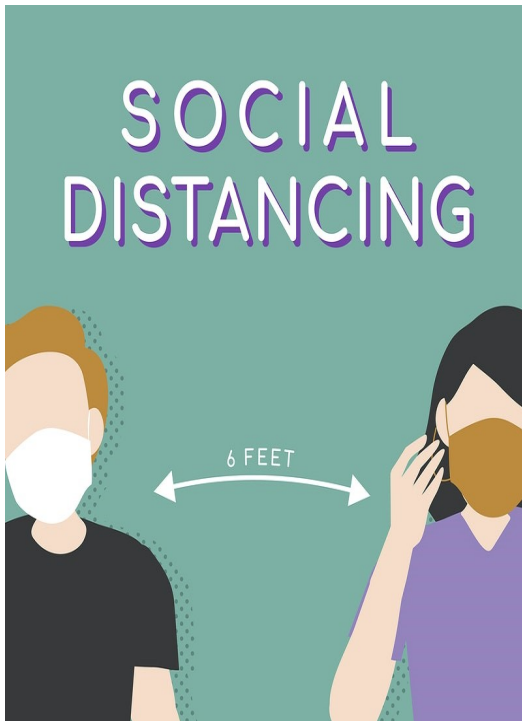
TAI-CHI

Thursdays at 10:00 a.m.



The Loudoun County Department of Parks, Recreation and Community Services (PRCS) is committed to complying with the Americans with Disabilities Act (ADA). If you need accommodations in order to participate in PRCS activities, please contact the program/location manager (or PRCS administrative office at 703-777-0343) two weeks prior to the start of the activity.

****OUTDOOR ACTIVITY REQUIREMENTS****



Some outdoor activities require registration. Call 24-hours in advance to register. Check schedule.

****ADVISORY BOARD****

Did you know that the Cascades Senior Center Advisory Board has a [facebook](#) page?

You can find the latest e-newsletter and other updates there too!



HISPANIC HERITAGE MONTH

National Hispanic
Heritage Month
September 15th thru
October 15th.

We celebrate and recognize the contributions Hispanic Americans have made to American society and our culture.



DID YOU KNOW?

There are 1.2 million Hispanics or Latinos 18 and older who are veterans of the U.S. armed forces.

FAMOUS PEOPLE

Sonia Maria Sotomayor is the first justice of the Supreme Court to be of Hispanic descent. Her parents were both from Puerto Rico.

Astronaut **Franklin Ramón Chang Diaz** was born in San José. During his career at NASA, he earned the Medal of Liberty and was named to the NASA Astronaut Hall of Fame. He also received the "Buzz Aldrin Quadrennial Space Award."

Luis Walter Alvarez was an American physicist, inventor, and professor who was awarded the Nobel Prize in Physics in 1968. He was the second child and oldest son of Walter C. Alvarez, a physician, and his wife Harriet née Smyth.

September 27th, Yom Kippur begins at Sundown.



Yom Kippur is the holiest day of the Jewish year. It's the day of atonement after the Jewish new year, Rosh Hashanah. On this day, Jews ask God for forgiveness for their sins to secure their fate.

Jewish people prepare and eat a festive meal on the day before the holiday starts. They also give to charity and visit people to seek or give forgiveness. Many also gather in a synagogue before sunset for a prayer service.

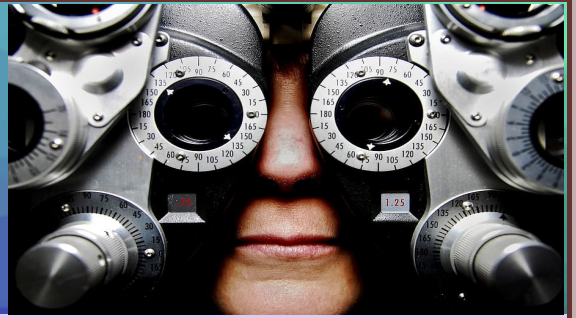
October 2nd, Sukkot begins at Sundown.

Sukkot commemorates the years that the Jews spent in the desert on their way to the Promised Land.



It celebrates the way in which God protected them under difficult desert conditions. Sukkot is also known as the Feast of Tabernacles, or the Feast of Booths. A Sukkot is a booth or hut in which the Israelites dwelt during their 40 years of wandering in the desert after escaping from slavery in Egypt.

Health & Wellnes: Changes in your Vision?



Why Vision Changes with Age and How to Slow It Down

While a [huge number](#) of today's population need the help of glasses or contact lenses to improve their sight, it's almost inevitable that vision will deteriorate with age. It's estimated that once we reach early-mid 40s, [quality of sight will naturally decrease](#) and unless you're incredibly lucky, it's likely to happen to almost *all* of us as we age.

However, while this process is considered natural, we're certainly not doomed to a retirement without sight. There are multiple procedures and treatments that can be done to both prevent *and* rectify this process, meaning you'll likely still have sight until the end of your days even if you've already noticed deterioration! So, to learn more about why your vision changes as you grow older and how to help slow it down, here are some pointers.

Why does eyesight deteriorate?

As we age, the surface of our eyes' cornea (the entry point for light which enables us to see) can become damaged. For optimum vision, the cornea's surface must be completely smooth but conditions such as eye inflammation, which are very common as we get older, can damage this fragile surface and impair vision.

Our lenses are also subject to deterioration too. At birth, our lenses are perfectly clear and are able to auto-focus so we can see both close and faraway images easily. But as we get older, the lens can become 'cloudy' – this is known as a cataract and, if not treated, can result in seriously distorted vision.

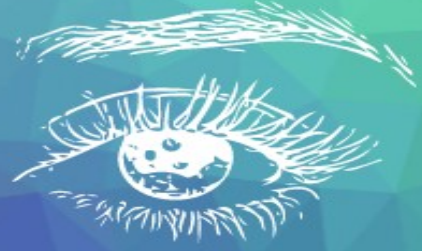
Treatment options

As cataracts are perhaps the most popular reason for why vision deteriorates with age, there's luckily some very successful treatment options for this condition.

An affected lens can be removed and simply replaced with an artificial one. This new lens won't be 'cloudy' and will have almost the exact same clarity as the lens of a new-born able to produce crystal clear images!

Prices are likely to significantly differ with regard to this treatment so, if you think you may be suffering from cataracts, looking at a table of average lens replacement surgery prices will give you a better idea of what to expect.

Health & Wellnes: Changes in your Vision?



What you can do

While professional treatment is often the best method of correcting and preventing deterioration, there are certainly some self-help methods you can implement yourself.

Eating a diet rich in vitamins and minerals such as E, A and C will work towards improving eye health. And, performing simple eye exercises such as rolling your eyes in different directions (as long as this doesn't cause pain) and massaging your eyelids will make your eyes feel more comfortable if you're experiencing inflammation.

We'd all like to have perfect vision throughout our lives but, as we get older, this simply isn't realistic. But as long as you accept the naturally-occurring sight deterioration you may be experiencing and investigate your treatment options, you'll be prepared and ready to work towards both improving and preventing further sight decline.

SENIOR NEWS: Kimberly Johnson, Advocate for Seniors





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



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.

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***



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

Weekly PROGRAM SCHEDULE

TUESDAY (9/29)

11:00 AM — Virtual Choral Class for Adults: Take your song to the next level with guidance from voice teacher Dr. Mariana Mihai-Zoeter. (Attendance Limited)

4:00 PM — Book Pets Craft: Learn the art of book-folding. There will also be take-and-make kits available at the Teen Center at Brambleton Library (while supplies last). (Teens)

THURSDAY (10/1)

7:00 PM — Demystifying COVID-19: SARS-CoV2 Virology and Immunology: Second in a 3-part series. Virologist Angela Rasmussen discusses the various routes of transmission and the science behind how the virus spreads between hosts. In partnership with Janelia Research Campus.

SATURDAY (10/3)

11:00 AM — DIY Message Board: A back-to-school craft with Ms. Christine from Cascades Library.

MONDAY (9/28)

11:00 AM — Online Storytime: Ms. Monica from Brambleton Library reads *Again!* by Emily Gravett.

2:00 PM — Advanced ESOL Practice: Practice your English in this interactive session focused on civics, elections and voting.

WEDNESDAY (9/30)

11:00 AM — Online Storytime: Ms. Ashley from Gum Spring Library reads *Sally and the Purple Socks* by Lisze Bechtold.

1:00 PM — Happily Ever After: The Brothers Grimm fairy tales retold by Bright Star Touring Theatre.

2:00 PM — Copyright for Photographers: Protect your photographic works. Presented by the U.S. Copyright Office.

FRIDAY (10/2)

11:00 AM — Baby Storytime: Join Ms. Heather from Ashburn Library for rhymes, songs, tickles and bounces.

3:00 PM — Paint in Acrylics: Artist Kris Loya will help you paint a joyful floral image.

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

****RECIPE CORNER****

APPLE SLICE COOKIES



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.

130 calories per apple slice cookie

1 red apple sliced, topped with 1 tbsp peanut or almond butter, dark chocolate chips, coconut flakes and walnut pieces.

Numerous studies have shown that just a handful of nuts a day can significantly reduce hunger, leading to a lower overall calorie intake throughout the day. These effects boil down to their protein and fiber content which both have satiating properties.

And there really is nothing tastier than an apple topped with a dollop of indulgent nut butter and some healthy toppings to give it that extra crunch.

BAKED PEARS WITH WALNUTS AND CINNAMON



80 calories per half-baked pear

Slice the pear in half, scoop out seeds, sprinkle with cinnamon and crushed walnuts. Place in oven (170 degrees Celsius) for 30 mins. Optional - serve with natural yoghurt.

This is a perfect low-calorie dessert for those colder evenings when you're craving something more comforting and warming. The walnuts give this dish a tasty crunch whilst providing a good dose of protein and fiber.

It is this protein and fiber that slows the rate at which sugar enters the bloodstream and ultimately reduces output of the fat storage hormone insulin.

Picture Time!

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

You can still email your pictures to:

paul.torrible@loudoun.gov



Rajendra sent us these pics. Left: The Bow Skyscraper in Calgary, Alberta. It is the second tallest building in Calgary. Below left: The (Alice) Wonderland sculpture outside of The Bow and Alberta's Dream (aka-The Tree Hugger) sculpture by Spanish Artist Jaume Plensa.



Far right: One World Trade Center, NYC is the tallest building in the United States. The structure has the same name as the North Tower of the original World Trade Center, which was destroyed in the terrorist attacks of September 11, 2001.

Right: The Chesapeake Bay Bridge. It connects the west with Maryland's Eastern Shore. The original span opened in 1952 and the parallel span was added in 1973. Ferries were used as the main mode of transportation across the bay before the bridge was built.





Our Assistant Manager Judith tries her hand at Gardening!

My husband and I started planting vegetables in our backyard. I would like to share some of the pictures of our “greens.” The top picture is of our lettuce. The lower left picture are Filipino limes. Filipino limes are different from the limes you buy in the stores. They are smaller and sweeter. They are the perfect balance of tartness and sweetness. We like to squeeze the lime juice into soy sauce and use that to flavor Filipino meals we cook. The center lower two pictures are bell peppers. And the lower right picture is spinach. We have never done this before so we are “newbies” and this is what kept us busy during the early days of the pandemic. Now we get to enjoy it!



Here come the floating bubbles and the sounds of champagne bottles opening. It must be time for "The Lawrence Welk Show!" Uh-one and uh-two.....

If you lived in America between 1951-1982, your TV was most likely tuned to "The Lawrence Welk Show." With skits and big band music performed in the "Champagne Style," Lawrence Welk and his "Musical Family" topped the TV ratings for a generation. If you'd like to relive some of the musical magic, click on the link below to see one of his shows that was broadcast in the Summer of 1967. This particular show was dedicated to "Vacations" and all the fun things you can do when you have some time off. Enjoy!

[Click here!](#)

It was "The hippest trip in America" and it was "sixty minutes across the tracks of your mind" --*Soul Train!*

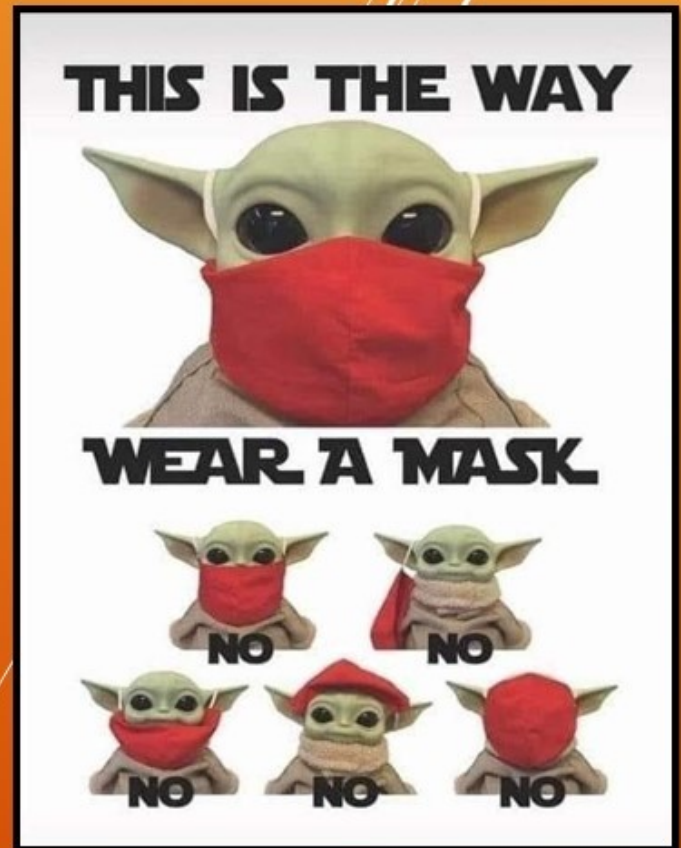
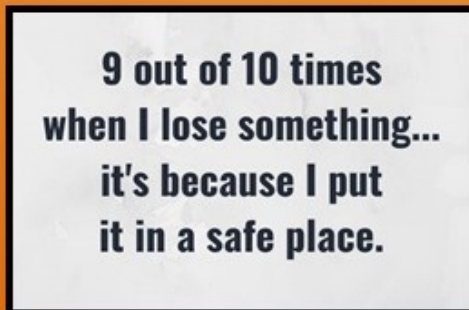


In it's 35 year history, Soul Train was the "longest-running first-run, nationally syndicated program in American television history," with over 1,100 episodes produced from the show's debut in 1971 until its end in 2006. Created by Don Cornelius, Soul Train featured performances by R&B, soul, dance, hip hop, funk, jazz, disco, and gospel artists. To view "The Best of Soul Train," with guest stars Tina Turner, Jerry Butler, Billy Paul, The Temptations and many more, click the link below:

[Click here!](#)

“Best of” Internet Memes

(Meme: a humorous image, video, or piece of text that is copied and spread rapidly by Internet users.)



****BRAIN EXERCISE****

