

## Spotted Lanternfly Detected in Loudoun County

Loudoun County officials say the invasive and destructive spotted lanternfly has been found in Loudoun, signaling a new stage in efforts to limit the damage the insect can cause to agricultural crops and home gardens.

The spotted lanternfly is an invasive species of insect that can significantly damage native plants and trees that are economically important in Virginia, including grapevines, hops, fruits and vegetables, and ornamental trees. In addition, it is a serious nuisance pest to homeowners when in high numbers.



### How You Can Help

- Educate yourself: Learn about the spotted lanternfly so that you know how to recognize the insect throughout its life cycle.
- Inspect your surroundings: Look for spotted lanternfly egg masses and insects by checking tree trunks, wheel wells, under and around vehicles, lawn furniture, fences, storage sheds, rocks, metal surfaces (especially if they are rusty) and other smooth surfaces.
- Squash: Kill live insects on sight; and squash/scrape off their egg masses.
- Report: Take a photo of the bugs and/or egg masses and report the finding through this [online form](https://www.loudoun.gov/spottedlanternfly).



M. J. Raupp

To learn more visit:

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

# September Activity Calendar

## Saturday Schedule

**NOTE: Center is CLOSED Sat. 9/3/22**

**Knit & Crochet Class (9:00am-11:00am)**

**Pickle Ball (8:15am-11:30am)**

**Open Computer Lab (8:00am-11:30am)**

**Aerobics & Exercise Rooms (8:00am-11:30am)**

**Game Time & Billiards Room (8:00am-11:30am)**

**Lunch Menu**  
**CLICK HERE**

## TRIP TO STORE

**9/7 WALMART**

**9/21 COCOS/LIDL**

**REGISTRATION REQUIRED**

• **BUS LEAVES AT 12:30 pm** •

**NEW** **Decluttering Class** starts Sat. 9/10  
(9:00am-10:30am)

**NEW** **Weekly Wellness Series:**

**SESSION ONE, Sept 7 - Stress and Stress Management**


**SESSION TWO, Sept 14 - Understanding Emotions**

**SESSION THREE, Sept 21 - Goal setting**

**SESSION FOUR, Sept 28 - Time management/structure**

**NEW** **Flamenco Class** starts Wed. 9/14  
(1:00pm-2:00pm)

| 9/1                        | 9/2                   |
|----------------------------|-----------------------|
| 9:00a Aerobics Video       | 9:00a Aerobics Video  |
| 9:00a Line Dance Step Prep | 9:30a Knit & Crochet  |
| 10:00a Intro to Line Dance | 10:00a Aerobics Video |
| 10:00a Aerobics Video      | 10:00a Canasta        |
| 10:30a Bingo               | 10:30a Yoga (V)       |
| 11:00a Pinochle            | 11:00a Tai Chi        |
| 12:00p Lunch               | 12:00p Lunch          |
| 12:30p Computer Tech Help  | 12:50p Bingo          |
| 1:00p Game Time            | 2:00p Game Time       |
| 2:00p Current Events       |                       |
| 2:00p Pickle Ball          |                       |
| 3:00p Learn Mandarin (V)   |                       |

| 9/5   | 9/6   | 9/7  | 9/8   | 9/9  |
|---|---|--|---|--|
|  <p><b>Happy Labor Day!</b><br/>• USA •</p> <p><b>Senior Center is Closed</b></p> | <p>9:00a Aerobics Video</p> <p>9:00a Elder Case Resource Manager</p> <p>10:00a Aerobics Video</p> <p>10:00a Intermediate Conversational Spanish</p> <p>10:30a Yoga (V)</p> <p>11:00a Advanced Conversational Spanish</p> <p>11:00a Beginner's Tai Chi</p> <p>12:00p Lunch</p> <p>12:45p Scottish Dance</p> <p>2:00p Pickle Ball</p> | <p>9:00a Aerobics Video</p> <p>10:00a Wellness Series</p> <p>10:00a Aerobics Video</p> <p>10:00a O'Heck</p> <p>10:00a Indian Cult'l Group</p> <p>10:00a Hearing Screenings</p> <p>10:15a Beginner's Line Dancing</p> <p>10:30a Yoga (V)</p> <p>11:00a Ballroom Dancing</p> <p>12:00p Lunch</p> <p>12:30p Movie Day</p> <p>12:30p Trip to Store (Walmart)</p> | <p>9:00a Aerobics Video</p> <p>9:00a Line Dance Step Prep</p> <p>10:00a Intro to Line Dance</p> <p>10:00a Aerobics Video</p> <p>10:30a Bingo</p> <p>11:00a Pinochle</p> <p>12:00p Lunch</p> <p>12:30p Computer Tech Help</p> <p>1:00p Game Time</p> <p>1:00p Pickle Ball Tournament</p> <p>2:00p Current Events</p> <p>3:00p Learn Mandarin (V)</p> | <p>9:00a Aerobics Video</p> <p>9:30a Knit &amp; Crochet</p> <p>10:00a Aerobics Video</p> <p>10:00a Canasta</p> <p>10:30a Yoga (V)</p> <p>11:00a Tai Chi</p> <p>12:00p Grandparents Day Luncheon &amp; Karaoke</p> <p>12:50p Bingo</p> <p>2:00p Game Time</p> |



| MON<br>9/12   | TUES<br>9/13  | WED<br>9/14   | THURS<br>9/15  | FRI<br>9/16  |
|---|---|---|--|--|
| <b>9:00a</b> Aerobics Video<br><b>9:15a</b> Walking Group<br><b>9:30a</b> Beginner's Line Dancing<br><b>10:00a</b> Aerobics Video<br><b>10:30a</b> Bingo<br><b>10:30a</b> Yoga (V)<br><b>10:30a</b> Scottish Dance<br><b>10:30a</b> ESL<br><b>11:00a</b> Cardio Drumming<br><b>12:00p</b> Lunch<br><b>12:30p</b> Duplicate Bridge<br><b>1:00p</b> Game Time<br><b>1:30p</b> Crochet Activity                      | <b>9:00a</b> Aerobics Video<br><b>10:00a</b> INOVA Blood Pressure Check<br><b>10:00a</b> Aerobics Video<br><b>10:00a</b> Interm. Conv Spanish<br><b>10:30a</b> Yoga (V)<br><b>11:00a</b> Adv. Conv Spanish<br><b>11:00a</b> Beginner's Tai Chi<br><b>12:00p</b> Lunch<br><b>12:45p</b> Scottish Dance<br><b>2:00p</b> Pickle Ball | <b>9:00a</b> Aerobics Video<br><b>10:00a</b> Aerobics Video<br><b>10:00a</b> Indian Cult'l Grp<br><b>10:00a</b> O'Heck<br><b>10:00a</b> Wellness Series<br><b>10:15a</b> Beginner's Line Dancing<br><b>10:30a</b> Yoga (V)<br><b>11:00a</b> Ballroom Dancing<br><b>12:00p</b> Lunch<br><b>12:30p</b> Movie Day<br><b>1:00p</b> Flamenco Class   | <b>9:00a</b> Aerobics Video<br><b>9:00a</b> Line Dance Step Prep<br><b>10:00a</b> Intro to Line Dance<br><b>10:00a</b> Aerobics Video<br><b>10:30a</b> Bingo<br><b>11:00a</b> Pinochle<br><b>12:00p</b> Lunch<br><b>12:30p</b> Computer Tech Help<br><b>1:00p</b> Game Time<br><b>2:00p</b> Current Events<br><b>2:00p</b> Pickle Ball<br><b>3:00p</b> Learn Mandarin(V)   | <b>9:00a</b> Aerobics Video<br><b>9:30a</b> Knit & Crochet<br><b>10:00a</b> Aerobics Video<br><b>10:00a</b> Canasta<br><b>10:30a</b> Yoga (V)<br><b>11:00a</b> Tai Chi<br><b>12:00p</b> Lunch<br><b>12:50p</b> Bingo<br><b>2:00p</b> Game Time |
| 9/19  | 9/20  | 9/21  | 9/22   | 9/23   |
| <b>9:00a</b> Aerobics Video<br><b>9:15a</b> Walking Group<br><b>9:30a</b> Beginner's Line Dancing<br><b>10:00a</b> Aerobics Video<br><b>10:30a</b> Bingo<br><b>10:30a</b> Yoga (V)<br><b>10:30a</b> Scottish Dance<br><b>10:30a</b> ESL<br><b>11:00a</b> Cardio Drumming<br><b>12:00p</b> Lunch<br><b>12:30p</b> Duplicate Bridge<br><b>1:00p</b> Game Time<br><b>1:30p</b> Crochet Activity                      | <b>9:00a</b> Aerobics Video<br><b>9:00a</b> Elder Case Resource Manager<br><b>10:00a</b> Aerobics Video<br><b>10:30a</b> Yoga (V)<br><b>11:00a</b> Beginner's Tai Chi<br><b>12:00p</b> Lunch<br><b>12:45p</b> Scottish Dance<br><b>2:00p</b> Pickle Ball<br><b>2:00p</b> Book Club  | <b>9:00a</b> Aerobics Video<br><b>10:00a</b> Aerobics Video<br><b>10:00a</b> Indian Cult'l Grp<br><b>10:00a</b> O'Heck<br><b>10:00a</b> Wellness Series<br><b>10:15a</b> Beginner's Line Dancing<br><b>10:30a</b> Yoga (V)<br><b>11:00a</b> Ballroom Dancing<br><b>12:00p</b> Lunch<br><b>12:30p</b> Trip to Store<br><b>1:00p</b> Falls Prevention Presentation<br><b>1:00p</b> Flamenco Dance Class<br><br>NO MOVIE TODAY | <b>9:00a</b> Aerobics Video<br><b>9:00a</b> Line Dance Step Prep<br><b>10:00a</b> Intro to Line Dance<br><b>10:00a</b> Aerobics Video<br><b>10:00a</b> Falls Prevention Presentation<br><b>10:30a</b> Bingo<br><b>11:00a</b> Pinochle<br><b>12:00p</b> Lunch<br><b>12:30p</b> Computer Tech Help<br><b>1:00p</b> Game Time<br><b>2:00p</b> Current Events<br><b>2:00p</b> Pickle Ball<br><b>3:00p</b> Learn Mandarin (V) | <b>9:00a</b> Aerobics Video<br><b>9:30a</b> Knit & Crochet<br><b>10:00a</b> Aerobics Video<br><b>10:00a</b> Canasta<br><b>10:30a</b> Yoga (V)<br><b>11:00a</b> Tai Chi<br><b>12:00p</b> Lunch<br><b>12:50p</b> Bingo<br><b>2:00p</b> Game Time |
| 9/26  | 9/27  | 9/28  | 9/29   | 9/30   |
| <b>9:00a</b> Aerobics Video<br><b>9:15a</b> Walking Group<br><b>9:30a</b> Beginner's Line Dancing<br>(Cancelled Today)<br><b>10:00a</b> Aerobics Video<br><b>10:30a</b> Bingo<br><b>10:30a</b> Yoga (V)<br><b>10:30a</b> Scottish Dance<br><b>10:30a</b> ESL<br><b>11:00a</b> Cardio Drumming<br><b>12:00p</b> Lunch<br><b>12:30p</b> Duplicate Bridge<br><b>1:00p</b> Game Time<br><b>1:30p</b> Crochet Activity | <b>9:00a</b> Aerobics Video<br><b>10:00a</b> INOVA Blood Pressure Check<br><b>10:00a</b> Aerobics Video<br><b>10:30a</b> Yoga (V)<br><b>11:00a</b> Beginner's Tai Chi<br><b>12:00p</b> Lunch<br><b>12:45p</b> Scottish Dance<br><b>2:00p</b> Pickle Ball  | <b>9:00a</b> Aerobics Video<br><b>10:00a</b> Aerobics Video<br><b>10:00a</b> Indian Cult'l Grp<br><b>10:00a</b> O'Heck<br><b>10:00a</b> Wellness Series<br><b>10:15a</b> Beginner's Line Dancing<br><b>10:30a</b> Yoga (V)<br><b>11:00a</b> Ballroom Dancing<br><b>12:00p</b> Lunch<br><b>12:30p</b> Movie Day<br><b>1:00p</b> Flamenco Dance Class   | <b>9:00a</b> Aerobics Video<br><b>9:00a</b> Line Dance Step Prep<br><b>10:00a</b> Intro to Line Dance<br><b>10:00a</b> Aerobics Video<br><b>10:30a</b> Bingo<br><b>11:00a</b> Pinochle<br><b>12:00p</b> Lunch<br><b>12:30p</b> Computer Tech Help<br><b>1:00p</b> Game Time<br><b>2:00p</b> Current Events<br><b>2:00p</b> Pickle Ball<br><b>3:00p</b> Learn Mandarin (V)  | <b>9:00a</b> Aerobics Video<br><b>9:30a</b> Knit & Crochet<br><b>10:00a</b> Aerobics Video<br><b>10:00a</b> Canasta<br><b>10:30a</b> Yoga (V)<br><b>11:00a</b> Tai Chi<br><b>12:00p</b> Lunch<br><b>12:50p</b> Bingo<br><b>2:00p</b> Game Time |



# Cascades Senior Center's Health & Wellness Month



September is  
Health & Wellness Month!

- Pick up passports in the office
- Get your passport stamped when you participate in a qualifying exercise or healthy activity
- The passport with the most stamps wins the grand prize!
- Runner-up prizes too!



LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICES

**LOUDOUN.GOV/PRCS**

FOR ACCESSIBILITY REQUESTS: CONTACT [ADAPTREC@LOUDOUN.GOV](mailto:ADAPTREC@LOUDOUN.GOV), 703-777-0343, TTY: 711



# Health & Wellness Month Qualifying Activities

Any current Cascades Senior Center exercise or physical activity such as aerobics, tai chi, yoga, zumba, line dancing, pickle ball, walking group, cardio drumming, ballroom dancing, or blood pressure checks. AND these special presentations:

- Lisa Braun Montalvo's presentation on "Falls Prevention," Thursday September 22 at 10:00am
- Saturday's Decluttering Classes with Carolyn Bledsoe September 10, 11, 24, from 9:00am-10:00am
- Dr. Linda Silverman's Weekly Wellness series lectures September 7, 14, 21, 28 at 10:30am
- Rachel Gorman's presentation on "Falls Prevention," Wednesday September 21 at 1:00pm
- Hearing Screenings with Joan Ehrlich, Wednesday September 7 from 10:00am-1:00pm



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# Health & Wellness Month

Dr. Linda Silverman's  
Weekly Wellness Series  
Wednesdays, 10:30am  
September 7, 14, 21, 28

## SESSION ONE, SEPT 7 - STRESS AND STRESS MANAGEMENT

\*What is stress? \*Physical manifestations of stress \*Social Readjustment Scale (stress test) \*Types of stress \*Solutions and Management \*Discussion time \*Q & A

## SESSION TWO, SEPT 14 - UNDERSTANDING EMOTIONS

\*List of emotions \*Physical and behavioral awareness of emotions  
\*Managing emotions before escalation \*Nutrition for emotional wellness \*Addiction awareness \*Discussion time \*Q & A

## SESSION THREE, SEPT 21 - GOAL SETTING

\*Short-term and long-term goals \*4 criteria for goal setting \*Areas of life goal setting \*Setting a 24-hour goal and a short-term/one week goal and accomplishing \*Discussion time \*Q & A

## SESSION FOUR, SEPT 28 - TIME MANAGEMENT/STRUCTURE

\*Review of Session Three accomplished goals \*Planning long-term goals \*Setting up a daytimer/calendar \*Discussion time \*Q & A



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**FREE Hearing Screenings**  
**Wednesday, September 7**  
**10:00 a.m. – 1:00 p.m.**  
**Cascades Senior Center**  
***Sponsored by the Northern***  
***Virginia Resource Center for***  
***Deaf and Hard of Hearing***  
***Persons***

**The purpose of the free screening is to see if you could benefit from an evaluation by an audiologist. NVRC is a non-profit.**

**Hearing Screenings take approximately 30 minutes.**

**Limited number of seats available.**

**To sign up, please contact Paul at the Cascades Senior Center at  
571-258-3280.**

**Screenings will be conducted by:**

**Joan Ehrlich**

**Loudoun County Outreach Specialist**

**For more information, email [jehrich@nvrc.org](mailto:jehrich@nvrc.org)**



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**CASCADES SENIOR CENTER'S**

# ***PICKLEBALL***

## **TOURNAMENT**

*Teams of Doubles & Mixed Doubles*

**THURSDAY, 8 SEPTEMBER 1:00PM**

**PRIZES TO BE AWARDED**

REGISTER EARLY - SPACE IS LIMITED

**MUST SIGN UP IN OFFICE**

***This friendly  
tournament is for  
teams only. If you  
do not have a  
teammate, one  
may be chosen  
for you based on  
availability.***



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Sing songs from your  
generation, enjoy a special  
lunch, & hang out with  
friends



Happy  
Grandparent's Day!  
**WITH A KARAOKE  
LUNCHEON!**

(back by popular demand!)

*Friday, September 9th  
after lunch*

**MUST SIGN-UP  
FOR LUNCH**



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# DECLUTTERING CLASS

Declutter your home in a painless way  
that creates habits that help us  
stay decluttered for the rest of our lives

**SATURDAY SEPTEMBER 10**  
**9:00-10:30AM**

Four weeks of working in the various rooms of the house, several weeks of decluttering clothing and then finally several weeks of decluttering paperwork.

Call or come to the office to sign up in advance to attend this course (no walk-ins).  
Class size is limited.



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CASCADES SENIOR CENTER'S

*Beginner's*  
**UKULELE  
CLASS**

**Tuesdays, 1:00pm  
Sept 13 - Dec 13**

**Limited Class size**

**Sign up in advance in the  
office**



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CASCADES SENIOR CENTER  
PRESENTS

# *FLAMENCO CLASSES*

**STARTING WEDNESDAY  
SEPTEMBER 14 AT 1:00PM  
IN THE AEROBICS ROOM**

An ongoing practice of  
traditional folkloric arm and  
footwork

**LIMITED  
CLASS SIZE,  
PLEASE SIGN-  
UP IN THE  
OFFICE**



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*Movement*  
IS HEALTH

# TAI JI QUAN®

*Moving for Better Balance*

Stay active and independent by improving your strength, increasing your balance and preventing falls!

Join the Loudoun County Area Agency on Aging for the evidence-based program:

**Tai Ji Quan: Moving for Better Balance®**

All abilities are welcome.

**\$48**

12 WEEKS  
24 SESSIONS

*when?*

MONDAYS & WEDNESDAYS  
2 PM - 3 PM  
STARTING SEPTEMBER 19

*where?*

LOUDOUN COUNTY AREA AGENCY ON AGING - PRCS  
742 MILLER DRIVE SE, LEESBURG, VA

REGISTRATION #: **147601-01**  
571-258-3490  
AAASUPPORT@LOUDOUN.GOV



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# Sign up now for Beginning Spanish I

**Tuesdays 1:00-2:15pm  
October 4 - December 13**

This fun 10-session online course is for the new student or student who needs to refresh his/her beginning Spanish skills. Cost is \$21 for senior center members, \$41 for non-members. Students will need to purchase an all-levels textbook (\$20). Instructor is Lea Nigon



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THE ADVISORY BOARD AT THE CASCADES  
SENIOR CENTER PRESENTS

# Cascades Arts & Crafts Fair

Saturday,  
October 29, 2022  
9:00am-3:00pm

Hand  Made  
**LOCAL ARTS & CRAFTS**

Raffle Drawings

LIVE  
MUSIC

Located indoor and outdoor at the  
Senior Center at Cascades  
21060 Whitfield Place  
Sterling, VA 20165

571-258-3280

[www.mycascadescenter.org](http://www.mycascadescenter.org)



# *A Friendly Lunchtime Reminder* **Do Not Take Foods Out of the Senior Center Dining Area**

In an effort to provide a safe and healthy environment for the Congregate Meal Lunch Program, please do not remove food from the cafe'. The only foods that can be taken out of the dining area are breads and fresh fruits.

The Loudoun County Area Agency on Aging requests that all participants adhere to this policy.

Thank you for your cooperation.



## Congregate Meal Facts

- Each congregate meal costs Loudoun County \$9.00
- A home delivered meal costs Loudoun County \$8.00, not including operational costs.
- Your daily donations go directly into the nutritional program which helps to ensure the program's continuation, by offsetting local costs.
- Your support and cooperation help us-help you, and the community.

Thank you!



# Proposed Loudoun County Transit Title VI Policy Change

Loudoun County is in the process of updating its Title VI Program for the 2023-2026 reporting period. For this program, Loudoun County Transit is reevaluating its major service change, disparate impact, and disproportionate burden policies.

- View information regarding a proposed policy change for the upcoming program period and provide feedback through September 12, 2022 by visiting [loudoun.gov/transittitle6changes](https://loudoun.gov/transittitle6changes) or click the image to access the page.
- You may also find information on Facebook:
  - <https://www.facebook.com/LCcommuters>
  - <https://www.facebook.com/LoudounCountyVa>



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## 988 Suicide and Crisis Lifeline

Today, “988” is the three-digit, nationwide phone number to connect directly to the 988 Suicide and Crisis Lifeline. By calling or texting 988, you’ll connect with mental health professionals with the 988 Suicide and Crisis Lifeline, formerly known as the National Suicide Prevention Lifeline. Veterans can press “1” after dialing 988 to connect directly to the Veterans Crisis Lifeline which serves our nation’s Veterans, service members, National Guard and Reserve members, and those who support them. For texts, Veterans should continue to text the Veterans Crisis Lifeline short code: 838255.

### Social Media Toolkit

A wide variety of social media content is available to download and share on Twitter, Facebook, and Instagram to help promote the 988 Suicide and Crisis Lifeline.

Too many people experience suicidal crisis or mental health-related distress without the support and care they need. There are urgent mental health realities driving the need for crisis service transformation across our country. In 2020 alone, the U.S. had one death by suicide about every 11 minutes—and for people aged 10-34 years, suicide is a leading cause of death.

There is hope. The 988 Suicide and Crisis Lifeline is a national network of more than 200 crisis centers that helps thousands of people overcome crisis situations every day. These centers are supported by local and state sources as well as the Department of Health and Human Services’ Substance Abuse and Mental Health Services Administration (SAMHSA). The 988 Lifeline provides 24/7, confidential support to people in suicidal crisis or mental health-related distress. By calling or texting 988, you’ll connect to mental health professionals with the Lifeline network.

To learn more about the Substance Abuse & Mental Health Services Administration's 988 resources and information to help spread the word, visit: <https://www.samhsa.gov/find-help/988>.

# Blue Ridge Dementia Care Conference

*Navigating the Challenging Peaks and Valleys of Dementia Care*

## THE FIRST DEMENTIA CARE CONFERENCE IN WESTERN LOUDOUN COUNTY

[blueridgedcc.com](http://blueridgedcc.com)

**Register Now—\$35 (includes lunch)**

<https://bit.ly/3PX0W6H>

**October 10, 2022**

**9am—4pm**

St. Francis deSales Catholic Church,

**Our Lady of Victory Hall**

37730 St. Francis Ct., Purcellville, VA 20132

### Why Attend?

- Be Better Prepared to Provide Care and Support at Home or in a Facility
- Learn New Ways to Engage Individuals With Dementia
- Visit With Exhibitors Who Offer Supportive Services
- Connect With Other Caregivers

### Who Should Attend?

- Family Caregivers
- Professionals in Aging and Related Services
- Volunteers Working With Older Adults
- Adults w/Parents or Spouse Age 50+

### Presenters



**Bobbi Carducci**  
CCC, CCE

Co-Host of the  
"Rodger That"  
Dementia Care  
Podcast



**Chiadi Onyike**  
MD, MHS

Neurodegenerative  
Dementia Care



**Karen Johnson**  
CDP

Dementia Care  
Specialist



**Melanie Chadwick**  
CRNP

Georgetown University  
Memory Disorders



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on Dementia and



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Carrie Randolph

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Paul Torrible

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Haley Moore

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Felix Duran


Vehicle Operator

Satish Sharma

Vehicle Operator



**The Senior Center at Cascades**  
**21060 Whitfield Place**  
**Sterling, VA 20165**

 **571-258-3280**

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