COVID-19 Free Testing Events
Loudoun County is hosting free drive-thru testing events in March 2021.

COVID-19 TESTING
MARCH 2021
Tuesdays & Thursdays
10:00 a.m. - 2:00 p.m.

Multiple Locations

Drive-thru only. Free & open to everyone.

Event Dates and Locations

- **March 2 and 4, 10:00 a.m. - 2:00 p.m.**
  Franklin Park, 17501 Franklin Park Drive, Purcellville
- **March 9 and 11, 10:00 a.m. - 2:00 p.m.**
  Philip A. Bolen Memorial Park, 42405 Claudia Drive, Leesburg (Enter the park from Sycolin Road onto Crosstrail Boulevard).
- **March 16 and 18, 10:00 a.m. - 2:00 p.m.**
  Cascades Library, 21030 Whitfield Place, Potomac Falls (Access the testing location in the back parking lot, near the senior center)
- **March 23 and 25, 10:00 a.m. - 2:00 p.m.**
  Dulles South Recreation & Community Center, 24950 Riding Center Drive, South Riding

You must fill out a registration form and bring it to the testing site. Click below for registration form and additional information.

https://www.loudoun.gov/covid19testing
**BI-WEEKLY ACTIVITIES SCHEDULE**

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<tbody>
<tr>
<td>10:15 AM Aerobics with Luella</td>
<td>10:30 AM Sit N Fit 2</td>
<td>10:30 AM Movies: Dirty Dancing</td>
<td>10:00 AM Bingo</td>
<td>10:30 AM Curbside pick-up is between 11:00-11:30AM</td>
</tr>
<tr>
<td>10:30 AM Wii Bowling</td>
<td>No meals will be served on the days the center is closed.</td>
<td></td>
<td>Call the front desk, 703.737.8039 To pre-register for these activities.</td>
<td>Please try to be on time as we need time to prepare for the dine-in lunch.</td>
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<tr>
<td></td>
<td></td>
<td>10:30 AM Sit N Fit 2</td>
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<tr>
<td></td>
<td></td>
<td>1:00 PM Knitting with Kathy</td>
<td>3/11 Overboard</td>
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<tr>
<td></td>
<td></td>
<td>10:00 AM Movies: Dirty Dancing</td>
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<tr>
<td></td>
<td></td>
<td>1:00 PM Ukulele Group</td>
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**COVID-19 UPDATE/INFORMATION**

For more information about COVID-19 updates visit [www.loudoun.gov/Coronavirus](http://www.loudoun.gov/Coronavirus)
On the road again with Senior Trips

As we move further into 2021, we are doing so in hopeful anticipation that the current health situation will begin to improve, and we can get back “on the road again” with both day and overnight trips. Day trips will resume in June with registration beginning in early May. (date to be announced).

For those who are ready to travel now, we are offering two spring overnight trips. Southern Porches.

- **(April 25 to May 1)**, a unique tour featuring Beaufort SC & Savannah GA, and Seaside Gems
- **(May 24 to May 27)** featuring Cape May NJ, Historic Lewes and Rehoboth DE.

The number of participants will be limited to no more than 25. We will be following CDC guidelines and all travelers will be required to wear a facemask and practice social distancing. Temperature and symptom checks will be done daily and all hotels, motorcoach companies and restaurants will follow CDC guidelines. Registration is open now for both trips. If you would like more information, please contact Terry Fleming (571) 258-3050 **terry.fleming@loudoun.gov** or Sonya Haynes (571) 258-3051, or **sonya.haynes@loudoun.gov**

Please remember, in a pandemic flexibility is key and trips are subject to change.

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**How to Sign Up for COVID-19 Vaccine**

**Complete a Pre-Registration Form**

**Online:** Sign up for a COVID-19 vaccine by submitting a Statewide Vaccine Pre-Registration System online form at: [https://vaccinate.virginia.gov/preregister.html](https://vaccinate.virginia.gov/preregister.html)

**OR**

**Phone:** If you do not have access to the internet, you may call the Virginia Department of Health’s COVID-19 hotline at **877-VAX-IN-VA (877-829-4682)** every day from 8:00 a.m. - 8:00 p.m.

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**Virtual Programs**

Please contact Cheryl Wheeler 703.737.8039  
Cheryl.Wheeler@loudoun.gov if you would like to join in.

**Intermediate Spanish with Francisco**  
Mondays at 4:00pm

**Guitar with Kurt**  
Fridays at 1:00pm
The Tax Assistance You Need, Delivered Safely

AARP TAX ASSISTANCE PROGRAM
https://www.aarp.org/money/taxes/aarp_taxaide/

Complete and submit your information. You will be contacted.

https://www.aarp.org/money/taxes/aarp_taxaide/ will be updated in early February with new features to make it easier for taxpayers to request tax help.

The following are local facilities you may contact where AARP volunteers are there various days and times during the week. Please note that your membership must be current before an appointment can be made at Carver. The information is below:

<table>
<thead>
<tr>
<th>Carver</th>
<th>HealthWorks for Northern VA</th>
<th>Cascades Library</th>
</tr>
</thead>
<tbody>
<tr>
<td>Senior Center</td>
<td>703.829.0394</td>
<td>703.429.0085</td>
</tr>
<tr>
<td>Trixie (to make appointment)</td>
<td></td>
<td>By appointment only</td>
</tr>
<tr>
<td>571.258.3400</td>
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<td></td>
<td>By appointment only</td>
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GUEST SPEAKER

Normal Aging vs Alzheimer’s Disease with Ben Donnelly, Alzheimer’s Association

Thursday, March 11, 2020
11:00am-12:00pm

Please join my meeting from your computer, tablet or smartphone.
https://global.gotomeeting.com/join/775919541

You can also dial in using your phone. United States: +1 (571) 317.3122

Access Code: 775-919-541

New to GoToMeeting? Get the app now and be ready when your first meeting starts:
https://global.gotomeeting.com/install/775919541

Understand the Difference between Normal Aging and Alzheimer’s Disease

Thursday, March 11, 2021
11:00am

Description: 10 WARNING SIGNS OF ALZHEIMER’S: Am I getting old or getting Alzheimer’s? Is forgetfulness a natural part of aging? When does memory difficulty signal a larger problem?

This program provides an understanding of the difference between normal aging and when symptoms reveal a larger problem. Feel free to ask questions.

Presenter: Ben Donnelly, Alzheimer’s Association

Presentation will be broadcast in the Board Room at the Senior Center of Leesburg. Located at: 102 North Street, NW, Leesburg, VA 20176, or virtually using your home computer/tablet and the Go To Meeting platform.

Questions call Cheryl at 703-737-8039
**VOLUNTEERS WANTED**

Deliver a few smiles within a few miles! Drivers are needed to deliver noontime meals to homebound seniors in Leesburg. Contact Debra Bressler at 703-777-0237 or by email at Debra.Bressler@Loudoun.gov.

Volunteer opportunities for the Home-Delivered Meals Program are available at numerous locations throughout the county. Meals are prepared, packaged, and delivered to local communities and county sites for distribution by volunteers.

Individuals may volunteer for as little as one hour per month, week, or day. A Home-Delivered Meals volunteer provides more than a daily meal to older residents, they provide the gift of friendship.

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**The Future Ashburn Senior Center**

The best place to find information about county construction projects, including the Ashburn Senior Center and other PRCS facilities, is the Department of Transportation and Capital Infrastructure. Here’s the link to the center info: [https://www.loudoun.gov/5231/Ashburn-Senior-Center](https://www.loudoun.gov/5231/Ashburn-Senior-Center)

Located at 20880 Marblehead Dr, Ashburn, VA 20147

Planning to open in the spring of 2021.

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**Bluebird counting begins in March 2021**

Weekly volunteers from the Senior Center of Leesburg begin to document Bluebird activity at our Senior Center’s six nesting boxes. Cavity nesters, bluebirds are now pairing and selecting their nesting spot for this season. Bluebirds are native species that the Virginia Bluebird Society works to encourage nesting to increase population in our State. These efforts are documented weekly by a group of interested volunteers. Please do not feel intimidated because little or no experience is required. You just need a willingness to learn more about these tiny little gifts to nature.

**JOIN US: Thursday, March 4th at 1:00pm**

Attend the Overview Video and Orientation scheduled for Thursday, March 4, 2021 at 1:00pm with Eli Florance and Carolyn Snyder.

**USE YOUR PHONE OR COMPUTER TO JOIN**

Bluebird Counting Overview Video and Discussion Thursday, March 4, 2021 at 1:00pm

Please join my meeting from your computer, tablet or smartphone. [https://global.gotomeeting.com/join/328314501](https://global.gotomeeting.com/join/328314501)

You can also dial in using your phone.

United States: **+1 (646) 749-3122**

Access Code: 328-314-501
**KITCHEN CORNER**

REMINDER:
If you are in need of a lunch meal or food in general, please call the center at 703.737.8039 so that we can assess the situation and figure out the best way to meet your needs. Please call 24 hours in advance to make your reservation.

### MENU 3/1-3/5/2021

<table>
<thead>
<tr>
<th>MON. 3/1</th>
<th>TUES. 3/2</th>
<th>WED. 3/3</th>
<th>THURS. 3/4</th>
<th>FRI. 3/5</th>
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<tbody>
<tr>
<td>Chicken Pot Pie Over Biscuit Corn Carrots Fruit Milk</td>
<td>Baked Fish Rosemary Potato Green Beans Fruit Roll/Milk Milk</td>
<td>Sliced Turkey Stuffing Gravy Mashed Potato Green Peas Roll/Milk</td>
<td>Swedish Meatballs Noodles Mixed Veg. Fruit Roll/Milk</td>
<td>Seafood Casserole Caribbean Blend Vegetable Fruit Roll/Milk</td>
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### MENU 3/8-3/12/2021

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<tbody>
<tr>
<td>Lasagna Malibu Blend Vegetables Fruit Roll Milk</td>
<td>Oven Baked Chicken Strips Succotash Collard Greens Fruit Bread Milk</td>
<td>Turkey Casserole Broccoli Sweet Potato Fruit/Bread Milk</td>
<td>Pork Chops Fettuccini Alfredo Spiced Applesauce Fruit Roll/Milk</td>
<td>Baked Fish Baked Potato Veg. Blend Fruit Roll/Milk</td>
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</tbody>
</table>

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.
Hello All! Please contact me to complete the annual Nutritional Health Screening that is updated annually. If you are receiving the e-newsletter by email, it is attached. You may also obtain a copy of the form at the center or email Leigh Macklin at leigh.macklin@loudoun.gov or Sue Depoy at sue.depoy@loudoun.gov and they will be able to send you a copy of the form to complete and return it to the Senior Center by March 5, 2021. The form is a requirement for Congregate Nutritional Meals by the Area Agency on Aging.

If you have any questions, or if you would like to provide us with the information via phone, please contact me at 703-737-8040 or via email at leigh.macklin@loudoun.gov.

Thank you so much & I look forward to talking with you! Leigh

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**Real Property & Personal Property Tax Relief for the Elderly & Disabled**

2021 Tax Relief forms will be available by March 1, 2021. On December 15, 2020, the Board of Supervisors requested staff to review the household income criteria for the Tax Relief Program for the Elderly and Disabled for Real Property. Any change approved by the Board would require an ordinance amendment and would become effective for Tax Year 2022.

**Real Property Tax Exemption:** Elderly & Disabled Qualified applicants may be exempt from paying real property taxes on their home and lot, up to three acres. Land in excess of three acres and any additional lots or structures are ineligible for relief. Manufactured homes (mobile homes) may qualify for tax relief.

**Personal Property Alternative Tax Rate:** Elderly & Disabled Each qualified applicant is taxed at the alternative tax rate on one vehicle. The alternative rate is set annually by the Board of Supervisors and has historically been $2.10, which is 50% of the regular personal property tax rate. Tax Relief must be requested by filing a form annually with the Commissioner of the Revenue. Loudoun County utilizes a triennial application procedure. First-time applicants must file an application and provide supporting documentation, such as social security statements, bank statements and income tax returns. The same is required every three years. For the two years following each application year, a one page certification must be filed.

Filing deadlines for 2021 tax year applications and certifications are:
- April 1, 2021 for all applicants who filed previously
- September 1, 2021 for first-time personal property tax relief
- January 3, 2022 for first-time real property tax relief

For more information, email www.trcor@loudoun.gov or go to www.loudoun.gov/taxrelief Tax Relief brochure is also available at the Senior Center.

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**March is National Nutrition Month!**

Below are some great resources for Nutrition Awareness Month:

- Virginia Cooperative Extension publishes a newsletter called, “Buzz, Body and Bites” for actively aging adults.

- Go to https://resources.ext.vt.edu/searchresults?contentname=buzz,%20body to see their most recent issues. See email below I received from Pegi Wright at VCE confirming my subscription. Feel free to email her if you’d like to subscribe as well.

- The other resource is a website, www.eatright.org which has great information on nutrition topics and also has a page especially for seniors.
Why do cons target seniors?

- Vulnerability and Loneliness
- Declining Health
- Accessibility
- Isolation
- Money
- Investment Schemes

Warning Signs & Elder Fraud Schemes

- "Free" gifts that require you to pay shipping and handling fees, redemption fees or gift taxes before delivery
- "High profit, no-risk" investments
- "Act now" and other high pressure sales tactics
- A request for a credit card number for identification purposes or to verify that you have won a prize
- Refusal to provide written information or even the most basic details about an organization

Organizations that are unfamiliar or have only a post office box for an address

To file an on-line report for a crime in Loudoun County please use the link below: