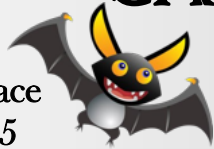


Loudoun County
Senior Center at
Cascades
21060 Whitfield Place
Sterling, VA 20165

571-258-3280

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



CASCADES SENIOR CENTER

WEEKLY E-NEWS OCTOBER 16, 2020

Manager's Note

ANNOUNCEMENT

We are pleased to announce that the Senior Center at Cascades will be offering **limited indoor programming and bus transportation** beginning Monday, October 19, in addition to café lunch and outdoor programming.

To participate in a program, lunch or bus transportation, please call the center to make a reservation at least 24-hours in advance - 571-258-3280.

All COVID safety measures must be followed, including:

If you are driving, pull your car up to the main entrance where you must successfully complete screening questions and touchless temperature checks prior to parking and entering the building. *Plan to arrive a little early to allow enough time for this process.*

If you ride the bus, you must successfully complete screening questions and touchless temperature checks before boarding the bus, and seating will be assigned

Face coverings that cover both your mouth and your nose must be worn inside the building at all times, except when eating or exercising. Maintain a distance of 6 feet between yourself and others, wash hands, use sanitizer

For **programs & activities**, spaces will be marked and seating assigned as you enter the room for the activity

We look forward to seeing you!



Staff:

Manager:

Brenda Davis

Assistant Manager:

Judith Mangilin

Café Supervisor:

Carrie Randolph

Recreation

Programmer:

Paul Terrible

Customer Service:

Haley Moore

Vehicle Operator:

Felix Duran

Vehicle Operator:

Satish Sharma



INDOOR ACTIVITIES SCHEDULE

MON. 10/19	TUES. 10/20	WED. 10/21	THURS. 10/22	FRI. 10/23
	10:00am-11:00am Aerobics Video 1:00pm-2:00pm Ukelele Instructor: Joanie Hall	12:00pm <i>Movie Day:</i> <i>"The American President"</i> <i>(open to senior center members)</i> *Bring your own snack*	10:00am-11:00am Tai-Chi <i>(Beginners)</i> Instructor: Marlene Burkgren 1:00pm-2:00pm Open Painting	10:00am-12pm Knit & Crochet 1:00pm-2:00pm Safe Bingo
REGISTRATION REQUIRED FOR ALL INDOOR ACTIVITIES				

VIRTUAL CLASSES/ACTIVITIES SCHEDULE

MON. 10/19	TUES. 10/20	WED. 10/21	THURS. 10/22	FRI. 10/23
1:00pm-2:00pm Yoga/Breathing Class Instructors: Jagdish & Kailash Sachdev 2:30pm-3:30pm Teen Tech Class Instructor: Aidan Comie <i>(open to senior center members)</i>	10:30am-11:30am Conversational Spanish Instructor: Ana Mahoney <i>(only open to registered participants)</i> 1:00pm-2:30pm Intermediate Spanish I Instructor: Lea Nigon	10:30am-11:30am Yoga/Breathing Class Instructors: Jagdish & Kailash Sachdev <i>(open to senior center members)</i>	10:30am-11:30am Learn Mandarin Instructor: Susan Xiaoping <i>(open to senior center members)</i>	1:00pm-2:00pm Yoga/Breathing Class Instructors: Jagdish & Kailash Sachdev <i>(open to senior center members)</i>

OUTDOOR ACTIVITIES SCHEDULE

MON. 10/19	TUES. 10/20	WED. 10/21	THURS. 10/22	FRI. 10/23
9:30am Walking Group (Registration Required)		1:00pm Current Events Discussion Group (Drop-in)	10:00am Tai-Chi with Mabel (Registration Required)	

What's for lunch at Cascades?

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

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

MON 10/19	TUES 10/20	WED 10/21	THURS 10/22	FRI 10/23
Sliced Turkey/ Gravy Mashed Potato Green Beans Fruit, Roll & Milk Vegetarian meal Available	Baked Chicken Sweet Potato Collard Greens Fruit, Bread & Milk Vegetarian meal Available	Chili Rice Broccoli Florets Fruit, Roll & Milk Vegetarian meal Available	Baked Ham Scalloped Potato Mixed Vegetable Fruit, Roll & Milk Vegetarian meal Available	Baked Fish Stewed Tomatoes Baby Baked Potato Fruit, Roll & Milk Vegetarian meal Available

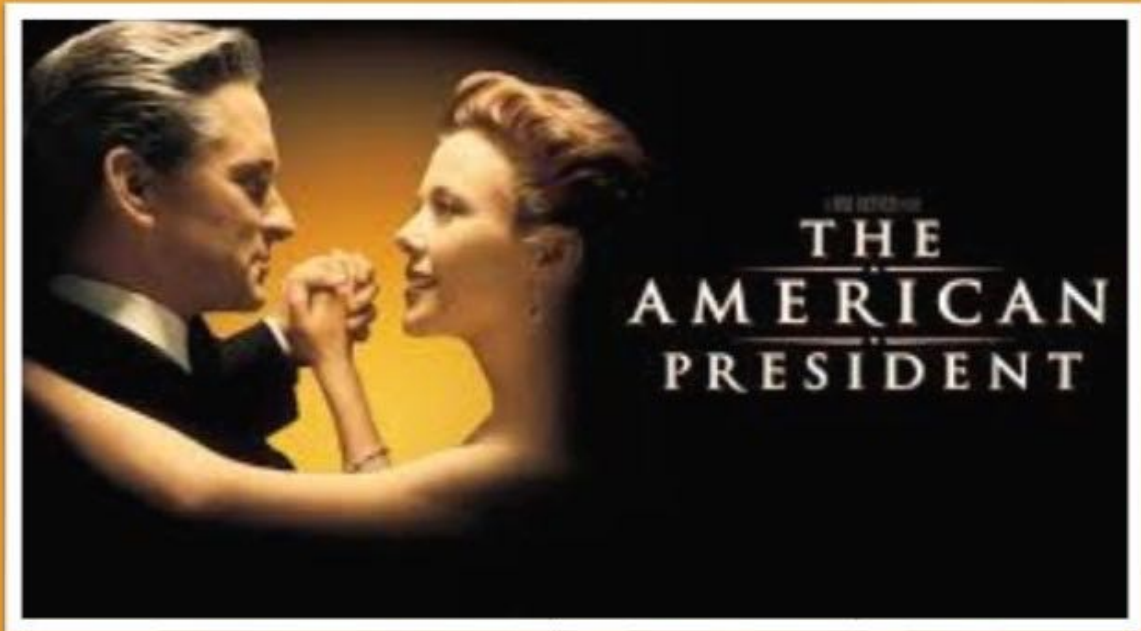


Lunches are packaged individually under very safe protocol at the central kitchen and the food is as delicious as ever! The center is cleaned and disinfected regularly and masks must be worn in the building at all times (except while at your table eating 😊).

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

Call us to reserve your place for lunch – we can't wait to see you! 😊

As part of our limited programming at Cascades Senior Center, we will be presenting the movie "The American President" on Wednesday October 21st at 1:00pm. Admission is free, but registration in advance is required (based on limited seating for social distancing. Masks are required).



"The American President" (PG-13)

Admission is free

With the end of his first term in sight, widowed U.S. President Andrew Shepherd knows that overwhelming public support will guarantee his re-election. But when he falls in love with lobbyist Sydney Ellen Wade, Shepherd's supporters question the relationship, and his approval ratings drop. As a rival presidential candidate goes on the attack, Shepherd must choose between his political career and his love for Sydney.

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.*

Health Department Offers Free Flu Shots

The Loudoun County Health Department will offer free flu shots at Park View High School in Sterling, on **Saturday, Oct. 17, beginning at 10 a.m.**

The shots will be offered to anyone 9 years and older on a first-come, first-served basis until 2 p.m. or until the supply of 900 shots runs out.

Attendees may either drive or walk up for a flu shot. No insurance or appointment is required, and there are no residency requirements. Those attending the event will enter Park View High School from North Sterling Boulevard onto Juniper Avenue.

The flu shots are being offered as part of a public health emergency exercise. The exercise simulates a mass vaccination event—such as in the case of a COVID-19 vaccination—in which the health department and local agencies would work together so community members could be vaccinated efficiently during a time of emergency.

For more information about the flu, go to the Virginia Department of Health website at vdh.virginia.gov/flu.





Loudoun County

VIRGINIA

WHERE TRADITION MEETS INNOVATION

The Loudoun County Board of Supervisors has proclaimed October as Domestic Violence Awareness Month, highlighting the increased danger that the pandemic presents to survivors of domestic violence.

Avoiding public spaces and working remotely can help reduce the spread of COVID-19, but for many survivors, staying home may not be the safest option. People who are surviving violence in their relationships and families may be experiencing increased isolation and danger caused by social distancing measures during the coronavirus pandemic.

To get help in Loudoun County:

Call or text 9-1-1 if anyone is in immediate danger.

Call Loudoun County's Domestic and Sexual Violence hotline 24 hours a day, everyday: 703-777-6552.

Call the National Domestic Violence Hotline: at 1-800-799-7233 or TTY 1-800-787-3224. If you're unable to speak safely, you can log onto <https://www.thehotline.org/> or text LOVEIS to 22522.

Call the National Sexual Assault Hotline (RAINN): at 800-656-HOPE(4673). Survivors can call RAINN or chat on the [website](#). It's free and confidential. Visit [DART](#).

Make a Plan

A safety plan is a personalized, practical plan that includes ways to remain safe and that can help a survivor avoid dangerous situations. An individual safety plan should be tailored to a person's specific situation. For help with safety planning, call the Loudoun Abused Women's Shelter Hotline and speak to an advocate: 703-777-6552.

Purple Thursday

Residents are encouraged to wear purple on Thursday, October 22, 2020, as part of what is known as "Purple Thursday," a day set aside to honor victims and survivors of domestic violence.



HALLOWEEN SAFETY DURING THE COVID-19 PANDEMIC

If you are planning to celebrate this season, consider the following guidance from the Centers for Disease Control and Prevention (CDC), the Virginia Department of Health (VHD) and the Loudoun County Health Department to help prevent the spread of the virus that causes COVID-19. The Health Department does not recommend door-to-door trick-or-treating because that is considered high risk for COVID-19 transmission for both the trick-or-treater and for the person handing out candy. If you and your family engage in any Halloween activities, it is important to protect yourself by following these recommendations:

Stay home and away from others if you are sick. Anyone who has been diagnosed with COVID-19 and has not met the criteria for when it is safe to be around others, has COVID-19 symptoms or who has been in recent contact with someone with the disease should not participate in Halloween activities this year.

Be sure to maintain at least 6 feet of distance between yourself and others who do not live in your household at all times.

Wash your hands before going trick-or-treating or handing out candy. Hand sanitizer should be used while trick-or-treating or handing out candy when soap and water aren't available.

Wear a cloth face covering. Halloween masks may not fit snugly against the face and may not cover the nose and mouth. Halloween masks with gaps and holes do not protect against inhaling respiratory droplets from other people. Cloth face coverings should be worn under costume masks to keep a close fit over your nose and mouth. Ensure that any cloth face covering worn under a costume mask does not inhibit the ability to breathe easily.

Hand out candy from a distance. Consider setting up an area outside, like a folding table, to set out candy. Space out the placement of treats so that multiple people do not have to reach into the same bowl or find contactless ways to deliver treats, like a candy chute that is more than 6 feet long.

(continued)

WHAT'S NOT RECOMMENDED

As you and your family prepare for Halloween and fall activities, remember that the following activities are considered higher risk by the CDC and VDH and are not recommended by the Health Department:

Traditional trick-or-treating where treats are handed to children who go door to door.

Trick-or-treating at houses where individuals are not wearing a mask and where 6 feet of physical distance is not maintained between individuals.

Trunk-or-treating where treats are handed out from trunks of cars lined up in large parking lots.

Crowded costume parties held indoors and any events where social distancing is difficult to maintain.

Indoor haunted houses where people may be crowded together and screaming.

Hayrides or tractor rides with people who are not in your household.

Rural fall festivals outside your community.

Using alcohol or drugs, which can cloud judgement and increase risky behaviors.

Traveling to and from areas outside your community, particularly to and from areas with community spread of COVID-19, to attend fall festivals and holiday activities.



(continued)

CONSIDER LOWER-RISK ACTIVITIES

Here are some lower-risk activities that can be enjoyed with family, neighbors or friends at a safe distance:

Pumpkin carving or decorating outside at a safe distance.

Decorating homes.

Outdoor movie night at a safe distance.

Neighborhood costume parades at a safe distance.

Outdoor touch-free scavenger hunts in which children look for Halloween-themed items.

Virtual Halloween costume contests.

Online photo contests for decorations and costumes.



Each of us has a role in ensuring a safe Halloween this year by taking precautions that limit the spread of COVID-19. We encourage parents and anyone planning to participate in Halloween activities to take the time to view more detailed information online:

Get more ideas and tips for a safe Halloween from the CDC website.

Read the VDH Interim Guidance for Halloween Events, Including for Operators of Haunted Houses.

Stay Informed

Loudoun County encourages residents to stay informed about COVID-19. Visit loudoun.gov/coronavirus for more information about how to protect yourself and your family and to sign up for email and text updates on COVID-19.



HALLOWEEN PARTY FLASH BACK 2017





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>

****RECIPE CORNER****

Chicken Fricassee

INGREDIENTS:

2 tbsp. extra-virgin olive oil
2 lb. skin-on, bone-in chicken thighs
Kosher salt
Freshly ground black pepper
2 tbsp. butter
1 large onion, chopped
1 large carrot, peeled and chopped
1 celery stalk, chopped
8 oz. mushrooms, sliced
2 tbsp. all-purpose flour
1/2 c. white wine
2 c. low-sodium chicken broth
1 c. heavy cream
2 tbsp. freshly chopped parsley
2 tsp. freshly thyme leaves

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.



DIRECTIONS

In a large high-sided skillet over medium heat, heat oil. Season chicken on both sides with salt and pepper then add to skillet and cook until golden, 5 minutes per side. Remove from skillet and set aside on a plate.

In the same skillet add butter and melt then add onion, carrot, celery, and mushrooms and cook until soft, 5 minutes. Add flour and cook 1 minute. Pour in wine and scrape up any bits on the bottom of pan and reduce wine by half, 7 minutes.

Add broth and cream and season with parsley, thyme, and salt and pepper. Add chicken back to pan and simmer until chicken is cooked through and sauce is thickened, 15 minutes.

Weekly PROGRAM SCHEDULE

TUESDAY (10/20)

12:00 PM — Dyslexia: Lorraine Hightower discusses early signs and what to do if you suspect your child may have this common learning disability.

4:00 PM — Teen Readers' Advisory: Book recommendations from the horror genre.

6:30 PM — Hawks: Learn about their behavior and migratory habits with Liam McGranaghan.

THURSDAY (10/22)

3:00 PM — Forgotten History: The SS United States: Using photographic images he took onsite, Frank Stopa will recount the tale of "The Big U", forgotten at the inception of modern air travel and now awaiting an uncertain future at berth in Philadelphia.

SATURDAY (10/24)

11:00 AM — DIY: Tissue Paper Suncatchers: Create simple suncatchers out of tissue paper, wax paper and liquid starch.

2:00 PM — How to Make Yogurt: Homemade yogurt is easy to make, inexpensive, healthy and delicious.

MONDAY (10/19)

11:00 AM — Online Storytime: Mr. Eric from Brambleton Library reads *Wait* by Antoinette Portis.

6:30 PM — Photography 101: Professional photographer Chas Sumser will help you create original photos. Applies to any camera. No experience necessary.

WEDNESDAY (10/21)

11:00 AM — Online Storytime: Ms. Elizabeth from Lovettsville Library reads *Counting Ovejas* by Sarah Weeks.

1:00 PM — Optical Illusions: Cool tricks of the eyes with Ms. Heather from Ashburn Library.

6:30 PM — Community Conversation: A discussion about the 2020 election moderated by *Loudoun Now* reporter, Renss Greene.

FRIDAY (10/23)

11:00 AM — Baby Storytime: Rhymes, tickles and bounces for you to enjoy together with your child sitting in your lap.

3:00 PM — Paint With Acrylics: Create a distinctive initial with floral and vine designs to embellish notes, journals and greeting cards. Led by artist Kris Loya.

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

Happy National Boss's Day to our boss Brenda Davis!



WHO'S AWESOME?
YOU'RE AWESOME



**From all of your spirited
employees, thanks for all
you do, and we hope you
have a wonderful day!**

National Boss's Day Friday, October 16th