

August 17-21 2020

Mac Brownell Adult Day Center

200 Willie Palmer Way Purcellville, VA 20132 571-258-3402

Schedule of Virtual Programs

Monday, August 17

11:00am - Morning Exercise
2:00pm - Loudoun County Fire
Department: Fire Safety

Tuesday, August 18

11:00am - Morning Exercise
2:00pm - Sing-along w/ David &
Emily

Wednesday, August 19

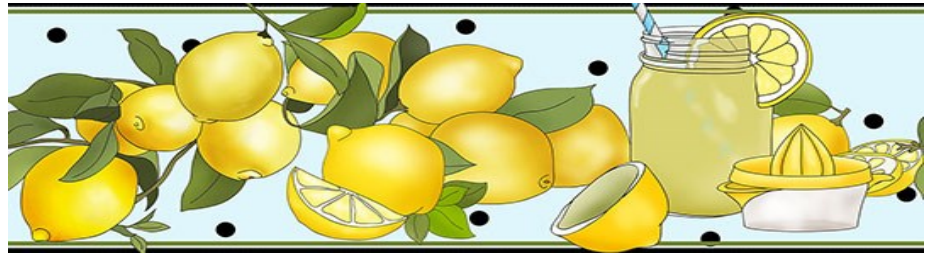
11:00am - Morning Exercise
2:00pm - Sing w/ Virginia: TV Songs

Thursday, August 20

11:00am - Morning Exercise
2:00pm - Can You See the Big
Picture?

Friday, August 21

11:00am - Morning Exercise
2:00pm - You Be the Judge



August 17 Baby Boomers Recognition Day

[Baby Boomers](#) are those people born between 1946 and 1964. In celebration of Boomers Making a Difference Month, we want to give a shout out to all Baby Boomers! Here are [15 Baby Boomer Generation Fast Facts](#) and [Things Only a Baby Boomer Will Remember](#).

August 18 100th Anniversary of Women's Right to Vote

The [19th amendment](#) to the U.S. Constitution was ratified on this day in 1920. IT gave women the right to vote. Check out the historic 100-year anniversary in 2020 by visiting [the official 2020 Centennial site](#). The U.S. Mint will be releasing a design for a [Women's Suffrage Centennial silver dollar](#).

August 19 Coco Chanel Day

One of the most important fashion designers of the 20th century was born on this day in 1883. [Gabrielle Chanel](#) started a fashion revolution when she began using men's fashions (pants) for women's wear. She popularized the "little black dress" and sportswear for women. She was the first fashion designer to put her name on a bottle of perfume, Chanel No. 5. Do you remember Marilyn Monroe's famous plug for the perfume? During an [interview](#), the actress was asked what she wore to bed, and Marilyn replied, "Chanel No. 5." Here are [seven ways that Coco Chanel](#) changed fashion as well as [five things you didn't know about Coco Chanel](#).

August 20 Lemonade's Birthday

On this date in 1630, a variety of lemonade was invented in Paris, France. Try [watermelon lemonade](#) drink or these [lemon crinkle cookies](#). Did you know that lemons are technically berries? Learn more about lemons from [The Fact Site](#).

August 21 National Senior Citizens Day

President Ronald Reagan declared August 21 as [National Senior Citizens Day](#) in 1988. You can read the [proclamation](#). Here are [five unique ways to celebrate seniors](#) in your life. This *Forbes* article explores [why the holiday was important to Reagan](#) and why it is even more relevant today.



Heather's Peach Season Drink



It's peach season! What better way to celebrate than a refreshing healthy summer drink?

Ingredients:

- 4 peaches, peeled and cut into slices
- 2 1/2 cups of water
- Fresh juice of 1 lemon
- 5 tbsp. sugar
- Ice cubes
- For garnish—peach slices and mint leaves

Directions:

1. Place the peach slices in the bowl of a food processor or blender. Add lemon juice, sugar, water and ice cubes. Puree until smooth.
2. Add ice to serving glasses and fill each glass with peach juice. Garnish with peach slice and mint leaves.

If you'd like more of a slushy style drink, try freezing the peaches you put them in the blender! Skip the ice cubes and enjoy your frozen peach slushy!



Magie's Baby Boomer Favorites



Match the clue to the correct answer.

- | | |
|---------------------------------------|---------------------|
| 1. Car accessory | A. TV antenna |
| 2. Banana brand | B. Bonanza |
| 3. It might have yellow pages | C. Radio |
| 4. Glass cleaner | D. Lucille Ball |
| 5. Bicycle option | E. TV dinner |
| 6. Redheaded comedienne | F. Chiquita |
| 7. Once-popular keyboard device | G. Pogo stick |
| 8. Outdoor movie venue | H. Operator |
| 9. Show featuring Mr. Green Jeans | I. Banana seat |
| 10. Frenzy for a foursome | J. Phone book |
| 11. Jumping toy | K. Beatlemania |
| 12. The Ponderosa series | L. Baseball cards |
| 13. Buffalo Bob's buddy | M. Windex |
| 14. Disappearing communication device | N. Drive-in |
| 15. Sports fan's collectible | O. Howdy Doody |
| 16. Compartmentalized cuisine | P. Typewriter |
| 17. Pre-cable need | Q. Rotary phone |
| 18. Switchboard worker | R. Captain Kangaroo |

Answers:

1. C 2. F 3. J 4. M 5. I 6. D 7. P 8. N 9. R 10. K
11. G 12. B 13. O 14. Q 15. L 16. E 17. A 18. H

Nicole's Homemade Ice Cream!

Don't have an ice cream maker? No problem!



Ingredients:

- 2 cups heavy whipping cream
- 14 ounces sweetened condensed milk
- 1 teaspoon vanilla extract

Directions:

1. In a large bowl, use a hand mixer or a stand mixer to whip the cream until stiff peaks occur, be careful not to over whip. The cream will be done when you pull the beaters out and the cream stands at attention.
2. In another large bowl, whisk the vanilla into the sweetened condensed milk. Gently fold in the whipped cream with a spatula, slowly incorporating the two mixtures together so it stays light and aerated.
3. If making individual flavors, scoop the cream mixture into smaller bowls and gently fold in your desired mix-ins, or if making one flavor, mix the ingredients directly into the cream mixture.
4. Transfer the mixture to an insulated tub or paper containers and freeze for 4-6 hours.

Have fun, add any fruit or sweet treats that you desire. If you have leftover peaches from Heather's recipe, try tossing in peaches to this recipe to make peach ice cream!



Caregiver Support Resources

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 sign-up, send an email to aaasupport@loudoun.gov or call 571-233-2583

Leesburg Adult Day Center Alzheimer's Association Caregiver Support Group

Meets the **first Wednesday of the month** from 4pm – 5pm and will now be using the GoToMeeting online platform so you can either join in online or via telephone. For the telephone number or GoToMeeting Link, contact Jaimee Conner at 703-771-5334. The next meeting will be held **Wednesday, September 2**.

Loudoun County Area Agency on Aging Caregiver Support Groups

For caregivers of people with memory loss will meet virtually on the **third Saturday of the month** with multiple time slot options in June and July. If you are interested in attending, you must pre-register in advance by contacting Erin Nesbitt at erin.nesbitt@loudoun.gov. Each support group will be limited to 8 participants. The next virtual support group meeting will be held on **Saturday, September 19**.

Carver Center Caregiver Support Group

Meets virtually using Zoom on **the fourth Thursday of every month** from 3:00PM to 4:00 PM. To participate, email Bobbi Carducci at bcarducci@comcast.net and she will send you the meeting ID#, link, and password. You will need to download Zoom, it can be accessed at: www.zoom.us The next meeting will be held **Thursday, August 27th**.

Information & Assistance & Case Management Services

If you need to speak with someone regarding available services or need assistance connecting to services, you can reach an aging program specialist at 703-777-0257. To reach the Loudoun County Area Agency on Aging case manager, please contact Lori at lori.stahl@loudoun.gov or via phone at 703-737-8741. Please check www.loudoun.gov/aaa for information as well as the site is updated regularly with resources and information to assist older adults and their caregivers.

Medicare Counseling

Help with Medicare is available via the Loudoun County Area Agency on Aging Medicare Helpline: 703-737-8036. If you would like to be added to the Virginia Insurance Counseling and Assistance Program (VICAP) Medicare Memo email list for any Medicare updates or VICAP presentations, please email jane.bretzin@loudoun.gov.

Alzheimer's Association Help & Support

alz.org - **National Capital Area Information and Resources**

alz.org - **National Capital Area Chapter Virtual Programs**

The Alzheimer's Foundation of America

Alzfdn.org <https://alzfdn.org/> is providing virtual activity sessions, community classes, activity tips as well as resources and helpful information for caregivers. Their National Toll-Free Helpline is 866-232-8484. Check out their Events Calendar here: <https://alzfdn.org/event/> and you can see videos of their previously recorded activity sessions through the link there to their Facebook page.

Senior Cool Care Summer Program

Fans and limited summer cooling assistance is available for persons aged 60 years and older who are income eligible June 1-September 30. Please call: Loudoun County Area Agency on Aging 703-777-0257 or email: aaa@loudoun.gov

Loudoun County Parks and Recreation Creating Community During COVID-19

Please check out the Loudoun County PRCS site for additional activity resources. <https://www.loudoun.gov/prcscreatingcommunity>