Schedule of Virtual Programs

Monday, September 14
11:00am - Morning Exercise
2:00pm - Armchair Travels w/ Virginia

Tuesday, September 15
11:00am - Morning Exercise
2:00pm - Scattergories

Wednesday, September 16
11:00am - Morning Exercise
2:00pm - South African Safari

Thursday, September 17
11:00am - Morning Exercise
2:00pm - Can You See the Big Picture?

Friday, September 18
11:00am - Morning Exercise
2:00pm - Can You Picture This?

September 14 Mushroom Monday
In celebration of Mushroom Month, check out the Mushroom Information Center for the history of mushrooms, recipes, nutritional information, and more. Serve cream of mushroom soup or stuffed mushrooms today. Did you know that there are six cancer-fighting medicinal mushrooms? How about another tasty fungus, the truffle?

Why did the mushroom get invited to the party?
Because he was a fungi (fun guy)!

September 15 National Hispanic Heritage Month Begins
Celebrate the Hispanic culture and the accomplishments made by people of Hispanic ancestry. Read about these trailblazing Hispanic Americans who made history, including Ellen Ochoa, the first Latina astronaut. Maybe play some Latin dance music to help you get through your chores. Definitely try one of these traditional Latin American recipes.

September 16 National Stepfamily Day
Founded in 1997, this day celebrates the importance of stepfamilies and the relationships people have with their stepparents, stepchildren, and other relatives. Here are 10 video chat ideas you can do with family (or friends). Check out these heart-warming quotes about stepfamilies.

September 17 A Honky-Tonk Day
Hank Williams, born on this day in 1923, was a pioneer of honky-tonk music. He had 11 No. 1 hits in his career, including "Hey Good Lookin'", "Your Cheatin' Heart", and "Lovesick Blues". Listen to more Hank Williams tunes and sing along today. His son, Hank Williams Jr. has also had a successful music career.

September 18 Happy Birthday, U.S. Air Force
Prior to this date, the U.S Air Force had been a part of the Army military branch. It became a separate military service on September 18, 1947. Do you know the Airforce Song? Discuss these 17 things you didn't know about the U.S. Airforce.
**Magie’s Chai Tasties Recipe**
Enjoy chai tea? Try these chai cookies!

**Ingredients:**
- 1 cup unsalted butter, room temperature
- 3/4 cup brown sugar
- 1/2 cup sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 2 1/4 cups flour
- 2 teaspoons chai spice blend
- 1 teaspoon baking soda
- 1 teaspoon salt
- 2 1/2 cups old fashioned oats

**Directions:**
2. Combine flour, chai, baking soda, and salt in another large bowl. Gradually add dry mixture to butter mixture until combined. Stir in oats.
3. Cover and chill 1 hour.
4. Preheat oven to 350 degrees.
5. Drop dough by tablespoonful onto the baking sheet.

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**Nicole’s Pumpkin Trivia**

1. **Pumpkins are a:**
   a. Fruit
   b. Vegetable
   c. Mineral

2. **Who is the avid believer in the Great Pumpkin on “It’s the Great Pumpkin, Charlie Brown” cartoon?**
   a. Lucy
   b. Charlie Brown
   c. Linus

3. **Pumpkins are made up of how much water?**
   a. 30%
   b. 50%
   c. 90%

4. **The largest pumpkin ever grown weighed how much?**
   a. 845 lbs
   b. 1,140 lbs
   c. 2,190 lbs

5. **Which Disney princess caught a ride to the ball in a pumpkin?**
   a. Snow White
   b. Cinderella
   c. Princess Aurora

6. **Pumpkins are grown on how many continents?**
   a. 2
   b. 5
   c. 6

7. **The largest pumpkin pie ever made was**
   a. 350 lbs and 5 feet in diameter
   b. 200 lbs and 6 feet in diameter
   c. 400 lbs and 7 feet in diameter

8. **What variety is the traditional Halloween Pumpkin?**
   a. Autumn Gold
   b. Connecticut Field
   c. Baby Boo

9. **Pumpkins were once recommend for**
   a. Removing freckles and curing snake bites
   b. Reducing swelling and removing wrinkles
   c. Curing chicken pox and repelling spiders

**Answers:**
1. Fruit
2. Linus
3. 90%
4. 1,140 lbs
5. Cinderella
6. 6
7. 350 lbs and 5 feet in diameter
8. Connecticut Field
9. 7. Removing freckles and curing snake bites
   8. Connecticut Field
   9. Autumn Gold

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**Heather’s Fun Fall Activities**

Fall is upon us! The trees are showing off their beautiful Fall colors and the weather is perfect for enjoying some time in nature while staying socially distant. Time outdoors, especially when combined with light exercise has been shown to help regulate sleep schedules, improve mood, cognition, and even lower blood pressure! Take advantage of this wonderful season by getting some fresh air. Go for a picnic, walk, collect leaves for crafts, take pictures, or even bird watch. There are many public parks within a short drive that have lots to offer. Check out the link below for a list of some safe, accessibility friendly trails and parks in our area. Many trails are now paved, making them great options for people with limited mobility. (Check with your park of choice before choosing to picnic as some areas may have closed down pavilions or bathroom areas.) Make your trip more interesting by doing a scavenger hunt! There are plenty of free printable lists online or use the image attached and see how many different trees you can identify from their leaves.

Remember to stay at least 6 feet away from others during these trips and be sure to bring along plenty of hand sanitizer, sanitizing spray, and of course your mask!

[Link](https://www.funinfairfaxva.com/stroller-friendly-trails-northern-virginia/)

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**September 14-18, 2020**
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](http://alz.org)
- [alz.org - National Capital Area Chapter Virtual Programs](http://alz.org)

The Alzheimer’s Foundation of America
Alzfdn.org [https://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/](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 and archives of this weekly E-newsletter. [https://www.loudoun.gov/prcscreatingcommunity](https://www.loudoun.gov/prcscreatingcommunity)