

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*



# CASCADES SENIOR CENTER

WEEKLY E-NEWS NOVEMBER 13, 2020

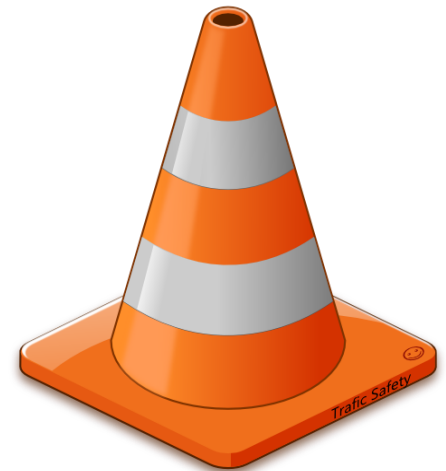
## Manager's Note

### CASCADES PARKING LOT RE-PAVING November 30 – December 4

Both the Farmer's Market Lot and the main parking lot behind the Senior Center at Cascades will be re-paved during the week of November 30 - December 4. The work will be done alternately so that we can use at least one of the lots to provide the Drive-Thru Lunches and HDM pick-ups and allow people in the building for activities.

Please click [here](#) to take a look at the flyers posted on the Advisory Board website for information about where to pick up lunches and HDM's during this time.

For those of you who drive to the center, please enter the center through the Farmer's Market Lot on the days we have the main lot closed and vice versa. If you have any questions, please contact the center at 571-258-3280. Thank you for your patience! While this is a bit of an inconvenience, we look forward to the finished product and enjoying freshly paved parking lots.



## CELEBRATING THANKSGIVING SAFELY



The CDC is asking people to consider steps to keep everyone safe during the holidays. To learn more please click on the links below:

[Holiday Celebrations and Small Gatherings](#)

[Celebrating the Holidays Safely During  
COVID-19](#)

## \*\*ACTIVITIES SCHEDULE\*\*

MON 11/16	TUES 11/17	WED 11/18	THURS 11/19	FRI 11/20
<p>9:30am-10:00am Walking Group <b>(Outdoor Activity)</b></p> <p>10:30am-11:30am ESL Class <b>(Virtual Activity)</b></p> <p>1:00pm-2:00pm Yoga Class <b>(Virtual Activity)</b></p> <p>1:00pm-2:00pm Book Club "The Cellist of Sarajevo" <b>(Indoor Activity)</b></p> <p>2:30pm-3:30pm Teen Tech <b>(Virtual Activity)</b></p>	<p>10:00am-11:00am Aerobics Video <b>(Indoor Activity)</b></p> <p>10:30am-11:30am Conversational Spanish <b>(Virtual Activity)</b></p> <p>1:00pm-2:30pm Intermediate Spanish I <b>(Virtual Activity)</b></p> <p>1:00pm-2:00pm Ukulele Jam Session <b>(Indoor Activity)</b></p>	<p>10:30am-11:30am Yoga Class <b>(Virtual Activity)</b></p> <p>12:00pm-2:00pm Movie Day: "The Hunt for Red October" 1990 (PG) <b>(Indoor Activity)</b></p>	<p>10:00am-11:00am Tai Chi <b>(Outdoor Activity)</b></p> <p>10:30am-11:30am Learn Mandarin <b>(Virtual Activity)</b></p> <p>1:00pm-2:00pm Current Events <b>(Indoor Activity)</b></p> <p>1:00pm-2:00pm Special Presentation: "Avoiding Holiday Scams" <b>(Virtual Activity)</b></p>	<p>10:00am-12:00pm Knit &amp; Crochet <b>(Indoor Activity &amp; Outdoor Activity)</b></p> <p>1:00pm-2:00pm Safe Bingo <b>(Indoor Activity)</b></p> <p>1:00pm-2:00pm Yoga Class <b>(Virtual Activity)</b></p>
<p><b>Activity Key</b></p> <p><b>Green=Outdoor (weather permitting)</b></p> <p><b>Blue=Virtual</b></p> <p><b>Red=Indoor</b></p>				

Registration required for **all indoor** activities. Registration also required for **Tai Chi** and **Walking Group**. Call 571-258-3280 to register.

## Monday 11/16

**9:30am Walking Group (Outdoor Activity)** - Expect a 25-30 minute walk approximately  $\frac{3}{4}$  of a mile to 1 mile in distance. Please bring water.

**10:30am ESL Class (Virtual Activity)** – English as a second language class. Instructor: Judy Villedrouin

**1:00pm Yoga (Virtual Activity)**—Light stretching and breathing exercise to improve your health and happiness. Instructors: Jagdish & Kailash Sachdev.

**1:00pm Book Club (Indoor Activity, 3<sup>rd</sup> Monday's only)**—Monthly discussions, new members welcome. This month's book: *"The Cellist of Sarajevo"* by Steven Galloway. Leader: Mary Rudiak.

**2:30pm Teen Tech (Virtual Activity)**— Knowledgeable teens give pointers and instruction on how to use smartphones, computers and other technology. Instructor: Aidan Comie.

## Tuesday 11/17

**10:00am Aerobics Video (Indoor Activity)**—light exercise featuring Richard Simmons and the Silver Foxes DVD.

**10:30am Conversational Spanish (Virtual Activity)**— Practice your Spanish while conversing current topics while improving your grammar skills. Instructor: Ana Mahoney.

**1:00pm Intermediate Spanish (Virtual Activity)**— Class runs from October 6- December 15. Prerequisite: Beginners Spanish. Textbook is \$20. Instructor: Lea Nigon.

**1:00pm Ukulele Jam Session (Indoor Activity)**— Must bring your own ukulele. Designed for the advanced player. Prerequisite: Beginners Ukulele Class. Instructor: Joanie Hall.

## Wednesday 11/18

**10:30am Yoga (Virtual Activity)**—Light stretching and breathing exercise to improve your health and happiness. Instructors: Jagdish & Kailash Sachdev.

**12:00pm- Movie Day (Indoor Activity)**—Free movie presentation. Bring your own snacks. This week's film, *"The Hunt for Red October"* PG, 1990.



# ACTIVITY DESCRIPTION

## Thursday 11/19

**10:00am Tai Chi (Outdoor Activity)**— Gentle physical exercises embracing the mind, body and spirit. Instructor: Mabel Chin

**10:30am Learn Mandarin Chinese (Virtual Activity)**—This class is for all levels and is Informal. Instructor: Susan Xiaoping.

**1:00pm Current Events (Indoor Activity)**—Current local and global events discussions. Come join in, new members always welcome. Leader: Steven Creskoff.

**1:00pm Special Presentation (Virtual)**- This week's presentation- *"Avoiding Holiday Scams & Frauds."* Presenter: AARP Community Ambassador Martin Bailey

## Friday 11/20

**10:00am Knit & Crochet (Indoor & Outdoor Activity)**— Group activity. No instruction provided. Outdoor participants bring your own chair. Knit and crochet products donated to local charities. Leader: Velinda Sutton.

**1:00pm Safe Bingo (Indoor Activity)**—Bingo game with social distancing and disposable cards. Caller: Bill Kalteissen

**1:00pm Yoga (Virtual Activity)**--Light stretching and breathing exercise to improve your health and happiness. Instructors: Jagdish & Kailash Sachdev



# What's for lunch at Cascades?

<b>MON 11/16</b>	<b>TUES 11/17</b>	<b>WED 11/18</b>	<b>THURS 11/19</b>	<b>FRI 11/20</b>
Stuffed Cabbage Corn Vegetable Blend Fruit, Roll & Milk  Vegetarian meal Available	Hot Dog Baked Beans Caribbean Blend Vegetable Hot dog bun Fruit & Milk	Broccoli Quiche Vegetable Blend Fruit, Roll & Milk  Vegetarian meal Available	Sliced Turkey Stuffing Gravy Mashed Potato Green Peas Fruit, Roll & Milk  Vegetarian meal Available	Oven Fried Chicken Macaroni & Cheese Mixed Vegetables Fruit, Roll & Milk  Vegetarian meal Available



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

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

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.

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





# NATIVE AMERICAN HERITAGE MONTH

November is National Native American Heritage Month. It celebrates and recognizes the accomplishments of the peoples who were the original inhabitants, explorers and settlers of the United States. Many of the foods we eat and the medicines and remedies we use were introduced by Native Americans and more than one highway follows their trails. Native Americans make contributions in every area of endeavor and American life, and our literature and all our arts draw upon Native themes and wisdom. Countless Native Americans have served in our Armed Forces and have fought valiantly for our country.



HAPPY  
DIWALI



### **November 14<sup>th</sup> is DIWALI**

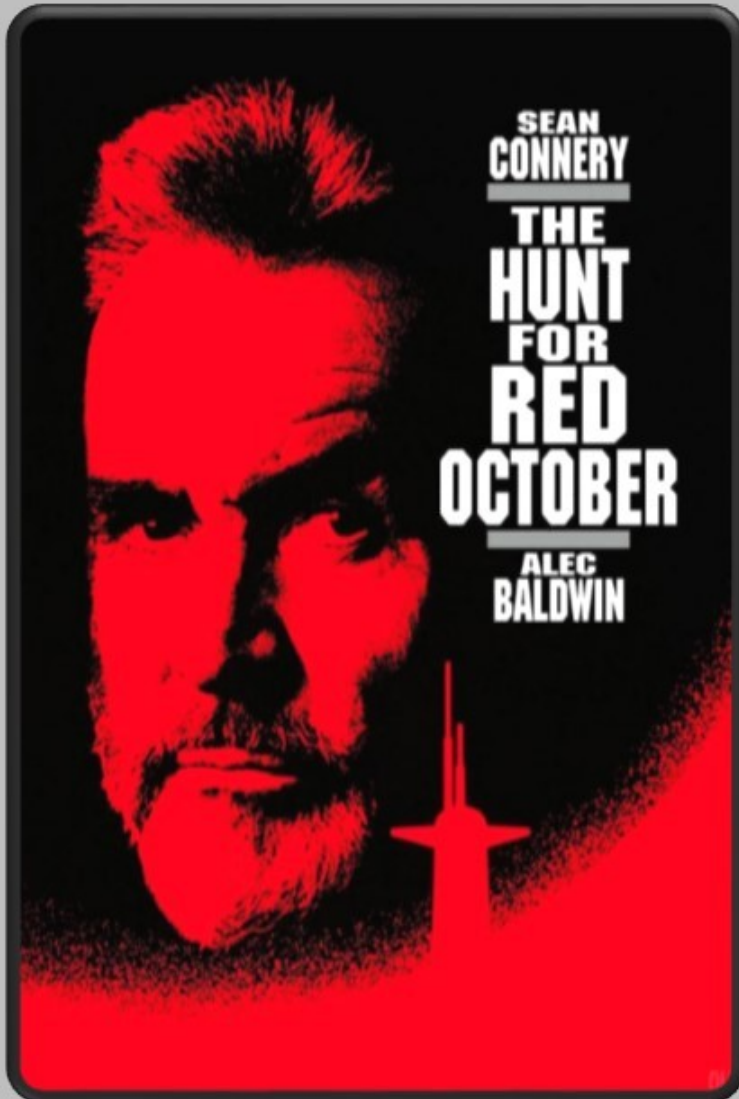
One of the most popular festivals of Hinduism, Diwali symbolizes the spiritual "victory of light over darkness, good over evil, and knowledge over ignorance." It is a festival of lights that lasts five days and celebrated between mid-October and mid-November.



# Diwali Celebration 2019







**Movie day is**  
**Wednesday**  
**November 18th**  
**at 12:00pm**

In honor of the late Sean Connery, come and enjoy a free presentation of "The Hunt For Red October"

1990 Rated PG  
(Bring your own snacks)

In November 1984, the Soviet Union's best submarine Captain Marko Ramius (Sean Connery) violates orders and heads for the U.S. coast. Is he trying to defect or start a war? CIA analyst Jack Ryan (Alec Baldwin) thinks Ramius is planning to defect, but only has a few hours to find him and the submarine. The hunt is on!





Special Virtual Presentation  
Thursday, November 19<sup>th</sup> at  
1:00pm: **“Avoiding  
Holiday Scams & Frauds”**  
presented by **AARP**  
**Community Ambassador  
Martin Bailey**

As we move into the holiday season our thoughts turn toward the generosity of gift giving and the thoughtfulness of helping others not as fortunate as us. The scammers know this and will do anything to have your generosity and thoughtfulness directed towards them. In this webinar, you will learn what scam artists are planning for this holiday season and how to protect yourself and loved ones against these naughty frauds. Remember if you can spot a scam you can stop a scam!

Please join meeting from your computer, tablet or smartphone.

<https://global.gotomeeting.com/join/188303597>

You can also dial in using your phone.

United States: +1 (646) 749-3112

Access Code: 188-303-597

# MEDICARE OPEN ENROLLMENT PERIOD



## FOR ASSISTANCE

Go to [MEDICARE](#) or **1-800-633-4227**

State Health Insurance Assistance Program,  
[www.shiptacenter.org](http://www.shiptacenter.org) or 1-877-839-2675

Virginia Insurance Counseling and Assistance Program  
(VICAP) - 800-552-3402

### VDA VIRGINIA

703-324-7948 Fairfax  
703-777-0257 Loudoun  
703-792-6400 PWC

Counseling Topics: Medicare, Medicare Part D, Medicare Advantage, Medigap, Long-term care 2



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>

**Senior Citizens! NOVA welcomes life long learners.  
Earn a degree or learn something new.**

If you are a legal resident of Virginia for one year, age 60 or older, you are encouraged to take advantage of free tuition provided by the State Council of Higher Education for Virginia (SCHEV) Senior Citizens Higher Education Act of 1974. For more information from SCHEV about the senior citizen tuition waiver, please click [here](#).

To view Enrollment Guidelines, Course Information, and more, please visit Northern Virginia Community College's website by clicking below:

[NVCC](#)



**Get your finances back  
on track with an action  
plan!**

No matter your age or situation, unplanned expenses and debt can be difficult to manage. AARP can help. With just a few simple steps, AARP Money Map tools provide a clear plan of action and resources to help you get started - all for free. No membership required. Click below for AARP Money Map.

[AARP Money Map](#)





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

**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)

# FREE COVID-19 TESTING EVENTS

## For All Ages

- Open to everyone; no age or residency requirements.
- No prescriptions or appointments necessary.
- Drive-thru only.
- Be prepared to complete a registration form that asks for general information including name, date of birth, address, phone number and current symptoms, if any. Your information will be kept PRIVATE.

**Two  
Locations**

**Saturday, November 14, 2020**  
**1:00 p.m. - 4:00 p.m.**

### **Tuscarora High School**

801 N King Street, Leesburg

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### **J. Lupton Simpson Middle School**

490 Evergreen Mills Road, Leesburg

Visit [loudoun.gov/COVID19testing](https://loudoun.gov/COVID19testing) to complete the registration form in advance.

All events will occur rain or shine.

Testing will end when the site reaches capacity or by 4 p.m.

As many tests as possible will be administered during each event.

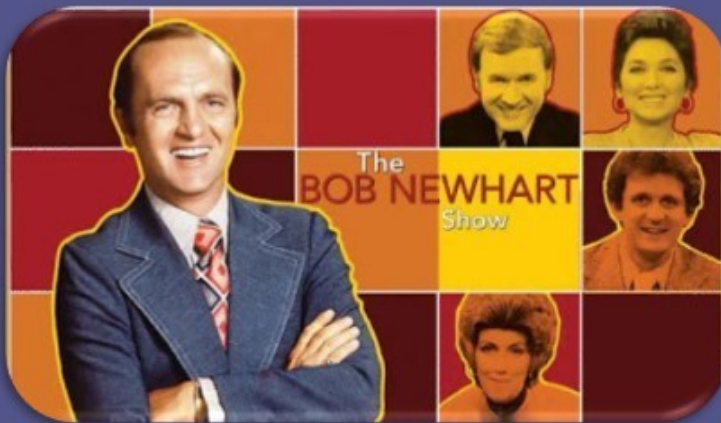




## Native American Heritage Month

Celebrate Native American Heritage Month with films featuring indigenous voices. Rejoice in the history, culture, and continuing traditions of American Indians and Alaska Natives in this special collection of films.

Click [here](#) to view.



## The Bob Newhart Show

**Bob Newhart got his start in show business 60 years ago. If you'd like to see episodes of "The Bob Newhart Show," click on the link below:**

Click [here](#) to view.

# 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.*



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

### **Loaded Breakfast Sweet Potatoes**



#### **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:**

2 medium sweet potatoes

#### **Instructions:**

Pre-heat the oven to 400 degrees F.

Bake the sweet potatoes directly on the rack for 40-50 minutes. They're done once a fork can easily be pierced into the center of the potato and the inside is tender.

Cut a slit down the center of the sweet potato about 2/3 of the way down. Slightly mush the inside of the potato.

Top with your favorite breakfast toppings!

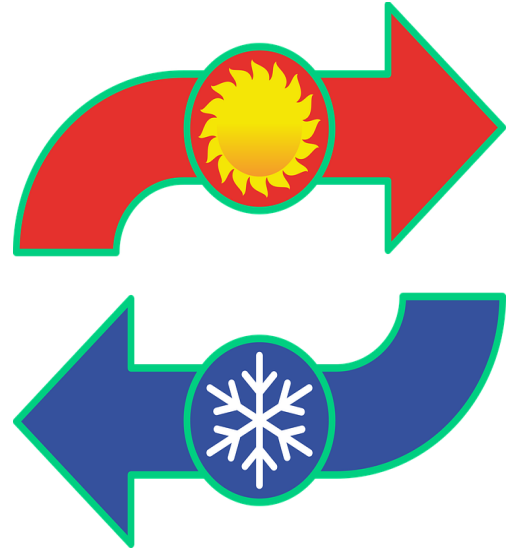
#### **Suggestions:**

1. Optional toppings: fruit such as berries, banana slices, chia seeds, nut butter, cookie butter, hemp seeds, maple syrup, agave, granola, peanut butter, banana, and chia seeds.
2. Bake an extra sweet potato next time you're eating them for dinner and then throw it in the fridge. The next morning or 2, you've got a SUPER easy breakfast that just needs to be heated up with a few toppings thrown on. Throw the sweet potato in the oven first thing when you wake up and then you'll have breakfast ready in under an hour. To store the sweet potatoes, simply put them in an air tight container and keep them in the fridge until you're ready to enjoy them!
3. For sweetness: buy organic sweet potatoes which are ALWAYS sweeter and thus don't need any added sweetener. However, if you want it all a bit sweeter, try drizzling it with a touch of maple syrup or agave.
4. Try: 1/2 sweet potato, 1/2 banana, peanut butter, honey, and cinnamon.
5. Try: Baking the purple sweet potatoes and add sliced avocado, egg and some seeds.
6. Slice the sweet potatoes in butter. Add walnuts, coconut, banana and a drizzle of peanut butter.

# Maintenance Tips for Your HVAC

Keep your HVAC investment in tip-top shape for maximum comfort, energy efficiency, and long operating life:

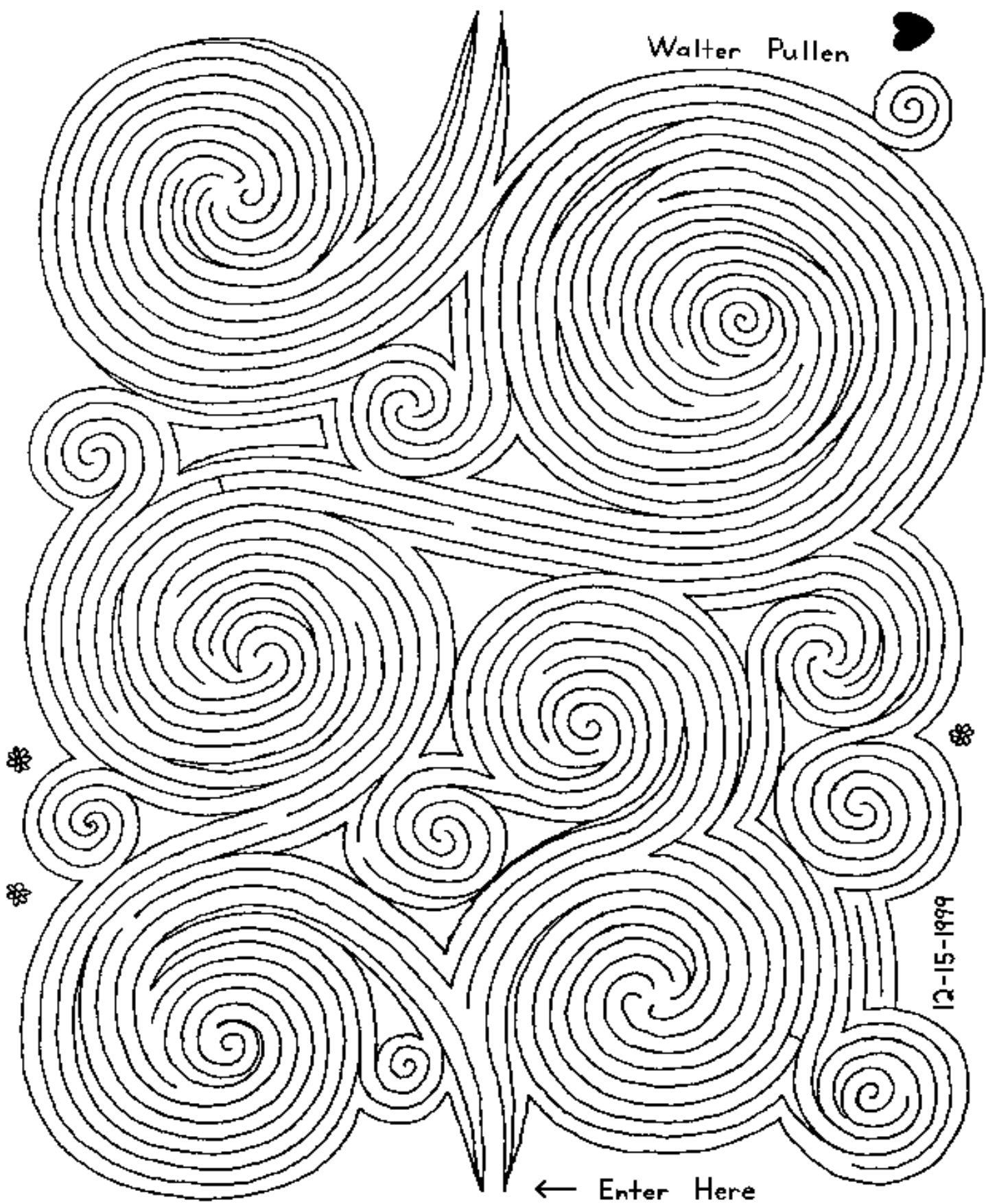
- Change the blower filter at least twice a year – once before the heating season and once before the cooling season. More often if you live in a more dusty area.
- Keep components clean, especially the outdoor condenser/compressor unit. Remove dirt & debris, and cut back vegetation at least two feet on all sides.
- Use a programmable thermostat: When you're away from home or at night when sleeping, allowing the temperature to fall (in the winter) or rise (in the summer) by 10 degrees for 8 hours or more can save 5%-15% on heating and cooling costs. With a heat-pump, however, only use this tip during the summer, as the heat pump's heating cycle is more efficient when left at a steady temperature.
- Have your HVAC system serviced by a trained technician once a year. While there are cleaning tasks that most homeowners can accomplish, other tasks, like checking combustion in gas or oil furnaces or ensuring there are no leaks in a refrigerant line, are best left to experts.
- Insulate and air-seal your home properly – HVAC equipment is much more efficient if the home's shell is efficient. (for a diy guide, check out this one from [EnergyStar.gov](https://www.energy.gov).)
- When planning for a new HVAC system, whether installing for the first time or replacing an old system, insist that the HVAC contractor perform exhaustive "Manual J" calculations to calculate the system size. Systems that are either too small or too large will not run efficiently, provide poor comfort, not properly address the home's humidity needs, and will likely fail earlier than necessary.
- In any home, regardless of whether gas or oil is used for HVAC or other purposes, install and maintain smoke and carbon monoxide alarms for your family's safety.
- If you heat and cool with electricity, consider upgrading to geothermal heating and cooling. These systems cost a bit more up front, but they last up to twice as long as air-source heat pumps, operate more quietly, and save money on energy bills. As an option in these systems, waste heat generated by the air-conditioning cycle in the summer can be used to heat your domestic hot water for free.





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

Walter Pullen



12-15-1999

← Enter Here