The Senior Center of Leesburg
December 31, 2020

Senior Center of Leesburg
102 North Street
NW
Leesburg, VA 20176
703.737.8039

www.loudoun.gov/seniors-leesburg
Part of the Area Agency on Aging, a Division of

Staff:
Manager: Erik Oñate
703.737.8005

Assistant Manager: Cheryl Wheeler
703.771.5156

Recreation Programmer: Sue Depoy
703.771.5675

Café Supervisor: Leigh Ann Macklin
703.737.8040

Customer Service: Joanna Poston
703.777.0358

Vehicle Operator: Diane Simmons
703.771.5014

Vehicle Operator: Dave Keyes
571.258.3437

The Senior Center of Leesburg
Hours of Operation
Monday–Friday – 9:00AM–3:00PM

Lunch Dine-In: 12:00PM-1:00PM
Curbside: 11:00AM-11:30AM

Open with Limited Indoor Programs

2021 MEMBERSHIP FEES

It’s time to renew your membership or sign-up to become a new member. Beginning Monday, January 4, 2021, you may bring in, or return by mail, your application and fee to sign up. There are new forms this year, be sure to get the new one!

Application prices have changed. Below are the new prices:

**Residents:** $32.00 per year

**Non-Residents:** $48.00 per year

Checks are to be made payable to “County of Loudoun”, cash or credit cards will also be accepted.

You can stop by anytime Monday through Friday from 9:00 am to 3:00 pm to pick-up an application.
Line Dance with Vinny & Celeste

Below is a video that Celeste did for her Thursday AM Intro to Line Dance class for Christmas. She used dance moves that class already knew using Christmas music. These are for the Wed AM (Cascades) & Fri AM (Leesburg) classes. First one is for Celeste, the 2nd & 3rd are mine.

https://youtu.be/enzWc9WMySs

https://youtu.be/4NPVyf7CGF4

https://youtu.be/T4MnL5rMSXM

Vinny

UNDERSTAND YOUR COVID-19 RISKS

Understand your COVID-19 related risks, make safe choices, and connect to helpful resources.

This service is free and completely confidential.

Take the Nationwide COVID Check-Up Survey. It’s Free, confidential, easy to use, and designed to help keep you safer and healthier during the COVID-19 pandemic. Take just 5 to 10 minutes to answer some questions and you will immediately receive a custom report showing your risks of getting or spreading COVID-19 plus steps you can take to reduce those risks. Your report will provide guidance based on research, science, and recommendations from the U.S. Centers for Disease Control and Prevention and the World Health Organization. CV19 CheckUp may help save your life and the lives of others.

Go to:

https://usa.cv19checkup.org/
**Week of December 28, 2020-January 1, 2021**

**INDOOR ACTIVITIES**

**Monday 12/28**
- 10:15 AM  
  Aerobics with Luella
- 10:30 AM  
  Wii Bowling
- 1:00 PM  
  Dance with Minda I

**Tuesday 12/29**
- 10:30 AM  
  Sit N Fit 2
- 10:30 AM  
  Adult Coloring with Bob

**Wednesday 12/30**
- 10:30 AM  
  Pokeno
- 1:00 PM  
  Knitting with Kathy

**Curbside pick-up is between**
- 11:00-11:30AM
- No meals served on the days the center is closed

**Thursday 12/31**
- 10:00 AM  
  Movie: “Pride & Prejudice”
- 10:30AM  
  Sit N Fit 2
- 1:00 PM  
  Ukulele Group
- Outdoor  
  1:00 PM  
  Taijiquan

**Friday 1/1/21**
- County Holiday
- No Meals Served
- County Closed

Call the front desk, 703.737.8039,  
To pre-register for these activities.

**Lunch donations apply! Thank you.**

We have donated pastries and baked breads available during lunch, both curbside and dining room for members of the center.

Please make sure to say a very special “thank you” to Katherine, Eli, Joanne and Jim, Pat, Kathy, Carolyn and Joyce, who continue to collect the food donations and now bring them to The Senior Center of Leesburg for distribution during curbside and dine-in lunch. The staff thanks them for all of their hard work and dedication to the center and helping the members wherever they can! Nice job! It is volunteers like you that make a difference!
Please call The Senior Center of Leesburg and make your bus reservations 24 hours in advance or by 8:15 am the day of service, by calling:

**Diane Simmons** at 703.771.5014

**David Keyes** at 571.258.3437

You may also call the main number at 703.737.8039.

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**Coconut Chicken and Shrimp**

**PREP TIME:** 30 mins

**COOK TIME:** 5 mins/batch

**Serves:** 6

**INGREDIENTS**

- 1 cup all-purpose flour
- 1 cup lime-flavored seltzer water
- 1 teaspoon ground ginger
- 1 teaspoon salt
- 1 teaspoon pepper
- 2-1/2 cups sweetened shredded coconut
- 1-1/4 cups panko bread crumbs
- 1 pound uncooked shrimp (31-40 per pound), peeled and deveined
- 2 boneless skinless chicken breasts (6 ounces each), cut into 3/4-inch cubes
- Oil for deep-fat frying
- Salt and pepper to taste, optional

**MAUI MUSTARD:**

- 1 can (8 ounces) crushed pineapple, well drained
- 1/2 cup red pepper jelly
- 3 tablespoons stone-ground mustard

**INSTRUCTIONS**

- In a shallow bowl, whisk together first 5 ingredients. In another shallow bowl, combine coconut and panko. Dip shrimp in batter to coat. Dip in coconut mixture, patting to help coating adhere. Repeat with chicken.

- In a deep cast-iron or electric skillet, heat oil to 350°. Fry shrimp, a few at a time, until golden brown, 3-4 minutes. Drain on paper towels. Repeat with chicken. If desired, sprinkle lightly with salt and pepper.

- For mustard, mix together pineapple, pepper jelly and stone-ground mustard. Combine shrimp and chicken; serve with Maui mustard.
Wearing Your Mask, the Right Way

We can each help slow the spread of the coronavirus by covering our mouth and nose with a mask when around others. CDC recommends wearing a mask in public settings and when around people who do not live in your household, especially when it is difficult to maintain physical distance with others.

Copy the link below into our browser and check out our Facebook page and make sure to like it!

https://www.facebook.com/leesburgsenior

PRCS
INCLEMENT WEATHER POLICY
The Senior Center of Leesburg
(703)737-8039

Programs held at Loudoun County Government Facilities

* When **Loudoun County Government is closed**, all facilities are closed and all programs, activities and classes are cancelled.

* When **Loudoun County Government is on Unscheduled Leave**, facilities are open and operational at regular times and programs run with minimal staff with the following exceptions:

  - Senior Centers are open and operational at regular times; however, no HDM or transportation services are provided.
  - Lunch will be provided.

  *The Senior Center is not affected by school closings or delays.*

  Inclement Weather Line (703)771-5678
COVID-19 GUIDELINES

We know you like being at the center and we like having you here, in order to make that happen we need your help. We have COVID-19 guidelines that must be followed when you are riding the bus and while you are at the Senior Center.

Please review the guidelines and make sure you are familiar with the daily guidelines:

- Staff will use a contactless thermometer to take your temperature and review health questions each day, prior to boarding the bus or entering the Senior Center.
- You must wear your face covering while riding the bus and while in the center, the face covering must cover your mouth and your nose.
- You must practice social distancing.
- You must stay home if you feel sick.
- Wash your hands frequently with soap and water or use available hand sanitizer, when soap and water is not available.
- Equipment is to be wiped down with provided cleaning solution before and after you use it.

Our goal is for all of us to stay healthy. When each person does their part, collectively we all stay healthy and can quickly get back to doing the things we enjoy doing, together!!!!

If you have an idea for an indoor activity you would like to see at The Senior Center of Leesburg, while applying all COVID safety measures, please let one of the staff at the center know and we will take your recommendation under consideration. Please email any of us at the following addresses:

Erik Onate: Erik.Onate@loudoun.gov
Cheryl Wheeler: Cheryl.Wheeler@loudoun.gov
Su Depoy: Sue.Depoy@loudoun.gov
Joanna Poston: Joanna.Poston@loudoun.gov
Leigh Macklin: Leigh.Macklin@loudoun.gov

MENU – WEEK OF 12/28/2020-1/1/2021

<table>
<thead>
<tr>
<th>Monday 12/28</th>
<th>Tuesday 12/29</th>
<th>Wednesday 12/30</th>
<th>Thursday 12/31</th>
<th>Friday 1/1/2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>Italian Sausage</td>
<td>Oven Fried Chicken</td>
<td>Spaghetti/Meat Sauce</td>
<td>Baked Fish</td>
<td>County Holiday</td>
</tr>
<tr>
<td>Steamed Cabbage</td>
<td>Yellow Rice</td>
<td>Vegetable Medley</td>
<td>Vegetable Medley</td>
<td>No Meals Served</td>
</tr>
<tr>
<td>Whole Round Potato</td>
<td>Mixed Vegetables</td>
<td>Fruit</td>
<td>Rosemary Potatoes</td>
<td>County Closed</td>
</tr>
<tr>
<td>Fruit Roll/Milk</td>
<td>Fruit Roll/Milk</td>
<td>Roll/Milk</td>
<td>Fruit Roll/Milk</td>
<td></td>
</tr>
</tbody>
</table>
VIRTUAL ACTIVITY
SPANISH WITH FRANCISCO
MONDAY 4:00-5:00PM

Spanish with Francisco
Mon, Dec. 28, 2020 4:00 PM - 5:00 PM (EST)

You can also dial in using your phone.
United States:
+1 (786) 535-3211

Access Code:
135-734-597

Please join my meeting from your computer, tablet or smartphone.

https://global.gotomeeting.com/join/135734597

EARLY STAGE DEMENTIA VIRTUAL SUPPORT GROUP
2ND WEDNESDAY OF EVERY MONTH | 10 AM – 11 AM

Internet link to be sent to registered participants.

If you have a diagnosis of early stage dementia and would like to meet others who understand, accept and support your experience, please join us.

TO REGISTER FOR THIS FREE SUPPORT GROUP, PLEASE SEND AN EMAIL AAASUPPORT@LOUDOUN.GOV OR CALL 703-737-8741
Virginia Vaccination Strategy

The Virginia Department of Health (VDH) announced revised vaccination priorities for the Commonwealth as well as plans to begin distributing and administering COVID-19 vaccine before the end of the year. The initial distribution will be provided to two top priority groups: healthcare personnel and long-term care facility (LTCF) residents. The priorities decision is intended to allocate limited vaccine supplies in a way that maximizes benefits and minimizes harms, promotes justice and mitigates health inequities.

Over time, as more vaccine supply becomes available, more Virginians will be able to get vaccinated. Because ensuring that everyone who can receive a COVID-19 vaccine receives one is a critical part of ending the pandemic, the vaccine will be free to everyone. The federal government has indicated that it will provide vaccine doses at no cost to the public. Please see the chart for Virginia’s vaccination strategy.

**Phase 1a:** Healthcare Workers and Long-Term Care Residents

**Phase 1b:** Essential Workers

**Phase 1c:** High Risk Adults

**Phase 2:** Other Priority Populations

**Phase 3:** General Public

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**Virginia’s COVID-19 Vaccination Strategy**

<table>
<thead>
<tr>
<th>PHASE</th>
<th>PHASE I</th>
<th>PHASE II</th>
<th>PHASE III</th>
</tr>
</thead>
<tbody>
<tr>
<td>VACCINE AVAILABILITY</td>
<td>HEALTH CARE PERSONNEL &amp; LTCF</td>
<td>ESSENTIAL WORKERS</td>
<td>OTHER PRIORITY POPULATIONS</td>
</tr>
<tr>
<td>TARGET POPULATION</td>
<td>PEOPLE AT HIGHER RISK FOR SEVERE DISEASE</td>
<td></td>
<td></td>
</tr>
<tr>
<td>VACCINE DELIVERY METHOD</td>
<td>TARGETED CLOSED POINTS OF DISPENSING (PODS)</td>
<td>PHARMACIES</td>
<td>OPEN PODS</td>
</tr>
</tbody>
</table>

*Strategy will be updated as ACIP recommendations are released."
The Pfizer vaccine was received last week to health care systems with ultracold storage capacity (negative 70 degrees Celsius). We just received the first shipment of the Moderna vaccine, and Dr. David Goodfriend, Loudoun County Health Department Director, is working to finalize our Countywide inoculation plan. The majority of LTCFs will receive vaccinations from CVS and Walgreens through a federal partnership. The safety of COVID-19 vaccines is a top priority. The U.S. Food and Drug Administration (FDA) only approves vaccines that have passed rigorous standards for use. For information about vaccine safety and for vaccine updates, visit VDH's website.

Inova Health System worker Meg Sourbeer (pictured left) is a pediatric nurse who has been with Inova for over 40 years and was the first team member to receive the vaccine. Dr. Laura Cook (pictured right), medical director for StoneSprings Hospital Center's Emergency Department, was among the first to receive the vaccine at this hospital. We cannot thank our healthcare providers enough for being front line heroes during this difficult time.

Prevention Measures

The vaccine is just one part of the public health measures that will bring an end to the pandemic. We all must remain vigilant in continuing to practice the same steps that we've accomplished throughout 2020: covering your mouth and nose with a face covering when in public; washing hands often; staying at least 6 feet away from others; staying home when sick; and avoiding crowds of people, parties at peoples’ homes and other gatherings. Even after receiving the COVID-19 vaccine, you may not be protected for an additional month—after receiving the booster dose—and your body has time to develop protective antibodies.
If you test positive for COVID-19 or are diagnosed with COVID-19, you need to stay home, away from others, and monitor your health for 14 days. Contact your health care provider for guidance on caring for yourself. If you experience serious symptoms of COVID-19, such as trouble breathing, pain or pressure in the chest, and confusion, seek medical attention right away.

Additionally, you need to help identify and notify the people that you had close contact with while you were contagious. This will allow the people with whom you’ve been in contact to quarantine right away so that they do not spread the virus if they become ill. You are considered contagious starting two days before you became sick (or two days before a test if you never had symptoms) until you complete isolation.

A close contact is anyone who:

- Has been within 6 feet of you for a total of 15 minutes or more over a 24-hour period; or
- Has been directly exposed to your respiratory secretions (anyone you coughed or sneezed on, shared a glass/utensils, kissed, etc.); or
- Lives with you; or
- You provide care for.

Please see the [checklist from VDH](#) to help you notify your contacts.
Loudoun County will hold another free drive-thru COVID-19 testing event Tuesday, December 29, 2020, from 10:00 a.m. – 1:00 p.m. at:

- **Franklin Park, 17501, Franklin Park Drive, Purcellville**
  
  The testing event is open to all. There are no age or residency requirements. No prescriptions or appointments are necessary. A person does not have to exhibit symptoms of COVID-19 in order to be tested. A PCR test (nasal swab) will be administered, which tests for the novel coronavirus. No antibody or rapid tests will be offered.

**Registration Form**

To help reduce wait times, people who plan to attend the testing event are strongly encouraged to complete a registration form for each person who will be receiving a test prior to arriving at the testing site. The registration form is required and asks for general demographics and contact information, including name, date of birth, address, phone number and current symptoms, if any.

- Registration Form:  [English](#) and [Spanish](#) (available on the website)
  
  The fillable form may be downloaded, filled out, printed and completed forms should be brought with you to the testing site. Forms will also be available at the testing site for individuals who do not have access to a printer or otherwise are unable to complete the forms in advance. The forms are available at [loudoun.gov/COVID19testing](#)

  - View, print or download a flyer about the [COVID-19 testing event](#) (English) (website)
  - View, print or download a flyer about the [COVID-19 testing event](#) (Spanish) (website)

Loudoun County encourages residents to stay informed about COVID-19.

- Visit [loudoun.gov/coronavirus](#) for more information about how to protect yourself and your family and to sign up for email and text updates on COVID-19.
- Opt in to receive text messages:
  - **English:** Text LCCOVID19 to 888777
  - **Spanish:** Text LCCOVIDESP to 888777

Residents with questions about COVID-19 may call the Loudoun County Health Department’s information line, 703-737-8300, or send an email.
From all of us to all of you we wish you the best in 2021 and a very “Happy New Year”!

Erik, Cheryl, Sue, Joanna, Leigh, Dave and Diane