

September 21-25, 2020

# Mac Brownell Adult Day Center

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

## Schedule of Virtual Programs

### Monday, September 21

11:00am - Morning Exercise

2:00pm - Chutes & Ladders

### Tuesday, September 22

11:00am - Morning Exercise

2:00pm - An Apple a Day

### Wednesday, September 23

11:00am - Morning Exercise

2:00pm - Finish the Song Lyric

### Thursday, September 24

11:00am - Morning Exercise

2:00pm - Can You See the Big Picture?

### Friday, September 25

11:00am - Morning Exercise

2:00pm - Feel Good Stories



### September 21 World Alzheimer's Day

[World Alzheimer's Day](#) is celebrated every year on this date. Make a beautiful, and functional "[Fidget Quilt](#)" to help anyone with Alzheimer's, dementia, or autism stay stimulated and entertained. Using this list of [75 stimulating activities](#), plan a fun day filled with activities like having a tea party or have a spa day.

### September 22 Autumn Season Begins

Autumn begins today! Start the day with a few fall tunes, "[Autumn Leaves](#)", "[Autumn in NY](#)", and "[September Song](#)". Make a beautiful [fall centerpiece](#). Don't "leaf" anything out today!

### September 23 Crazy About Cranberries

A cranberry a day may have more health benefits than an apple a day. Not only is the cranberry helpful in warding off urinary tract infections but it may protect against heart disease and cancer. Learn more about [cranberries](#). Can you think of words that begin with [cran](#)? Doesn't this [cranberry banana bread](#) look delicious? Would you try [cranberry jalapeno jelly](#)?

### September 24 Pacific Ocean Discovered

Spanish explorer [Vasco Nunez de Balboa](#) discovered the Pacific Ocean on this day in 1513. The Pacific is the largest ocean in the world. It covers about one-third of Earth's surface. Learn more about the [Pacific Ocean](#) and additional [facts](#). Check out this documentary [Deep Ocean: Lost World of the Pacific](#).

### September 25 Old Hollywood Day

In 1949 marked the groundbreaking ceremony for the Hollywood sign in Los Angeles. The [old sign](#) had been torn down! Read a brief [history](#) of the sign today, take a more [in-depth look](#) with plenty of old photos, or enjoy a [video history](#). Check out these fascinating [images](#) of Hollywood's famous locations, then and now.

## Nicole's "The Importance of Autumn"

### 1. Change

As the Greek philosopher Heraclitus once said, "The only constant is change." Autumn reminds us that our bodies, minds, and surroundings are always developing. It focuses on the impermanence of life, emphasizing how vital it is to embrace the present. By doing so, we can savor what we have before it is gone.

### 2. Mystery

Thanks to the changing nature of life, each and every day presents us with new mysteries. The crisp fall air and changing leaves personify these unknowns. And once we accept those unknowns, we have more capacity to live life to the fullest. After all, it's quite comforting to realize that we are all in the same boat facing the same sea of mystery.

### 3. Preservation

Autumn represents the preservation of life and its basic necessities. During this time, animals prepare for the winter by storing food and creating cozy hibernation spaces. Farmers work on their fall harvest by collecting a reserve of crops. We also tend to retreat indoors and focus on cultivating a safe and comforting home. In a way, the autumn season offers us a chance to reconnect with ourselves as we preserve our safe havens.

### 4. Protection

As summer morphs into autumn, we exercise self-protection by wearing layers and thicker fabrics. We also tend to focus on our health by boosting our immunity through habits and nutrition. Ultimately, autumn doubles as practice for heightened awareness of yourself and surroundings.

### 5. Comfort

In the same vein as protection, comfort is strongly symbolized by fall. This season is prime time for seeking comfort in the midst of dropping temperatures. Creating a serene and snug space is one of the best perks of autumn, after all. It also gives you a chance to learn about what makes you feel warm and safe.

### 6. Balance

Day and night are the same length during the autumnal equinox. As a result, ancient cultures have always associated this day with the concept of balance. The sun also enters Libra, which is symbolized by a pair of balanced scales. Autumn grants us a chance to harmonize with the Earth and tap into the balance within us.

### 7. Letting go

As temperatures drop to the tune of leaves falling, autumn illustrates the beauty of letting go. It doesn't have to be considered morbid or morose. Instead, we can apply this concept to our inner egos and patterns of greed and pride. The idea of letting go also stresses the temporary nature of everything around us. (Bustle.com)



## Heather's Pumpkin Spice Latte

It's pumpkin season! Here is a recipe to make Your own pumpkin spice latte at home!



### Ingredients:

- 2 cups of milk (diary or non-dairy)
- 2 tablespoons pumpkin puree, or more to taste
- 1-3 tablespoons sugar (or sugar substitute), depending on how sweet you like it
- 1 tablespoon vanilla extract
- 1/2 teaspoon pumpkin pie spice, plus more for serving
- 1/2 cup strong hot coffee (decaf is fine)
- Whipped cream, for serving

### Directions:

- Add milk, pumpkin puree, and sugar to a saucepan over medium heat. Heat until hot, do not boil.
- Remove the saucepan from the heat and whisk in the vanilla, pumpkin pie spice, and coffee.
- Divide the mixture between two mugs.
- Top with whipped cream and a sprinkle of pumpkin pie spice.



## Magie's Three-Clue What Am I?

Can you guess this item with these three clues?



1. Object #1
  - A. I have a spine.
  - B. I contain leaves.
  - C. Please don't judge me by my cover.
2. Object #2
  - A. I am sturdy.
  - B. I come in a pair.
  - C. I don't mind getting wet or muddy
3. Object #3
  - A. I am round.
  - B. I am magnetic
  - C. I help you find your way.
4. Object #4
  - A. I am made of fabric
  - B. I am lightweight and portable
  - C. I offer shelter from the elements

### Answers:

1. Book
2. Hiking Boots
3. Compass
4. Tent

## **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](mailto: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](mailto:erin.nesbitt@loudoun.gov). Each support group will be limited to 8 participants. The next virtual support group meeting will be held on **Saturday, October 17**.

### **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](mailto: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](http://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](mailto:lori.stahl@loudoun.gov) or via phone at 703-737-8741. Please check [www.loudoun.gov/aaa](http://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](mailto:jane.bretzin@loudoun.gov).

### **Alzheimer's Association Help & Support**

[alz.org](http://alz.org) - **National Capital Area Information and Resources**

[alz.org](http://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](mailto: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 at <https://www.loudoun.gov/prcscreatingcommunity>