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

571-258-3280 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 E-NEWS April 16, 2021



The Loudoun County Sheriff's Office partners with local police departments and the <u>Drug Enforcement Administration (DEA)</u> in the annual "Take-Back" initiative that seeks to prevent increased pill abuse and theft.

Loudoun County residents will be able to discard potentially dangerous expired, unused and unwanted prescription drugs for destruction at several sites in the county on **Saturday, April 24, 2021** from **10:00 a.m. - 2:00 p.m.**, including:

- Loudoun County Sheriff's Ashburn Station: 20272 Savin Hill Drive, Ashburn
- Dulles South Public Safety Center: 25216 Loudoun County Parkway, South Riding
- Loudoun County Sheriff's Eastern Loudoun Station: 46620 East Frederick Drive, Sterling
- Loudoun County Sheriff's Western Loudoun Station: 47 W. Loudoun Street, Round Hill
- Town of Leesburg Police Department, 65 Plaza Street NE, Leesburg
- Town of Middleburg Police Department, 10 W. Marshall Street (Middleburg Town Hall)
- Town of Purcellville Police Department: 125 Hirst Road, Purcellville The service is free and anonymous, no questions asked.

Since the inception of the DEA take-back program in 2010, over 8,000 pounds of unwanted and unused prescription medications have been collected in Loudoun County.

Note: Medical "sharps," such as needles and syringes, are not accepted at Take Back events. <u>View information from the Food and Drug Administration</u> on how to safely dispose of used needles and other sharps.

MON	TUES	WED	THURS	FRI
4/19	4/20	4/21	4/22	4/23
10:30am-	10:00am-11:00am	*NEW ACTIVITY*	10:30am-	*NEW TIME*
11:30am	Aerobics Video	10:00am-	11:30am	9:30am-
ESL Class	(Indoor)	11:00am	Learn Mandarin	12:00pm
(Virtual)		Tai Chi	(Virtual)	Knit & Croche
	10:30am-11:30am	(Outdoor)	. ,	(Indoor)
1:00pm-2:00pm	Conversational		1:00pm-2:00pm	
Yoga Class	Spanish	10:30am-	Current Events	1:00pm-
(Virtual)	(Virtual)	11:30am	(Indoor)	2:00pm
		Yoga Class		Safe Bingo
2:00pm-3:00pm		(Virtual)		(Indoor)
Outdoor Walking				
Group		12:00pm-2:00pm		1:00pm-
(Outdoor)		Movie Day		2:00pm
		"Philomena"		Yoga Class
2:30pm-3:30pm		(Indoor)		(Virtual)
Teen Tech (Virtual)				

The Loudoun County Department of Parks, Recreation and Community Services is committed to complying with the Americans with Disabilities Act (ADA). If you need a reasonable accommodation in order to participate in PRCS activities, please contact the location/program manager (or PRCS administrative office at 703-777-0343/TTY-711). Three business days advance notice is requested.

Registration required 24 hours in advance for all activities. Call 571-258-3280 to register.

MON 4/26	TUES 4/27	WED 4/28	THURS 4/29	FRI 4/30
10:30am- 11:30am ESL Class (Virtual)	10:00am-11:00am Aerobics Video (Indoor)	10:00am- 11:00am Tai Chi (Outdoor)	10:30am- 11:30am Learn Mandarin (Virtual)	9:30am- 12:00pm Knit & Crochet (Indoor)
1:00pm-2:00pm Yoga Class (Virtual)	10:30am-11:30am Conversational Span- ish (Virtual)	10:30am- 11:30am Yoga Class (Virtual)	1:00pm-2:00pm Current Events (Indoor)	1:00pm- 2:00pm Safe Bingo
2:00pm-3:00pm Outdoor Walking Group (Outdoor)		12:00pm-2:00pm Movie Day <i>"Dances with</i> <i>Wolves"</i>		(Indoor) 1:00pm- 2:00pm Yoga Class
2:30pm-3:30pm Teen Tech (Virtual)		(Indoor)		(Virtual)

ACTIVITY DESCRIPTION

Mondays

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

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

1:00pm Book Club (Indoor, 3rd Monday's only)— Monthly discussions, new members welcome. This month's selection: "Before the Fall: by Noah Hawley. Leader: Mary Rudiak

2:00pm Walking Group (Outdoor) - A 25-30 minute walk on level terrain. Dress appropriately and bring water. Leader: Brenda, Paul or Haley

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

Tuesdays

I 0:00am Aerobics Video (Indoor)—light exercise featuring Richard Simmons and the Silver Foxes DVD

10:30am Conversational Spanish (Virtual)-

Practice your Spanish while conversing current topics while improving your grammar skills. Instructor: Ana Mahoney

Registration required 24 hours in advance for all activities. Call 571-258-3280 to register.

The Loudoun County Department of Parks, Recreation & 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) three business days prior to the start of the activity.

Wednesdays

I 0:00am Tai Chi (Outdoor) - Gentle physical exercise embracing the mind, body and spirit. Instructors: Mabel Chin and Marlene Burkgren

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

12:00pm- Movie Day (Indoor)—Free movie presentation. Bring your own snacks.
"Philomena" 2013, PG-13 (April 21)
"Dances with Wolves" 1989, PG-13 (April 28)



Thursdays

10:30am Learn Mandarin (Virtual) This class is for all levels and is informal. Instructor: Susan Xiaoping

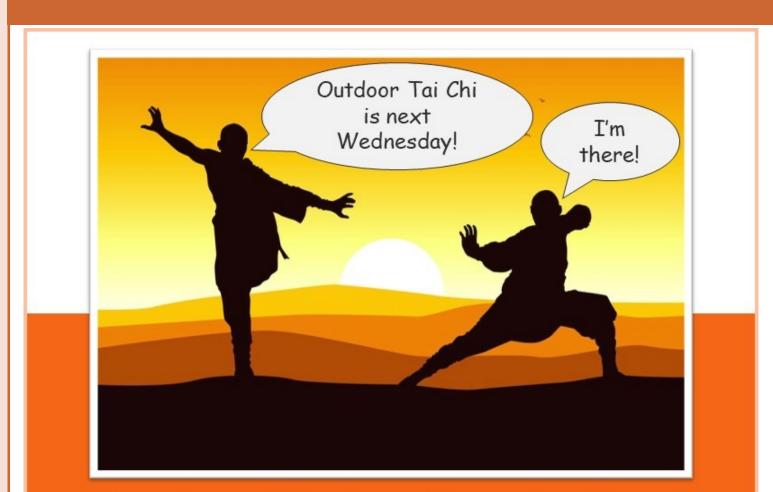
1:00pm Current Events (Indoor) Current, local and global events discussions. Come join in, new members always welcome. Leader: Steven Cresskoff.

Fridays

10:00am Knit & Crochet (Indoor)– 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)—Bingo game with social distancing and disposable cards. Caller: Bill Kalteissen

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



Starting Wednesday, April 21st

Outdoor Tai Chi is Back!

Come join Mabel and Marlene every Wednesday at 10:00am for Tai Chi in the Cascades Senior Center parking lot!

Must call at least 24 hours in advance to reserve a spot, 571-258-3280.

The Mayo Clinic says Tai Chi may offer a number of benefits:

- •Decreased stress, anxiety and depression
- Improved mood
- Improved aerobic capacity
- Increased energy and stamina
- •Improved flexibility, balance and agility
- Improved muscle strength and definition

Source: Mayo Clinic



OUTDOOR WALKING GROUP MONDAYS AT 2:00 PM

(meet at the parking lot)

REGISTRATION REQUIRED

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!



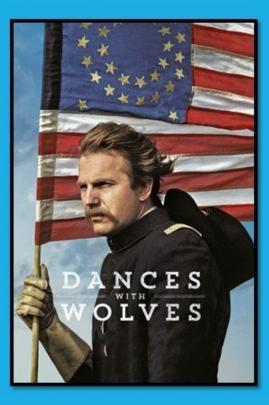


On the Big Screen 🏼 🀲 Cascades Senior Center

We will present "Philomena" (2013, PG-13) Wednesday, April 21st at 12:00pm. The movie is free to senior center members.

On the Big Screen 🏼 🀲 Cascades Senior Center

We will present **"Dances with Wolves"** (1990, PG-13) Wednesday, April 28th at 12:00pm. The movie is free to senior center members.



The Poetry Read Around

Celebrate Poetry Month and join us for "The Poetry Read Around" Thursday, April 22nd at 2:00p.m.

Share one of your favorite poems, a little bit about the poet and what the poem means to you.

Have you written poetry? Share your own poetry too.

Join Zoom Meeting*

Meeting ID: 878 1235 6896 Passcode: j01gAC

Click <u>here</u> to join!

*Closed captioning is provided



Loudoun County Area Agency on Aging VIRTUAL FAMILY CAREGIVER EDUCATION SERIES HEALTHY LIVING FOR BRAIN AND BODY

May 4, 2021 • 2 pm – 3 pm EST Presented by the Alzheimer's Association - National Capital Area Chapter

EMBRACING THEIR REALITY: HOW TO BETTER COMMUNICATE IN DEMENTIA CAREGIVING

May 19, 2021 • 1:30 pm – 2:30 pm EST Presented by Rachael Wonderlin, MS, Dementia By Day

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.

What's for lunch at Cascades?

MON	TUES	WED	THURS	FRI
4/19	4/20	4/21	4/22	4/23
Chili	Baked Chicken	Meatloaf	Sweet & Sour Pork	Chicken Stir Fry
Rice	Sweet Potato	Mashed Potato	Rice	Noodles
Mixed Vegetable	Collard Greens	Green Peas	Vegetable Blend	Vegetable Medley
Fruit, Bread & Milk	Fruit, Bread & Milk	Fruit, Breadl & Milk	Fruit, Bread & Milk	Fruit, Bread & Milk
Vegetarian meal	Vegetarian meal	Vegetarian meal	Vegetarian meal	Vegetarian meal
Available	Available	Available	Available	Available

DRIVE-THRU PICKUP (11:00am-11:30am) & DINE-IN (11:45am-12:30pm)

MON 4/26	TUES 4/27	WED 4/28	THURS 4/29	FRI 4/30
Italian Sausage	Oven Fried	Spaghetti/Meat	Sliced Turkey &	Baked Fish
Steamed Cabbage	Chicken	Sauce	Stuffing w/ Gravy	Mexican Corn
Whole Round	Yellow Rice	Vegetable Medley	Mashed Potato	Green Beans
Potato	Mixed Vegetable	Fruit, Bread & Milk	Green Peas	Fruit, Bread & Milk
Fruit, Bread & Milk Vegetarian meal Available	Fruit, Bread & Milk Vegetarian meal Available	Vegetarian meal Available	Fruit, Bread & Milk Vegetarian meal Available	Vegetarian meal Available

KITCHEN CORNER

COD AND ASPARAGUS BAKE



REMINDER:

If you are in need of a lunch meal or food in general, please <u>call the</u> <u>center at 571-258-3280</u> so that we can assess the situation and figure out the best way to meet your needs.

Ingredients

- 4 cod fillets (4 ounces each)
- 1 pound fresh thin asparagus, trimmed
- 1 pint cherry tomatoes, halved
- 2 tablespoons lemon juice
- 1-1/2 teaspoons grated lemon zest
- 1/4 cup grated Romano cheese

Directions

• Preheat oven to 375°. Place cod and asparagus in a 15x10x1-in. baking pan brushed with oil. Add tomatoes, cut sides down. Brush fish with lemon juice; sprinkle with lemon zest. Sprinkle fish and vegetables with Romano cheese. Bake until fish just begins to flake easily with a fork, about 12 minutes.

Remove pan from oven; preheat broiler. Broil cod mixture 3-4 in. from heat until vegetables are lightly browned, 2-3 minutes.

TIPS:

• If asparagus isn't in season, fresh green beans make a fine substitute and will cook in about the same amount of time.

• We tested cod fillets that were about 3/4 in. thick. You'll need to adjust the bake time up or down if your fillets are thicker or thinner.

After closing in January for a two-month renovation, the Loudoun Museum in Leesburg has re-opened!



The Loudoun Museum is introducing a new exhibit entitled, "A Fragile Republic" which covers the first quarter of the 19th century. Drop by and see all the new displays that cover the history of Loudoun County!

To view hours of operation, or to browse the extensive online collection of photos and objects click on the link below.

https://www.loudounmuseum.org/



Celebrate Earth Day on April 22nd

Today, the leading cause of air pollution in the U.S. is motore vehicles according to the EPA. Auto emissions increase the amount of greenhouse gases in the atmosphere, which in turn contribute to global warming.

The EPA says air pollution can be lessened by carpooling or using mass transit or hybrid vehicles that reduce your carbon footprint.

To avoid water pollution, do not dispose of oils, grease, fat, or chemicals down the sink. Flushing pills or medications can also negatively impact groundwater.

Since 1970, environmental activists and allies habe been celebrating Earth Day to raise awareness of the danges of water and air pollution to our environment and health.

Source: Environmental Protection Agency



The Importance of Socializing for older Americans

A strong social life has been linked with many health benefits, like less risk of depression and longer life span. But a new study suggests that interacting with a wide range of people may offer even greater benefits.

The study, published Feb. 20, 2019, in *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*, found that older adults who interacted with people beyond their usual social circle of family and close friends were more likely to have higher levels of physical activity, greater positive moods, and fewer negative feelings.

Source: Harvard Health Publising; Harvard Medical School



Enjoying a healthy meal begins long before you sit down to eat. Your stage of life, culture, traditions, preferences, and access to food affect your choices. The following principles will help you *Build A Better Meal!*

Your Plan

- Make small changes to create an eating style that improves your health.
- Include a variety of vegetables, fruits, lean protein, whole grains, and dairy in meals and snacks.
- · Check portions and read food labels for information on serving sizes and calories.
- Keep a food journal or try an app to increase awareness of foods eaten, servings and calories.



Your Cart

- Plan your grocery list around planned meals and snacks.
- Group items on your list by their location in the grocery store.
- Stick to your list and avoid marketing that encourages impulse buys.
- · Check ads for specials and coupons for items already on your list.
- Don't grocery shop hungry!

Your Plate

- · Fill half of your plate with vegetables and fruits.
- A quarter of your plate is for grains-aim for whole grains.
- · Choose lean protein for the remaining quarter
- · Include low fat dairy with your meal.
- · Choose foods low in saturated fat, sodium and added sugar.

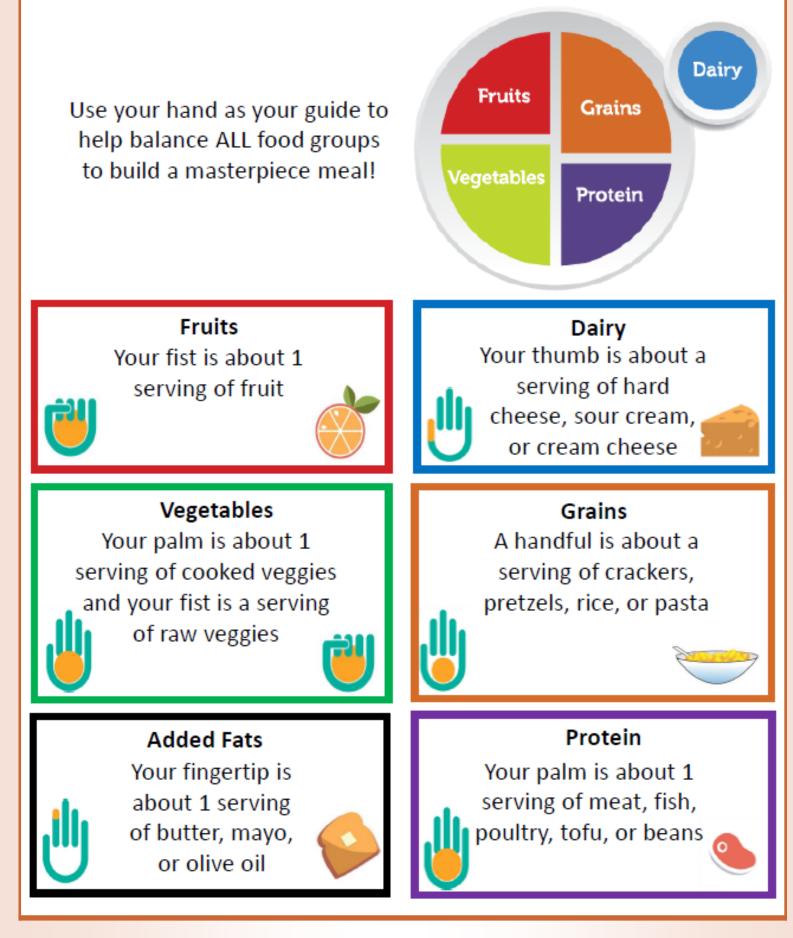


Eat Well Most of the Time – Follow these Build a Better Meal principles to fuel your body with necessary nutrients. Pairing wise food choices with more activity helps you feel your best and allows you to enjoy occasional treats. Tips for eating in moderation include: limiting foods you are trying to avoid, eating mindfully, controlling portion sizes, striving for balance, adding variety and planning ahead.



Visit www.commonhealth.virginia.gov for more information.

Your Guide to Building Better Meals, One Choice at a Time



HEALTH & WELLNESS



How to Shop for Shoes That Fit Properly Source: AARP

The next time you slide your feet into your favorite pair of loafers or sling pumps, consider this: Research suggests that about 70 percent of us are wearing shoes that don't properly accommodate either the width or length of our feet.

The reason, says Ray Margiano, CEO of Foot Solutions, a footwear and orthotics franchise, is in the way we shop — and the fact that adults often pull the wrong shoes off the rack from the get-go. The result can be discomfort after checkout — and pain that goes beyond tortured toes. "Our feet are the foundation of our body," he explains. "Poor body alignment, caused by a misalignment of the feet, can impact the knees, hips, lower and upper back and even the neck."

Go to an actual store

Picking out shoes on the internet is quick and easy, but it's important to try on footwear the old-school way – in a store – rather than dropping a pair into your virtual shopping cart. They should take the time to work with you and have a conversation about your lifestyle: What is your typical day like? Do you spend a lot of time outdoors – pounding the pavement, or live in a carpeted residence in a senior living community?

Get your feet measured

"A lot of people tend to be locked into one size," says Margiano. "We deal with women all the time who are trying to fit their feet into the same size shoe they wore in college, insisting their feet haven't changed." But change they do. "There are lots of ligaments in our feet, holding those 26 bones tightly together," says Beth Gusenoff, a podiatric surgeon with the Department of Plastic Surgery at the University of Pittsburgh. "As we age, we lose elasticity in the ligaments and our feet spread out."

Shop in the afternoon

"Your feet tend to accumulate fluid and swell during the day, as you stand and walk around," says Alex Kor, a Lebanon, Indiana-based podiatrist who suggests trying on shoes after 3 or 4 p.m. to find shoes that won't feel tight some days.

Flex the footwear

Ideally, you're looking for a shoe that's stiffer in the midsoles. "Try to bend the shoe between the heel of the shoe and the ball of the foot," says Kor. "If it bends easily, you're not going to get enough support."

Check it out – heel to toe

Yes, you should have room between the tip of your toes and the top of the shoe (look for a space about the width of your thumb). But consider the shape of a shoe, as well as the size. Pointed pumps and wing tips will cramp toes and possibly lead to bunions and hammertoe. A winder toe box will provide more room.

Consider your bottom line

While you need traction, beware of shoes with rubber soles, which can be heavy and not ideal for less-mobile seniors who have trouble lifting their feet or rely on walkers to get around. A better option: polyurethane, which is durable but more lightweight. Once broken in, the material also offers traction without the sticky feel on carpeting that rubber can bring.

JOULT LIBRARY LOUDOUN COUNTY PUBLIC LIBRARY NEWS AND HAPPENINGS

Weekly PROGRAM SCHEDULE

TUESDAY (4/20)

12:00 PM — Mid-Day Meditation: Led by certified yoga instructor Laura Banks.

4:00 PM — Teen Readers' Advisory: The teen staff at Cascades Library offer title suggestions from the historical fiction genre.

6:30 PM — Traditional Knitting from England, Ireland and Scotland: Explore these traditions through images of garments and knitters. Cosponsored with The Fiber Guild of the Blue Ridge.

THURSDAY (4/22)

6:30 PM — The Technology Ecosystem of Virginia Tech's Innovation Campus: Learn about design plans and key features for the academic buildings and the surrounding district. Q&A to follow. Presented by Ken Smith, Chief Operating Officer of the Virginia Tech Innovation Campus in Alexandria.

SATURDAY (4/24)

11:00 AM — Animals in Spring and Summer: Why do birds and frogs sing in the spring? What do tadpoles turn into? Where do baby bunnies live? Learn the answers to these and other questions with Kids Nature Shows.

4:00 PM — Beginning Birding: Get started in birdwatching with tips on how to spot, hear and identify different birds. Led by Audubon Teen Ambassador Annaliese Meistrich.

MONDAY (4/19)

11:00 AM — Online Storytime: Ms. Kathleen from Cascades Library reads Nighty Night, Little Green Monster by Ed Emberley.

2:00 PM — Advanced ESOL English Practice: A conversation-based program to work on your English.

7:00 PM — Adult Book Club: Discussing Bad Blood: Secrets and Lies in a Silicon Valley Startup by John Carreyrou.

WEDNESDAY (4/21)

11:00 AM — Toddler Storytime: Ms. Heather from Ashburn Library reads In the Small, Small Pond by Denise Fleming.

1:00 PM — Tin Foil Painting: Boost creativity and practice fine motor skills with this fun way of painting.

6:00 PM — Estate Planning Basics: Attorney Melanie Hammelman provides an overview on wills, trusts, power of attorney and advanced medical directives.

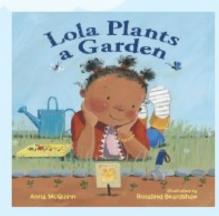
FRIDAY (4/23)

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

4:00 PM — Watercolor Workshop: Paint a pair of giraffes in a realistic style. Instructor is artist Megha Mehra.

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

Take a stroll around the library on a STOLYWALK®!



Brambleton Library

Lola Plants a Garden by Anna McQuinn

April 1 - April 30

ADVANCED ESOL PRACTICE

LIVE ONLINE Mondays April 5, 12, 19 & 26, 2 PM

Use this link to join the program: http://bit.ly/LCPL-ESOL





WORD SEARCH

awwmbahlaraneologyyeyjyyyyqfaa ybhqvcdowcwfykyrqnuqqq qqqfqur p udaydarkdqtqcchnboooofv i e i qi i nsngqygoloracall 1 i 1 1 oyu o q t q W 0 C aazhjlylzrpoookoookic 1 ٦. q b y t t 0 р haygoloozoehcratrannh 1 Ť h o 1 o o a q ٦ qrlwedhdaqjyaccheq i q t b q n Ö 0 V q 0 lsroiuchcgadxgmktcmdi l t C а 0 q Y q q hyoioloacridologyiaraa neo 1 i q q y rr q c o s o l s a z w s a l a f n r a b o i z a a a q a q logawagoonoaqli y o n oaooelt 1 b one inalploooeqykfrbyzbxo 1 dZ tr a d. t r loorqlqyuyoixkiii tqt a m 0 Z C 0 r o y o lxvrebigyonngthswo mar z f i o m а 1 0 q ogysorihaggaoeprnlbl i 1 а b 0 q o r y o qylatpqotnwylcmqoo oqlc yap 1 C a q n q p y a o l e t m o h a q r q r o h a e n y kqs s hyt f lopahgtlolhenyeyypepr y r 0 Y q 0 t a a ٦ ٦ i piamanohogaooapgaoioj q o S C rr limentologydldbt lopot 0 b 0 q 0 a еx q hvwkrlelolyeoonolacit ٦. i qzpt 1 u w 0 Y S notologyoioagagolwnom а ehp 0 q 1 hoecoloqycqbqyyqyqoloi a n t t e a q 1 ocjcxibdexuyiyynvlocyv o f lsh i W itdvcsaerolithologyhno р i hq q q ٧ a lotebahplaloylp qyqolom w у у q 0 e n a 1 t amilcorqaboorymarcolo q 0 0 qyt У eteorologylggap a q r 0 m hasiolog y p y golory cayyaly goloeh crana zmos i y qolonablanaplastoloqyqoloekra

WORD SEARCH

abiology acanthology aceology acropathology acyrology aerobiology aerology agathology agnotology agroclimatology agrology agrotechnology alethiology allergology amphibology anatripsology angelology anthoecology aphasiology apiology araneology archology aretology

abiophysiology acarology acology actinobiology adenology aerogeology aeropalynology agmatology agriology agroecology agrometeorology aitiology algology alphabetology anaplastology andrology angiology anthology aphnology apology archeology arcology arkeology

acanthochronology accentology acridology actinology aedoeology aerolithology aetiology agnoiology agrobiology agrogeology agrostology Albanology alimentology amphibiology anarcheology anemology antapology anthropobiology apicology arachnology archeozoology areology Armenology