The Senior Center of Leesburg

January 8, 2021

Senior Center
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 PRCS

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

Center will be closed
Monday, January 18, 2021
In observance of Martin Luther King Day

2021 MEMBERSHIP FEES

We are now accepting applications for renewal and new memberships for The Senior Center of Leesburg. You may bring in, or return by mail, your application and fee to sign up. There are new forms this year, be sure to complete 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.
Senior Trips Information and Update

Spring Overnight Trips
4/25 to 5/1  Southern Porches
5/24 to 5/27  Seaside Gems
6/22 to 7/3  Canadian Maritimes

If interested in signing up, please call

571.258.3050

Terry Fleming
Senior Trip Coordinator
Area Agency on Aging/PRCS

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 Check-Up 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 1/11
- 10:15 AM Aerobics with Luella
- 10:30 AM Wii Bowling

Monday 1/18
Closed Holiday
No Meals Served

Tuesday 1/12 & 1/19
- 10:30 AM Sit N Fit 2
- 10:30 AM Adult Coloring with Bob

Wednesday 1/13 & 1/20
- 10:30 AM Pokeno
- 1:00 PM Knitting with Kathy

Curbside pick-up is between 11:00-11:30AM
Please try to be on time as we need time to prepare for the dine-in lunch.

Thursday 1/14 & 1/21
- 10:00 AM Movies:
  1-14 Night at the Museum
  1-21 Pirates of the Caribbean
- 10:30AM Sit N Fit 2
- 1:00 PM Ukulele Group

Outdoor
1:00 PM Taijiquan

Friday 1/15 & 1/22
- 10:30 AM Bingo

No meals will be served on the days the center is 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!
LIMITED BUS SERVICE PROVIDED

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.

WHAT'S COOKING?

INGREDIENTS

- 1 Tablespoon coconut oil
- 2 yellow onions, diced
- 3 stalks celery, sliced
- 2 teaspoons garlic, minced
- ¼ cup coconut flour
- ½ cup white wine
- 6 cups chicken broth
- 2 cups butternut squash, peeled and cubed
- 1 large sweet potato, peeled and cubed
- 3 sprigs fresh thyme
- 1 Tablespoon poultry seasoning
- 1 bay leaf
- 3 cups roasted chicken, chopped
- 2 (14 oz) cans coconut milk
- 1 cup pearl onions, halved
- 1 zucchini, diced
- ¼ cup parsley, chopped
- 1 Tablespoon lemon juice

INSTRUCTIONS

1. Melt the coconut oil in a soup pot over medium-low heat. Add the onions, celery and garlic. Cover and cook for 5 minutes.

2. Stir in the coconut flour and cook for 2 minutes. Stir in the wine and cook until evaporated. Stir in the broth, butternut squash, sweet potato, thyme, poultry seasoning and bay leaf. Bring the soup to a boil over medium-high heat and then reduce to medium. Simmer the soup until the butternut squash and sweet potatoes are tender, 10-15 minutes. Discard the thyme and bay leaf.

3. Add the chicken, coconut milk, pearl onions, diced zucchini, parsley and lemon juice. Season to taste with salt and pepper and simmer for another 5 minutes. Serve hot and enjoy!

Lighter Version of Chicken Pot Pie

One serving equals: 227 calories, 15g fat, 11g carbohydrate, 4g sugar, 329mg sodium, 3g fiber, and 12g protein
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 question 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!!!!

Copy the link below into our browser and check out our Facebook page and make sure to like it!
https://www.facebook.com/leesburgsenior

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

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

Erik Oñate  
Erik.Onate@loudoun.gov

Cheryl Wheeler  
Cheryl.Wheeler@loudoun.gov

Sue Depoy  
Sue.Depoy@loudoun.gov

Joanna Poston  
Joanna.Poston@loudoun.gov

Leigh Macklin  
Leigh.Macklin@loudoun.gov

**MENU – WEEK OF 1/11-1/22/2021**

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<thead>
<tr>
<th>Monday 1/11</th>
<th>Tuesday 1/12</th>
<th>Wednesday 1/13</th>
<th>Thursday 1/14</th>
<th>Friday 1/15</th>
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</thead>
<tbody>
<tr>
<td>Stuffed Cabbage</td>
<td>Hot Dog</td>
<td>Spinach Quiche</td>
<td>Baked Fish</td>
<td>Baked Ham</td>
</tr>
<tr>
<td>Mashed Potato</td>
<td>Baked Beans</td>
<td>Veg. Blend</td>
<td>Vegetable Medley</td>
<td>Macaroni &amp; Cheese</td>
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<tr>
<td>Vegetable Blend</td>
<td>Caribbean Blend</td>
<td>Glazed Apples</td>
<td>Rosemary Potatoes</td>
<td>Mixed Veg.</td>
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<tr>
<td>Fruit Roll/Milk</td>
<td>Veg.</td>
<td>Fruit</td>
<td>Fruit Roll/Milk</td>
<td>Fruit Roll/Milk</td>
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<tr>
<td>Milk</td>
<td>Roll/Milk</td>
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<tr>
<th>Monday 1/19</th>
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<th>Wednesday 1/21</th>
<th>Thursday 1/22</th>
<th>Friday 1/23</th>
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</thead>
<tbody>
<tr>
<td>County Closed</td>
<td>Baked Chicken</td>
<td>Meatloaf</td>
<td>Sweet n Sour Pork</td>
<td>Chicken Stir Fry</td>
</tr>
<tr>
<td>Holiday</td>
<td>Sweet Potato</td>
<td>Mashed Potato</td>
<td>Rice</td>
<td>Noodles</td>
</tr>
<tr>
<td>No Meals Served</td>
<td>Collard Greens</td>
<td>Green Peas</td>
<td>Vegetable Blend</td>
<td>Veg. Medley</td>
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<td></td>
<td>Fruit</td>
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<td>Fruit Roll/Milk</td>
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NOT ALL THIEVES ARE STUPID

1. LONG - TERM PARKING
Some people left their car in the long-term parking at the airport while away, and someone broke into the car. Using the information on the car's registration in the glove compartment, they drove the car to the people's home and robbed it. So, I guess if we are going to leave the car in long-term parking, we should NOT leave the registration/insurance cards in it, nor your remote garage door opener. This gives us something to think about with all our new electronic technology.

2. GPS:
Someone had their car broken into while they were at a football game. Their car was parked on the green which was adjacent to the football stadium and specially allotted to football fans. Things stolen from the car included a garage door remote control, some money and a GPS which had been prominently mounted on the dashboard. When the victims got home, they found that their house had been ransacked and just about everything worth anything had been stolen. The thieves had used the GPS to guide them to the house. They then used the garage remote control to open the garage door and gain entry to the house. The thieves knew the owners were at the football game, they knew what time the game was scheduled to finish and so they knew how much time they had to clean out the house. It would appear that they had brought a truck to empty the house of its contents. Something to consider if you have a GPS - don't put your home address in it. Put a nearby address (like a store or gas station) so you can still find your way home if you need to, but no one else would know where you live if your GPS were stolen.

3. CELL PHONES:
I never thought of this! This lady has now changed her habit of how she lists her names on her cell phone after her handbag was stolen. Her handbag, which contained her cell phone, credit card, wallet, etc., was stolen. Twenty minutes later when she called her hubby, from a pay phone telling him what had happened, hubby says, "I received your text asking about our Pin number and I replied a little while ago." When they rushed down to the bank, the bank staff told them all the money was already withdrawn. The thief had actually used the stolen cell phone to text "hubby" in the contact list and got hold of the pin number. Within 20 minutes he had withdrawn all the money from their bank account.

4. PURSE IN THE GROCERY CAR SCAM:
A lady went grocery-shopping at a local mall and left her purse sitting in the children’s seat of the cart while she reached something off a shelf. Wait till you read the WHOLE story! Her wallet was stolen, and she reported it to the store personnel. After returning home, she received a phone call from the Mall Security to say that they had her wallet and that although there was no money in it, it did still hold her personal papers. She immediately went to pick up her wallet, only to be told by Mall Security that they had not called her. By the time she returned home again, her house had been broken into and burglarized. The thieves knew that by calling and saying they were Mall Security, they could lure her out of her house long enough for them to burglarize it.

Moral lesson:
A. Do not disclose the relationship between you and the people in your contact list. Avoid using names like Home, Honey, Hubby, Sweetheart, Dad, Mum, etc.
B. And very importantly, when sensitive info is being asked through texts, CONFIRM by calling back.
C. Also, when you’re being texted by friends or family to meet them somewhere, be sure to call back to confirm that the message came from them. If you don’t reach them, be very careful about going places to meet "family and friends" who text you.
COVID-19 VACCINATION SCAMS AWARENESS

The public should be aware of the following potential indicators of fraudulent activity:

▪ Advertisements or offers for early access to a vaccine upon payment of a deposit or fee.
▪ Requests asking you to pay out of pocket to obtain the vaccine or to put your name on a COVID-19 vaccine waiting list.
▪ Offers to undergo additional medical testing or procedures when obtaining a vaccine.
▪ Marketers offering to sell and/or ship doses of a vaccine, domestically or internationally, in exchange for payment of a deposit or fee.
▪ Unsolicited emails, telephone calls, or personal contact from someone claiming to be from a medical office, insurance company, or COVID-19 vaccine center requesting personal and/or medical information to determine recipients' eligibility to participate in clinical vaccine trials or obtain the vaccine.
▪ Claims of FDA approval for a vaccine that cannot be verified.
▪ Advertisements for vaccines through social media platforms, email, telephone calls, online, or from unsolicited/unknown sources.
▪ Individuals contacting you in person, by phone, or by email to tell you the government or government officials require you to receive a COVID-19 vaccine.

Tips to avoid COVID-19 vaccine-related fraud:

▪ Consult your state’s health department website for up-to-date information about authorized vaccine distribution channels and only obtaining a vaccine through such channels.
▪ Check the FDA's website (fda.gov) for current information about vaccine emergency use authorizations.
▪ Consult your primary care physician before undergoing any vaccination.
▪ Don’t share your personal or health information with anyone other than known and trusted medical professionals.
▪ Check your medical bills and insurance explanation of benefits (EOBs) for any suspicious claims and promptly reporting any errors to your health insurance provider.
▪ Follow guidance and recommendations from the U.S. Centers for Disease Control and Prevention (CDC) and other trusted medical professionals.

If you believe you have been the victim of a COVID-19 fraud, immediately report it to the FBI (ic3.gov, tips.fbi.gov, or 1-800-CALL-FBI) or HHS OIG (tips.hhs.gov or 1-800-HHS-TIPS).
Questions about Medicare?

We can help!

Loudoun County VICAP
State Health Insurance and Assistance Program
Free, Unbiased Medicare Counseling

703-737-8036
www.loudoun.gov/aaa
Virginia Governor Ralph Northam has provided additional details about the commonwealth’s COVID-19 vaccination efforts that will begin to ramp up in the coming weeks. This announcement provides additional clarity to when and where members of the public will receive COVID-19 vaccine when it is their turn.

**Priority Groups**

To date, the highest-priority members of our community have been receiving COVID-19 vaccine from hospital systems, pharmacies, and Loudoun County government. The "Phase 1a" group includes health care workers, EMS personnel and residents of long-term care facilities.

Phase 1b includes essential front-line workers who are defined as essential to the functioning of society and people who are at higher risk of exposure to the virus. Members of the 1b group include:

- Persons aged 75 years and older
- Law enforcement, firefighters and hazmat workers
- Corrections and homeless shelter workers
- Child care/K-12 teachers/staff
- Food, agriculture and manufacturing workers
- Grocery store workers
- Public transit workers
- Mail carriers/package delivery services

Phase 1c includes other essential workers, older adults and people with certain medical conditions, such as:

- People aged 65-74
- People aged 16-64 with high-risk medical conditions or disabilities that increase the risk of severe illness from COVID-19
- Utility workers
- Housing construction workers
- Food service workers
- Faculty and staff at institutions of higher education
- Media
- Officials needed to maintain the continuity of government.
View the details about the vaccination priority groups on the VDH website. Following the vaccination of people in the priority Phases 1a, 1b and 1c, vaccination opportunities will be expanded to include everyone else in the general population.

The Virginia Department of Health (VDH) has not yet indicated when Phase 1b and 1c vaccination will begin. Loudoun County is working with its community partners, which include pharmacies, healthcare systems, schools and employers, to plan for the vaccination of people in Phase 1b and 1c when the time comes, and vaccine supplies are adequate to move into future phases of prioritized vaccination.

**Where to Receive COVID-19 Vaccine**

Plans generally call for people eventually to receive COVID-19 vaccine through various channels in the community, much like you receive an annual flu vaccine. VDH has indicated that more than 2,000 providers have already signed up to distribute COVID-19 vaccine. This means that as supplies of vaccine become increasingly available, COVID-19 vaccine eventually will be available through health care providers and pharmacies, and in some cases through employers. In addition, Loudoun County will host vaccination events as needed.

Governor Northam announced plans to work toward a goal of vaccinating 25,000 to 50,000 Virginians per day in the coming months as vaccine supplies increase.

**How to Know When it’s Your Turn to Get Vaccinated**

People eligible for COVID-19 vaccine now—people in Phase 1a—have been contacted by their employers, designated pharmacies and Loudoun County. Local health care systems and pharmacies began vaccinating people in December. In addition, since December 28, 2020, Loudoun County has been vaccinating other people in Phase 1a on a daily basis.

Loudoun County will announce when other phases of the vaccination process will begin, as well as information about vaccination opportunities provided by the county. To receive text or email updates about COVID-19 from Loudoun County:

- Text LCCOVID19 to 888777 to receive text alerts in English.
  - Text LCCOVIDESP to 888777 to receive text alerts in Spanish.
- Sign up for email and text updates on COVID-19 in Notify Me, Blogs category, “Coronavirus (COVID-19)”
- Follow Loudoun County on Facebook and Twitter.
- Visit the county’s website, loudoun.gov/coronavirus.

**Stay Vigilant in Slowing the Spread of COVID-19**

Before and after Loudoun residents receive a COVID-19 vaccine, everyone is encouraged to continue taking the steps that help prevent the spread of the disease, including washing hands frequently, wearing face coverings, social distancing, avoiding large gatherings of people and staying home when sick. Learn more about COVID-19 prevention and care on the county’s website. Residents with questions about COVID-19 may call the Loudoun County Health Department’s information line, 703-737-8300, or send an email.
New Years Goals for 2021

Put a check next to the goals you would like to achieve this year.

- Read one book per month.
- Exercise regularly.
- Take an online course.
- Send in membership paperwork to the Senior Center of Leesburg.
- Start a new hobby.