

September 7-11, 2020

Mac Brownell Adult Day Center

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

Schedule of Virtual Programs

Monday, September 7
CENTER CLOSED

Tuesday, September 8
11:00am - Morning Exercise
2:00pm - Musical Performance: Bryan Eng Hosted by Eastern Loudoun ADC
NOTE: AM and PM video link are different

Wednesday, September 9
11:00am - Morning Exercise
2:00pm - What's My Job?

Thursday, September 10
11:00am - Morning Exercise
2:00pm - Beth on the Ukulele

Friday, September 11
11:00am - Morning Exercise
2:00pm - My Punny Jobs



September 7 Labor Day

[Labor Day](#), traditionally considered the end of summer, is celebrated with cookouts and family outings. It recognized the creation of the labor or union movement and honors the social and economic achievements of American workers. Happy Labor Day!

September 8 Don't Wear White Day

You have heard the saying "you can't wear white after Labor Day." Ever wondered [why you can't wear white](#) after labor day? Do you abide by "fashion rules" or are you one to [break fashion rules](#)?

September 9 "We're on Cloud Nine"

Today's date is 9/9. Do everything in nines today. How many phrases can you come up with that contain *nine*? For example, *The whole nine yards, working 9 to 5, etc.* Try this simple [pudding in a cloud](#) recipe.

September 10 Good News Day

Read only uplifting news stories today. See [Happy News](#) for some positive news stories or the [Good News Network](#) site for—you guessed it—good news! Share stories of the best news you ever received—where were you? What was it about? We can all use a little good news these days!

September 11 Taste of Honey

Check with [The Honey Board](#) for everything honey. Listen to "[Flight of the Bumblebee](#)" and "[Honeycomb](#)". How many [bee idioms](#) can you list today? The honeybee colony has been reduced by half since the 1940s. Discuss the [reasons for the decline](#). Did you know you can support the honeybee population by offering to have one on your property? For more information, refer to [this page](#). Plant some [wildflowers](#) to help support your local bees.

What bee is the smartest? *The spelling bee*



Nicole's Apple Cider Doughnut Cake!



Ingredients:

- Yellow cake mix (1 box)
- 3/4 cup apple cider
- 1 tablespoon brown sugar
- 1/2 cup apple sauce
- 1 teaspoon vanilla
- 1/4 cup cinnamon
- 1/4 cup sugar
- 1 cup powdered sugar
- 1/4 cup melted butter

Directions:

1. Preheat oven to 350 degrees.
2. Prepare the box cake mix as instructed on the package.
3. Mix in 1/2 cup of apple cider, brown sugar, apple sauce, and vanilla to the cake mix. Whisk all the ingredients together until they are well blended.
4. Pour the mixture into a well-greased 7-inch bundt pan.
5. Bake on the center rack for 45 minutes. TIP: Test that the cake is fully cooked by placing a toothpick in the middle of the cake. If the toothpick comes out clean, the cake is ready.
6. Cool on a wire rack for 20 minutes.

Additions/Substitutions:

You can use white cake mix or pumpkin spice cake mix. You can even make a homemade yellow or white cake if you have a recipe.

Toppings:

You may use any topping you desire, vanilla ice cream is great, homemade or store bought whipped cream is also delicious!



Heather's Fall Coffee Filter Leaves Craft



Material:

- Coffee filters
- Brown or orange magic marker
- Water colors in red, orange, yellow, and green (or any color you like)
- Paint brush
- Cup for water
- String
- Scissors
- Hole punch



Directions:

1. On your coffee filter, draw a few leaves of different patterns with your marker.
2. Choose your favorite water colors and paint in your leaves. Don't be afraid to use multiple colors.
3. Repeat until you have a small "pile" of leaves- 10 to 12 makes nice garland size.
4. Allow to dry completely and cut out your leaves. Use your hole punch to create a hole at one end of each leaf.
5. String your leaves together! Tie a knot at each leaf to keep them in place.
6. Place around a window or doorway for an easy DIY fall decoration.
7. These leaves are also great for other crafts, use them for wreaths, window decorations, or whatever you like!

Magie's Analogies Game

Determine the relationship between the first two italicized words. Then find the word with a similar relationship. Example: *Stop* is to *go* as *win* is to ____ (*lose*).



1. *Elbow* is to *arm* as *knee* is to _____.
2. *Twenty-five* is to *quarter* as *one* is to _____.
3. *Lawn mower* is to *gas* as *refrigerator* is to _____.
4. *Smile* is to *frown* as *happy* is to _____.
5. *Football* is to *field* as *tennis* is to _____.
6. *Kitchen* is to *cooking* as *library* is to _____.
7. *Carrot* is to *orange* as *sky* is to _____.
8. *Turtle* is to *slow* as *cheetah* is to _____.
9. *Bow* is to *arrow* as *gun* is to _____.
10. *October* is to *autumn* as *January* is to _____.
11. *Judge* is to *courthouse* as *teacher* is to _____.
12. *Goose* is to *flock* as *cow* is to _____.

Answers:

1. leg 2. penny 3. electricity 4. sad or unhappy 5. court
6. reading 7. blue 8. fast 9. bullet 10. winter
11. school 12. herd

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, October 7**.

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, September 24**.

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 as well as archives of this weekly E-newsletter. <https://www.loudoun.gov/prcscreatingcommunity>