Manager’s Note

Residents over the age of 65, and people aged 16 through 64 years with a high-risk medical condition or disability that increases their risk of severe illness from COVID-19 may begin the process for scheduling an appointment by contacting the Loudoun County Health Department in one of two ways:

1. **Complete this online pre-screen survey.** The fastest and most efficient method to obtain an appointment for a COVID-19 vaccine is to submit this online survey. This survey verifies your eligibility and provides your contact information. After submitting the survey, it may take days to weeks before you receive any response; you will not receive an automated message confirming receipt of survey. The Health Department is currently not scheduling appointments because vaccine supplies are limited. As more vaccine arrives in Loudoun, additional appointments will be made and those who have submitted the online pre-screening survey will be offered vaccination appointments in priority order. Please be patient; once you submit an online pre-screening survey, there is no need to call the Health Department to confirm receipt of survey.

Or

2. If you **do not have access to the internet**, you may call Loudoun County’s COVID-19 information line at 703-737-8300 between 9:00 a.m. and 5:00 p.m. Due to significant call volume, there may be a delay in reaching an operator.

NOTE: The Health Department is **no longer accepting emails** to request vaccination appointments.

Before and after you receive a COVID-19 vaccine, you are encouraged to continue taking steps to 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.
HOW TO SIGN UP FOR COVID-19 VACCINE

Loudoun County is currently vaccinating Phase 1a and 1b eligible individuals. At this time, vaccinations are being distributed by the Loudoun County Health Department by appointment only. If you are eligible to be vaccinated and your employer has not made arrangements for vaccination, you may submit an online pre-screening survey.

Take the survey at loudoun.gov/covid19vaccine

If you do not have access to the internet may call us at 703-737-8300.

Benefits of Getting a COVID-19 Vaccine

- Studies show that COVID-19 vaccines are very effective at keeping you from getting COVID-19.
- Experts also think that getting a COVID-19 vaccine may help keep you from getting seriously ill even if you do get COVID-19.
- These vaccines cannot give you the disease itself.

If You've Submitted a Request for Vaccine

If you are seeking a vaccination appointment and have submitted your information to the Loudoun County Health Department through the online pre-screening survey or by phone, please be patient. It may be weeks or longer before vaccination appointments become available for those who have registered. You will be contacted by email or phone when it is your turn for an appointment.

FEBRUARY 2021
CÓMO INSCRIBIRSE PARA LA VACUNA DE COVID-19

Loudoun y el resto de Virginia se encuentran ahora en la fase 1b de elegibilidad de la vacuna, lo que significa que alrededor del 50% de la población del estado es ahora legible para la vacunación. Actualmente, las vacunas están siendo distribuidas por el Departamento de Salud del condado de Loudoun sólo con previa cita. Si usted es elegible para ser vacunado y su empleador no ha hecho arreglos para la vacunación, usted puede ingresar una encuesta de pre-selección en línea.

Tomar la encuesta en loudoun.gov/covidespanol

Las personas que no tienen acceso a Internet pueden llamarnos al 703-737-8300.

Beneficios de vacunarse contra el COVID-19

- Hay estudios que muestran que las vacunas contra el COVID-19 son muy eficaces para que usted no contraiga la enfermedad.
- Los expertos también creen que ponerse la vacuna contra el COVID-19 podría ayudar a que usted no se enferme gravemente, incluso si contrae el COVID-19.
- Estas vacunas no pueden darle la enfermedad.

Si usted ingresa una solicitud para la vacuna

Si está buscando una cita de vacunación y ha enviado su información al Departamento de Salud del Condado de Loudoun a través de la encuesta de preselección en línea o por teléfono, por favor sea paciente. Pueden pasar semanas o más tiempo antes de que las citas de vacunación estén disponibles para aquellos que se han registrado. Usted será contactado por correo electrónico o por teléfono cuando sea su turno para una cita.
FREE COVID-19 TESTING EVENTS

- These are not mass testing events; a limited number of tests will be available based on the capacity of each location.
- Open to everyone; no age or residency requirements.
- No prescriptions or appointments necessary.
- Drive-thru only.
- Be prepared to complete a registration form that asks for general information including name, date of birth, address, phone number and current symptoms, if any. Your information will be kept PRIVATE.

February 2021
Tuesdays & Thursdays
10:00 a.m. - 2:00 p.m.

- **February 4**
  Franklin Park
  17501 Franklin Park Drive, Purcellville

- **February 9 & 11**
  Philip A. Bolen Memorial Park
  42405 Claudia Drive, Leesburg

- **February 16 & 18**
  Cascades Library
  21030 Whitfield Place, Potomac Falls

- **February 23 & 25**
  Dulles South Recreation & Community Center
  24950 Riding Center Drive, South Riding

Visit [https://www.loudoun.gov/covid19testing](https://www.loudoun.gov/covid19testing) to complete the registration form in advance.

All events will occur rain or shine. Testing will end when the site reaches capacity or by 2 p.m. As many tests as possible will be administered during each event.
EVENTOS DE PRUEBA DEL COVID-19 GRATUITOS

- Estos no son eventos de pruebas masivas; se dispondrá de un número limitado de pruebas según la capacidad de cada ubicación.
- Abierto a todos; sin requisitos de edad o residencia.
- No se necesitan recetas ni citas.
- Solo en coche.
- Esté preparado para completar un formulario de registro que solicita información general, incluyendo su nombre, su fecha de nacimiento, su dirección, su número de teléfono y sus síntomas actuales, si los hubieran. Su información se mantendrá en privado.

Febrero 2021
Martes y Jueves
10:00 a.m. - 2:00 p.m.

- Febrero 4
  Parque Franklin
  17501 Franklin Park Drive, Purcellville

- Febrero 9 y 11
  Parque Conmemorativo Philip A. Bolen
  42405 Claudia Drive, Leesburg

- Febrero 16 y 18
  Biblioteca Cascades
  21030 Whitfield Place, Potomac Falls

- Febrero 23 y 25
  Centro de recreación y de la comunidad Dulles South
  24950 Riding Center Drive, South Riding

Visite https://www.loudoun.gov/covid19testing para completar el formulario de registro por adelantado.

Todos los eventos ocurrirán con lluvia o sol. Las pruebas se terminarán cuando el sitio alcance su capacidad máxima o a las 2 p.m. Se administrarán tantas pruebas como sea posible durante cada evento.
As the COVID-19 vaccine roll-out continues, it’s important to be on the lookout for scams. The Financial Crimes Enforcement Network (FINCEN) recently issued a new warning about vaccine scams:

- Beware of scams offering early access to vaccines for a fee.
- Keep an eye out for phishing scams where scammers email or text you with phony vaccine information.
- Steer clear of scammers trying to sell fake versions of vaccines.

Here are the facts:

- You can't pay to get early access to the vaccine.
- Medicare covers the cost of the COVID-19 vaccine. COVID-19 vaccines are also free to others throughout the country, although providers may charge an administration fee.

Don't share your personal or financial information if someone calls, texts, or emails you promising to get you the vaccine for a fee. For the latest vaccine updates, check with the Center for Disease Control & Prevention (CDC).

To learn more about how to manage your finances during the pandemic, visit consumerfinance.gov/coronavirus. For tips on how to avoid common scams, check out the CFPB’s fraud prevention resources.
Double Masking for COVID: Are Two Face Masks Better Than One?

Experts suggest ways to add layers of protection against the coronavirus.

Click here.
**ACTIVITIES SCHEDULE**

<table>
<thead>
<tr>
<th>MON  2/8</th>
<th>TUES 2/9</th>
<th>WED  2/10</th>
<th>THURS 2/11</th>
<th>FRI  2/12</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:30am-11:30am ESL Class (Virtual)</td>
<td>10:00am-11:00am Aerobics Video (Indoor)</td>
<td>10:30am-11:30am Yoga Class (Virtual)</td>
<td>10:30am-11:30am Learn Mandarin (Virtual)</td>
<td>10:00am-12:00pm Knit &amp; Crochet (Indoor &amp; Outdoor)</td>
</tr>
<tr>
<td>1:00pm-2:00pm Yoga Class (Virtual)</td>
<td>10:30am-11:30am Conversational Spanish (Virtual)</td>
<td>12:00pm-2:00pm Movie Day “Dr. Martin Luther King, Jr.—A Historical Perspective” (Virtual)</td>
<td>1:00pm-2:00pm Current Events (Indoor &amp; Outdoor)</td>
<td>1:00pm-2:00pm Safe Bingo (Indoor)</td>
</tr>
<tr>
<td>1:00pm-2:00pm Book Club (Indoor)</td>
<td>1:00pm-2:30pm Intermediate Spanish 2 (Virtual)</td>
<td>2:00pm-3:00pm Special Presentation “Slavery and Memory in Loudoun County” (Virtual)</td>
<td>1:00pm-2:00pm Yoga Class (Virtual)</td>
<td>1:00pm-2:00pm Yoga Class (Virtual)</td>
</tr>
<tr>
<td>2:30pm-3:30pm Teen Tech (Virtual)</td>
<td></td>
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</tbody>
</table>

The Loudoun County Department of Parks, Recreation and Community Services is committed to complying with the Americans with Disabilities Act (ADA). If you need a reasonable accommodation in order to participate in PRCS activities, please contact the location/program manager (or PRCS administrative office at 703-777-0343/TTY-711). Three business days advance notice is requested.

Registration required 24 hours in advance for all activities. Call 571-258-3280 to register.

<table>
<thead>
<tr>
<th>MON  2/15</th>
<th>TUES 2/16</th>
<th>WED  2/17</th>
<th>THURS 2/18</th>
<th>FRI  2/19</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Center is CLOSED</td>
<td>10:00am-11:00am Aerobics Video (Indoor)</td>
<td>10:30am-11:30am Yoga Class (Virtual)</td>
<td>10:30am-11:30am Learn Mandarin (Virtual)</td>
<td>10:00am-12:00pm Knit &amp; Crochet (Indoor &amp; Outdoor)</td>
</tr>
<tr>
<td></td>
<td>10:30am-11:30am Conversational Spanish (Virtual)</td>
<td>12:00pm-2:00pm Movie Day Michelle Obama’s “Becoming” (Indoor)</td>
<td>1:00pm-2:00pm Current Events (Indoor &amp; Outdoor)</td>
<td>1:00pm-2:00pm Safe Bingo (Indoor)</td>
</tr>
<tr>
<td></td>
<td>1:00pm-2:30pm Intermediate Spanish 2 (Virtual)</td>
<td></td>
<td></td>
<td>1:00pm-2:00pm Yoga Class (Virtual)</td>
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</tbody>
</table>
**Mondays**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:30am</td>
<td>ESL Class (Virtual Activity) – English as a second language class. Instructor: Judy Villedrouin</td>
</tr>
<tr>
<td>1:00pm</td>
<td>Yoga (Virtual Activity) – Light stretching and breathing exercise to improve your health and happiness. Instructors: Jagdish &amp; Kailash Sachdev</td>
</tr>
<tr>
<td>1:00pm</td>
<td>Book Club (Indoor Activity, 3rd Monday’s only) – Monthly discussions, new members welcome. This month—“The Franchise Affair” by Josephine Tey. Leader: Mary Rudiak</td>
</tr>
<tr>
<td>2:30pm</td>
<td>Teen Tech (Virtual Activity) – Knowledgeable teens give pointers and instruction on how to use smartphones, computers and other technology. Instructor: Aidan Comie</td>
</tr>
</tbody>
</table>

**Tuesdays**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00am</td>
<td>Aerobics Video (Indoor Activity) – light exercise featuring Richard Simmons and the Silver Foxes DVD</td>
</tr>
<tr>
<td>10:30am</td>
<td>Conversational Spanish (Virtual Activity) – Practice your Spanish while conversing current topics while improving your grammar skills. Instructor: Ana Mahoney</td>
</tr>
<tr>
<td>1:00pm</td>
<td>Intermediate Spanish (Virtual Activity) – New students will have to purchase a textbook for $20. Prerequisites necessary. Instructor: Lea Nigon. Email <a href="mailto:Paul.torrible@loudoun.gov">Paul.torrible@loudoun.gov</a> for details and registration.</td>
</tr>
</tbody>
</table>

**Wednesdays**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:30am</td>
<td>Yoga (Virtual Activity) – Light stretching and breathing exercise to improve your health and happiness. Instructors: Jagdish &amp; Kailash Sachdev</td>
</tr>
<tr>
<td>12:00pm</td>
<td>Movie Day (Indoor Activity) – Free movie presentation. Bring your own snacks. “Martin Luther King Jr.—A Historical Perspective” (February 10th), and Michelle Obama’s “Becoming” February 17th.</td>
</tr>
<tr>
<td>2:00pm</td>
<td>Special Presentation – Slavery and Memory in Loudoun County (Virtual) - brought to you by the Senior Center at Cascades Advisory Board.</td>
</tr>
</tbody>
</table>

**Thursdays**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:30am</td>
<td>Learn Mandarin (Virtual Activity) This class is for all levels and is informal. Instructor: Susan Xiaoping</td>
</tr>
<tr>
<td>1:00pm</td>
<td>Current Events (Indoor &amp; Outdoor Activity) Current, local and global events discussions. Come join in, new members always welcome. Leader: Steven Cresskoff.</td>
</tr>
</tbody>
</table>

**Fridays**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00am</td>
<td>Knit &amp; Crochet (Indoor &amp; Outdoor Activity) – Group activity. No instruction provided. Outdoor participants bring your own chair. Knit and crochet products donated to local charities. Leader: Velinda Sutton.</td>
</tr>
<tr>
<td>1:00pm</td>
<td>Safe Bingo (Indoor Activity) – Bingo game with social distancing and disposable cards. Caller: Bill Kalteissen</td>
</tr>
<tr>
<td>1:00pm</td>
<td>Yoga (Virtual Activity) – Light stretching and breathing exercise to improve your health and happiness. Instructors: Jagdish &amp; Kailash Sachdev.</td>
</tr>
</tbody>
</table>

Registration required 24 hours in advance for all activities. Call 571-258-3280 to register.
# What's for lunch at Cascades?

<table>
<thead>
<tr>
<th>MON 2/8</th>
<th>TUES 2/9</th>
<th>WED 2/10</th>
<th>THURS 2/11</th>
<th>FRI 2/12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stuffed Cabbage Mashed Potato Vegetable Blend Fruit, Bread &amp; Milk</td>
<td>Hot Dog Baked Beans Caribbean Blend Vegetable Hot Dog Bun Fruit &amp; Milk</td>
<td>Spinach Quiche Vegetable Blend Glazed Apples Fruit, Bread &amp; Milk</td>
<td>Salisbury Steak Scalloped Potato Green Beans Fruit, Bread &amp; Milk</td>
<td>Baked Ham Macaroni &amp; Cheese Mixed Vegetables Fruit, Bread &amp; Milk</td>
</tr>
<tr>
<td>Vegetarian meal Available</td>
<td>Vegetarian meal Available</td>
<td>Vegetarian meal Available</td>
<td>Vegetarian meal Available</td>
<td>Vegetarian meal Available</td>
</tr>
</tbody>
</table>

**DRIVE-THRU PICKUP (11:00am-11:30am) & DINE-IN (11:45am-12:30pm)**

<table>
<thead>
<tr>
<th>MON 2/15</th>
<th>TUES 2/16</th>
<th>WED 2/17</th>
<th>THURS 2/18</th>
<th>FRI 2/19</th>
</tr>
</thead>
<tbody>
<tr>
<td>COUNTY HOLIDAY Centers Closed Today</td>
<td>Baked Chicken Sweet Potato Collard Greens Fruit, Bread &amp; Milk</td>
<td>Meatloaf Mashed Potato Green Peas Fruit, Bread &amp; Milk</td>
<td>Baked Fish Corn Broccoli Spears Fruit, Bread &amp; Milk</td>
<td>Chicken Stir Fry Noodles Vegetable Medley Fruit, Bread &amp; Milk</td>
</tr>
<tr>
<td>Vegetarian meal Available</td>
<td>Vegetarian meal Available</td>
<td>Vegetarian meal Available</td>
<td>Vegetarian meal Available</td>
<td>Vegetarian meal Available</td>
</tr>
</tbody>
</table>
HOW MUCH SHOULD I DONATE?
UNDER 60 YEARS OLD MUST PAY $4.00 FOR THEIR LUNCH
PERSONS 60 YEARS AND OLDER, WE ENCOURAGE YOU TO MAKE A DONATION
BELOW ARE SOME GUIDELINES AS TO WHAT IS APPROPRIATE TO PAY

<table>
<thead>
<tr>
<th>Monthly Income</th>
<th>Suggested Donation</th>
</tr>
</thead>
<tbody>
<tr>
<td>$0.00-$250</td>
<td>$0.50 /meal</td>
</tr>
<tr>
<td>$251-$400</td>
<td>$1.00 /meal</td>
</tr>
<tr>
<td>$401-$600</td>
<td>$1.50 /meal</td>
</tr>
<tr>
<td>$601-$800</td>
<td>$2.00 /meal</td>
</tr>
<tr>
<td>$801-$1,000</td>
<td>$3.00 /meal</td>
</tr>
<tr>
<td>$1001 &amp; above</td>
<td>$4.00 /meal</td>
</tr>
</tbody>
</table>
Join us Wednesday, February 10th at 2:00pm for a special live virtual presentation via Zoom, hosted by Richard Gillespie: "Slavery and Memory in Loudoun County"

According to the 1860 census, 27% of Loudoun County’s people were enslaved—5,501 persons. Like many Virginia Piedmont counties, slaves made up a huge percentage of its population. What was slavery like in our now-burgeoning suburban county? Was there opposition to slavery? Did slaves resist? Did white people? Join award winning local educator Richard Gillespie as he helps us explore these questions and more for this very special presentation. This presentation is brought to you by the Senior Center at Cascades Advisory Board.

Click here to join presentation
Meeting ID: 794 8034 0639
Passcode: FGm2b3
We will be presenting “Dr. Martin Luther King, Jr: A Historical Perspective” (2002 Documentary), Wednesday, February 10th at 12:00pm. The movie is free to senior center members.

We will be presenting Michelle Obama’s “Becoming” (2020 Documentary), Wednesday, February 17th at 12:00pm. The movie is free to senior center members.
Happy Presidents' Day

The Senior Center at Cascades will be closed in observance of Presidents’ Day on Monday, February 15th. Formerly known as Washington’s Birthday, the day is now used as an occasion to celebrate all U.S. Presidents. A food traditionally associated with the holiday is cherry pie, based on the legendary chopping down of a cherry tree in Washington's youth.

Happy Chinese New Year!

The first day of the Chinese New Year will be on Friday, February 12th! 2021 will be the year of the Ox. In Chinese culture, the Ox is a valued animal, because of its role in agriculture and its positive characteristics. Oxen are the hard workers in the background. They are honest, intelligent and reliable, but never demanding praise.
SHARE for Dementia

A 5-session virtual program that works alongside caregivers and persons living with early stage dementia to enhance the well-being of both parties.

SHARE COUNSELORS PROVIDE:

- Support to persons living with dementia and their caregiver to talk about the future through facilitated discussion
- Education about dementia
- Care planning for the future

This is a free program, and includes a family tool-kit, 5 sessions with a SHARE counselor plus an optional 6th family session.

GOALS OF THE SHARE PROGRAM:

- Support caregivers and help them communicate effectively and plan for the future
- Promote health and well-being, and decrease stress
- Encourage participation in fulfilling activities
- Learn about available resources that reflect care partners’ values and preferences
- Provide education about dementia and how to manage changes that lie ahead

To make an appointment with a SHARE counselor, send an email to aaasupport@loudoun.gov or call 703-777-0257.
Loudoun County Area Agency on Aging

VIRTUAL FAMILY CAREGIVER EDUCATION SERIES

GETTING YOUR LEGAL DUCKS IN A ROW: LEGAL PLANNING FOR OLDER ADULTS & CAREGIVERS
Thursday, February 18, 2021 at 1 pm - 2 pm EST
Presented by Valerie B. Geiger, Esq.

CAREGIVING FROM A DISTANCE DURING A HEALTHCARE CRISIS
Tuesday February 23, 2021 at 1 pm - 2 pm EST
Presented by Jennifer L. FitzPatrick MSW, LCSW-C, CSP

TABOO TOPICS: HOW TO TALK TO YOUR PARENTS ABOUT THE FUTURE MORE COMFORTABLY
Thursday March 18, 2021 at 1 pm - 2 pm EST
Presented by Jennifer L. FitzPatrick MSW, LCSW-C, CSP

Hosted by the Loudoun County Area Agency on Aging

TO REGISTER FOR THESE FREE, VIRTUAL PROGRAMS,
please send an email to aasupport@loudoun.gov

If you require an accommodation for any type of disability in order to participate, please contact Lesley Katz at 703-771-5407/TTY-711. Three business days advance notice is requested.
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 be connected with Area Agency on Aging programs and services, and other community resources, please call 703-777-0257 to speak with an Aging Program Specialist.

To sign-up, send an email to aaasupport@loudoun.gov or call 571-233-2583

For more information about the Loudoun County Area Agency on Aging, visit www.loudoun.gov/aaa or call 703-777-0257
VIRTUAL SUPPORT GROUPS
FOR CAREGIVERS OF PEOPLE WITH MEMORY LOSS
THIRD SATURDAY OF EVERY MONTH | 10 AM
To register, please email aaasupport@loudoun.gov or call 571-258-3490.

FIRST WEDNESDAY OF EVERY MONTH | 4 PM – 5 PM
For more information, please call 703-771-5334.

FOR PEOPLE WITH EARLY STAGE DEMENTIA
SECOND WEDNESDAY OF EVERY MONTH | 10 AM – 11 AM
For more information, please email aaasupport@loudoun.gov or call 703-737-8741.

If you require an accommodation for any type of disability in order to participate, please call 571-258-3490 /TTY-711. Three business days advance notice is requested.
**Weekly Program Schedule**

**TUESDAY (2/9)**

12:00 PM — Mid-Day Meditation: Certified yoga and meditation teacher, Gretchen Schutte, leads a guided relaxation and journey meditation.

4:00 PM — Editing a Short Story: Get your short story ready for our It's All Write contest.

**WEDNESDAY (2/10)**

11:00 AM — Toddler Storytime: Ms. Lauren from Rust Library reads *Please, Puppy, Please* by Spike Lee.

1:00 PM — Dragon Craft: Celebrate the Lunar New Year with this fun activity.

6:00 PM — Balanced Body Yoga: Combine slow flow and yoga for this whole-body experience.

6:30 PM — The Sinking Island: Using his images, DC-area photographer Frank Stropa presents the unique history of Tangier Island, VA.

**THURSDAY (2/11)**

6:30 PM — Creating Your Writing Space: Writing coach David Hazard will show you how to foster habits that can help you get published. Learn how to make writing a top priority; create a team of supportive people who will protect your writing time; and set up a space that will add energy to your writing.

**FRIDAY (2/12)**

11:00 AM — Baby Storytime: Join Ms. Christine from Cascades Library for rhymes, songs, tickles, bounces and the story, *Whose Ear*? by Sue Tarsky.

4:00 PM — Paint With Watercolors: Paint delicate flowers to create a heart. A perfect Valentine’s Day craft led by artist Kris Loya.

**SATURDAY (2/13)**

11:00 AM — George Washington Carver & Friends: Bright Star Touring Theatre highlights African Americans that laid the groundwork for some of the most amazing discoveries of the modern era.

Links for these online programs are available from the Event Calendar at library.loudoun.gov
It's All WRITE
Short Story Writing Contest for Teens

Enter our annual contest for Grades 6-12. Submit your entry by March 1 at library.loudoun.gov/IAW.

Take a Stroll Around the Library on a Storywalk®!

Brambleton Library
I Like Me! by Nancy Carlson
Feb. 1 - Feb. 28

Purcellville Library
Ruby’s Chinese New Year by Vickie Lee
Feb. 6 - Feb. 12

Advanced ESOL Practice

LIVE ONLINE
Mondays, Feb. 2, 8 & 22, 2 PM

Use this link to join the program: http://bit.ly/LCPL-ESOL

Donation Boxes

RUST LIBRARY will be collecting donations for Comfort Cases in February. Donation boxes are set up throughout the branch.

Comfort Cases is a nonprofit organization that works to bring dignity and hope to youth in foster care by eliminating the practice of children using trash bags to carry belongings when entering the foster care system.
Happy Valentine’s Day!

On Friday, February 12th any senior center member who is signed up for drive-thru pickup or dine-in lunch, will receive a home-made valentine and a rose courtesy of CASA and The Senior Center of Cascades Advisory Board.
Mardi Gras Luncheon Flashback 2020

...and the good times will be back before you know it!
**KITCHEN CORNER**

Egg Pepper Rings with Carrot Salsa

NOTE: Make it gluten-free by serving eggs and peppers over lettuce instead of an English muffin.

**INGREDIENTS**
- 2 medium bell peppers (red and yellow)
- 2 tbsp. olive oil
- 2 large carrots, coarsely grated
- 1 pt. cherry or grape tomatoes, quartered
- 1 clove garlic, finely chopped
- Kosher salt and pepper
- 1/2 c. fresh cilantro, roughly chopped
- 8 large eggs
- 1/2 tsp. dried oregano

Toasted English muffins, for serving

**DIRECTIONS**
1. Slice eight 1/2-in.-thick rings from peppers. Chop remaining peppers and transfer to a medium bowl.
2. Heat 1 Tbsp oil in a large nonstick skillet on medium. Add pepper rings and cook until they begin to soften and turn golden brown, 3 to 4 minutes per side.
3. Meanwhile, in a bowl, toss carrots, tomatoes, garlic, and chopped peppers with remaining Tbsp oil, add pinch each salt and pepper, then fold in cilantro.

Crack 1 egg into each pepper ring; sprinkle with oregano and 1/4 tsp each salt and pepper. Cover and cook until whites are set, 4 to 5 minutes for soft yolks. Top with carrot salsa and serve on English muffins if desired.

**REMINDER:**
If you are in need of a lunch meal or food in general, please call the center at 571-258-3280 so that we can assess the situation and figure out the best way to meet your needs.