A Note From The Loudoun County Office of Elections:

Looking for accurate information on your options for voting in the November Election? Go straight to the source.

Visit [www.loudoun.gov/novemberelection](http://www.loudoun.gov/novemberelection) for information on:
- How to vote at home
- Vote early
- Vote on election day

You can also find information on Facebook at Loudoun County Elections & Voter Registration to stay up to date. Or call the Office of Elections at 703-777-0380 if you have questions.

CAFÉ LUNCH AT THE SENIOR CENTER

Have you heard? We are open for lunch in the café from 11:45am-12:30pm!

It has been wonderful to see some of you after a long break and we’d love to have more of you join us. 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.

So, meet up with a few friends for lunch at the Senior Center at Cascades. Call us to reserve your place for lunch – we can’t wait to see you! 😊
All of our virtual classes/activities are via GoToMeeting. GoToMeeting has more advanced security and added features. If you do not have a laptop with a camera or prefer to just listen, GoToMeeting allows you to join classes and activities using your home phone.

**Attendees will receive an email that looks like this:**

ESL Class *(EXAMPLE)*

Please join my meeting from your computer, tablet or smartphone.
https://global.gotomeeting.com/join/658422037

You can also dial in using your phone
1- (786) 535-3211

**Access Code:** 658-422-037

New to GoToMeeting? Get the app now and be ready when your first meeting starts: https://global.gotomeeting.com/install/658422037

You can join the meeting by clicking on the first link, or you can dial in for audio only using your home phone (or cell phone) using the provided phone number. For the first time, we suggest downloading the app provided on the bottom line.

For best results, GoToMeeting suggests you use a wired internet connection, but you can also use Wifi. They also suggest you use wired headphones with a mic for best results, but you can also use the mic and speakers on your device if you prefer.

Need more help? Here is a video with easy instructions: https://www.youtube.com/watch?v=95dRdnMMgbQ

For more information, contact Paul or Haley at the center 571-258-3280.
**VIRTUAL CLASSES/ACTIVITIES SCHEDULE**

<table>
<thead>
<tr>
<th>MON. 8/24</th>
<th>TUES. 8/25</th>
<th>WED. 8/26</th>
<th>THURS. 8/27</th>
<th>FRI. 8/28</th>
</tr>
</thead>
</table>
| 10:30am-11:30am ESL  
Instructor: Judy Villedrouin | 10:30am-11:30am Conversational Spanish  
Instructor: Ana Mahoney  
(only open to registered participants) | 10:30am-11:30am Yoga/Breathing Class  
Instructors: Jagdish and Kailash Sachdev  
(open to senior center members) | 10:30am-11:30am Learn Mandarin  
Instructor: Susan Xiaoping  
(open to senior center members) | 10:30am-11:30am Knit & Crochet  
Velinda Sutton  
(open to senior center members) |
| 1:00pm-2:00pm Yoga/Breathing Class  
Instructors: Jagdish and Kailash Sachdev  
(open to senior center members) | 1:00pm-2:00pm Teen Tech  
(open to senior center members) | 1:00pm-2:00pm Current Events  
Instructor: Steve Creskoff  
(open to senior center members) | 1:00pm-2:00pm Virtual Bingo!  
Caller: Paul Torrible |

**BINGO**

Would you like to play virtual bingo?  
**When:** Thursday, August 27th from 1:00pm-2:00pm  
**Where:** On your computer  
**How do you sign up:** you must call or email Paul at the Senior Center so he can email you a “virtual” bingo card and instruct you on how to use it.  
571-258-3280 or paul.torrible@Loudoun.gov  
**Who is the caller:** Paul!  
**What do I win:** A puzzle from our prize closet.
**WORLD SENIOR CITIZEN’S DAY**

*World Senior Citizen's Day* is August 21!

The history of World Senior Citizen's Day dates back to 1988 when it was officially founded by former President, Ronald Reagan. In his Presidential Proclamation, dated August 19, 1988, President Ronald Reagan said "For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older."

Similar days are celebrated across the globe in many cultures. World Senior Citizens Day was proclaimed by the General Assembly of the United Nations on December 14, 1990. This special day presents an opportunity to not only celebrate achievements and contributions to society throughout our lives, but also to set new goals and challenges for ourselves as we age.

If you are looking for some inspiration, check out the documentary film, “Ping Pong.” It follows the story of eight people who did not let age stand in their way of going for the gold! [https://tubitv.com/movies/410028/ping_pong](https://tubitv.com/movies/410028/ping_pong).
**HEALTH & WELLNESS**

8 Smartphone Safety Apps That Could Save Your Life

1. **Safe**—This voice-activated SOS system sends your location to your selected contacts and automatically streams and records emergency video. Features a built-in siren. **Android, iOS; free.**

2. **Cairn**—A safety app for hikes that shares your planned route with loved ones, it also calculates your estimated time of arrival, based on your speed and elevation change, for thousands of popular trails. Cairn allows you to download maps that point out where cell service is available, even when you're off the grid. **Android, iOS; free.**

3. **Dark Sky Weather**—Provides hyperlocal weather info for the next hour. Don't get caught in a storm! **iOS; $3.99/lifetime.**

4. **First Aid by American Red Cross**—Contains valuable info on what to do in any common first-aid emergency. Also download free Red Cross apps for emergency weather alerts and expert advice for tornadoes, hurricanes, earthquakes and floods. **Android, iOS; free.**

5. **Medisafe Medication Reminder**—Get alerts on your phone for when to take your medication or supplements and when your supplies are running low. Caregivers get real-time missed-medication alerts. The app also warns of potentially dangerous drug interactions. **Android, iOS; free.**

6. **ICE Medical Standard**—It's like a medical alert bracelet on your smartphone's lock-screen display, informing first responders of your conditions, allergies, medications and emergency medical contact information. **Android, iOS; free.**

7. **Noonlight**—Silently calls for help to your exact location with the tap of a button. A trained operator at Noonlight's monitoring center will text and call you to verify the alarm. If you can't talk or don't respond, Noonlight sends 911 an alert that includes GPS location, profile information and even a picture of you. **Android, iOS; free.**

8. **Snug Safety**—Made for people who live alone, this app checks on you at a time of day you select. You press a green check mark on the app and receive a quote of the day. If you fail to check in, your emergency contacts are notified. **Android, iOS; free.**
Picture time!

Do you have a picture of your pet?
Or maybe you have a picture of whatever is helping you get through the quarantine. Send us your pics!

We’ll feature your pictures in our weekly e-newsletter if we have space. Be creative! Email your pictures to paul.torrible@loudoun.gov.

(right--picture of Paul’s family pet rabbit “Lexi”. She likes to jump on the couch to get pets).
**KITCHEN CORNER**

**Easy Roasted Vegetable Recipe**
While this really isn’t much of a recipe it’s more just a method to get you started. Once you try roasted vegetables you’ll be hooked for life. It makes healthy eating much more enjoyable!

**What ingredients do I Need to Roast Vegetables?**
- tomatoes, bell peppers, carrots, zucchini, broccoli, red onion, garlic
- olive oil
- salt and pepper
- Italian seasoning (optional)
- lemon (optional)

**How to Roast Vegetables in the Oven**
Chop veggies: cut veggies into pieces about the same size, place on a rimmed baking sheet.
Toss with oil and seasoning: Drizzle with olive oil, sprinkle with Italian seasoning, garlic, salt and pepper then toss.
- Spread across baking sheet and roast: Spread evenly so vegetables cook evenly and roast 15 minutes.
- Add tomatoes, continue to roast: Remove from oven add tomatoes and toss mixture, spread even again.

Roast 10 minutes longer or until veggies are tender.

You can roast just about any vegetable. Just use the same simple method – chop (things such as green beans and asparagus just leave whole), drizzle with oil, season, toss and roast. Toss once or twice through baking.
Just keep in mind different vegetables take various amounts of time so it’s best to roast vegetables with the same cook time together (or give more firm root vegetables a head start then add others later on).

**How Long Do I Roast Vegetables?**
Approximate cook times you’re looking at for roasted vegetables (cut into 1-inch pieces. I use about 1 – 2 lbs) at 400 – 425 degrees (don’t forget to toss halfway):
- Asparagus – 20 minutes
- Bell Peppers – 20 minutes
- Broccoli – 25 minutes
- Butternut Squash – 30 minutes
- Cabbage (cut into 1-inch thick slices) – 30 minutes
- Carrots (cut into 1-inch chunks or baby carrots) – 30 minutes
- Cauliflower – 25 minutes
- Corn (cobs left whole with husks) – 40 minutes
- Green Beans – 20 minutes
- Kale – 15 minutes (it doesn’t need to be in a single layer)
- Onions – 35 minutes
- Potatoes (russet, red, yukon) – 45 minutes
- Sweet Potatoes – 30 minutes
- Tomatoes (grape or cherry) – 15 minutes
- Yellow Squash – 20 minutes
- Zucchini – 20 minutes

**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.*
**BRAIN EXERCISE**

Strange words

BORBORYGMUS
CHATOYANT
CHTHONIC
CRENELATE
CREPUSCULAR
CRYPTOMNESIA
DEFENESTRATE
DISCOMBOBULATED
ENERVATING
ERYTHRISMAL
ESTIMATE
FLOCCINAUCINIHILIPILIFICA
FRIPPET
FUG
IDEATION
ISCHIAL CALLOSITIES
KAKISTOCRACY

MAIEUTIC
MALLEMAROKING
MELLIFLUOUS
METANOIA
MORAL TURPITUDE
OMPHALOSKEPSIS
OXTER
PALIMPSEST
PALINDROME
PANGLOSSIAN
PETRICHROR
POODLE FAKER
PROPRIOCEPTION
PUSILLANIMOUS
QUIDNUNC
RUDIMENTS
RUNCIBLE

SCRIMSHANKER
SEPULCHRAL
SESQUIPEDALIAN
SINECURE
SLUBBERDEGALLION
SPANGEW
SPELUNKING
SPHYGMOANOMETER
SUSURRUS
SYZYGY
TATTERDEMALION
TERMAGANT
TINTINNABULATION
TMESIS
URT
ZAREBA
It’s that time of year when we normally spend more time outdoors. But, for many, 2020 has been the year of staying at home. So when getting outside isn’t an option, how can you still enjoy a healthy dose of nature? Books, of course! And documentaries, too. In fact, research has shown that simply watching nature shows – for any amount of time – can boost positive emotions and lower stress. With that in mind, we’ve compiled some of our favorite ways to explore nature on page and screen … all without leaving your couch.

**eBooks and audiobooks**

You’ll find an array of nonfiction about animals, the restorative power of nature and scientific discoveries among our Explore the Natural World eBook collection on OverDrive and the Libby app.

Deepen your appreciation and awareness of nature with these on-demand reads from Hoopla Digital.

**Mindfulness and the Natural World**

*The Secret Wisdom of Nature*

*The Nature Instinct*

*Curious by Nature*

*Nature Underfoot* (audiobook)

*Identifying Animal Tracks*

**eMagazines**

Catch up on current and back issues of popular magazines through RBDigital.

*Backpacker*

*Field and Stream*

*Outdoor Life*
**LIBRARY WEEKLY PROGRAM SCHEDULE**

**TUESDAY (8/25)**
3:00 PM - Photography Workshop: Photographer Frank Stopa shares pointers on using Photoshop and Lightroom as post-production tools to create a final piece of art in the minimalist style. Q&A to follow. (Teens & Adults)

**WEDNESDAY (8/26)**
11:00 AM - Online Storytime: Ms. Elizabeth from Lovettsville Library reads Yellow Time by Lauren Stringer.
3:00 PM - Meet Monti Mercer: Learn about the work at Howard Hughes Medical Institute Janelia Research Campus, and Mercer's unique role there.
6:00 PM - Space News and Views: Dive into black holes with NASA Jet Propulsion Laboratory Ambassador Amit Sircar. Q&A to follow.

**THURSDAY (8/27)**
2:00 PM - Strategies for Re-entering the Workforce: Become energized and confident to begin your job search with practical tips from Sheila Murphy of Flex Professionals.

**FRIDAY (8/28)**
11:00 AM - Online Storytime: Ms. Kelly from Rust Library reads The Jelly Bean Tree by Toni Yuly.
2:00 PM - Staff Picks: Expand your bookshelf (and your mind) with these diverse fiction titles.
6:00 PM - Civil War Fortifications in Leesburg: Craig Swain shares the history and location of these sites which are still visible today.

**SATURDAY (8/29)**
11:00 AM - I Spy Game: Join Ms. Christine from Cascades Library in this classic game. (Elementary)

Links for these online programs are available from the Calendar at library.loudoun.gov.
Summer Reading is **going digital** for 2020!

For information on cool prizes, fun challenges and activities, and to register, visit [library.loudoun.gov/srp](library.loudoun.gov/srp)