The Senior Center of Leesburg

BI-WEEKLY E-NEWS MARCH 12, 2021

The Senior Center of Leesburg
Open with Limited Indoor Programs

Hours of Operation
Monday–Friday
9:00AM–3:00PM

Curbside Lunch Pick-Up:
11:00AM-11:30AM

Lunch Dine-In:
12:00PM-1:00PM

https://www.loudoun.gov/1181/The-Senior-Center-of-Leesburg

Spring forward
Don’t forget
to set
Clocks ahead one hour at 2.am.

Sunday,
March 14, 2021
BI-WEEKLY ACTIVITIES SCHEDULE

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<tr>
<td>10:15 AM</td>
<td>Aerobics with Luella</td>
<td>10:30 AM Sit N Fit 2</td>
<td>10:30 AM Pokeno</td>
<td>10:00 AM Movies: 3/18 Taken</td>
<td>10:30 AM Bingo</td>
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<tr>
<td>NO CLASS</td>
<td>3/29</td>
<td>10:30 AM Wii Bowling</td>
<td>1:00 PM Knitting with Kathy</td>
<td>3/25 Knives Out</td>
<td>Curbside pick-up is between 11:00-11:30AM</td>
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<td>3/24 @ 1:00 PM Blue Bird Monitoring</td>
<td>No meals will be served on the days the center is closed.</td>
<td>10:30AM Sit N Fit 2</td>
<td>1:00 PM Ukulele Group</td>
<td>Please try to be on time as we need time to prepare for the dine-in lunch.</td>
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Call the front desk, 703.737.8039 to pre-register, as activity space is limited.

**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.

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.

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>HealthWorks for Northern VA</th>
<th>Cascades Library</th>
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<tbody>
<tr>
<td>703.829.0394</td>
<td>703.429.0085</td>
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<tr>
<td>By appointment only</td>
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SIGN UP FOR YOUR FREE COVID-19 VACCINE

Vaccinate.Virginia.gov

Or call 1-877-VAX-IN-VA 7 days a week, 8 a.m. – 8 p.m. Available in English and Spanish. Call-back service in 100+ languages. TTY service.

✔ GET INFORMATION on how vaccines work and why they are safe.
✔ GET PRE-REGISTERED to put your name on the list.
✔ GET VACCINATED — when it’s your turn, we’ll contact you to schedule your vaccine.
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.

NOTARY SERVICE AVAILABLE

Contact Sue Depoy at 703.737.8039 or sue.depoy@loudoun.gov and set-up and appointment if you have documents that you need notarized as she is a notary and will offer her services to members of The Senior Center of Leesburg.
When You’ve Been Fully Vaccinated

What we know: Studies show that COVID-19 vaccines are 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. **COVID-19 vaccination is an important tool to help us get back to normal.**

COVID-19 vaccines teach our immune systems how to recognize and fight the virus that causes COVID-19. It typically takes a few weeks after vaccination for the body to build protection (immunity) against the virus that causes COVID-19. That means it is possible a person could still get COVID-19 just after vaccination. This is because the vaccine has not had enough time to provide protection.

There are steps you can take to protect yourself until you can get vaccinated. Even after you get vaccinated it’s important to continue using all the tools available to help stop this pandemic as we learn more about how COVID-19 vaccines work in real-world conditions. Even after vaccination, take steps to protect yourself and others from COVID-19.

You may have side effects after vaccination, but these are normal. After COVID-19 vaccination, you may have some side effects. These are normal signs that your body is building protection. The side effects from COVID-19 vaccination, such as chills or tiredness, may affect your ability to do daily activities, and they should go away in a few days.

What about a serious reaction after the COVID-19 vaccine?

- **Severe allergic reactions** after getting the COVID-19 vaccine are rare but require **immediate medical care**.

- **Call 9-1-1** if you think you’re having a severe allergic reaction (such as trouble breathing or swelling of the lips, face or throat) after leaving the vaccination site.

I just got the COVID-19 vaccine, now what

• Continue to wear a mask, stay at least 6 feet apart, avoid crowds, wash your hands

• Plan to get a second dose; current COVID-19 vaccines require 2 doses to protect you (some current COVID vaccines require 2 doses)

• Report vaccine side effects by using the free, secure smartphone tool from CDC at v-safe.cdc.gov

• Call a healthcare provider if concerned about side effects
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.

**KITCHEN CORNER**

**MENU 3/15-3/19/2021**

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<tr>
<td>Stuffed Cabbage</td>
<td>Hot Dog Baked Beans Caribbean Blend Veg.</td>
<td>Corned Beef Cabbage Parslied Potato Fruit Roll/Milk</td>
<td>Salisbury Steaks Veg. Blend Macaroni &amp; Cheese Fruit Roll/Milk</td>
<td>Baked Ham Scalloped Potato Mixed Veg. Fruit Roll/Milk</td>
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<tr>
<td>Mashed Potato</td>
<td>Hot Dog Bun</td>
<td>Fruit Milk</td>
<td>Roll/Milk</td>
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<tr>
<td>Veg. Blend</td>
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<tr>
<td>Fruit/Roll</td>
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<tr>
<td>Milk</td>
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**MENU 3/22-3/26/2021**

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<tr>
<td>Chili Rice</td>
<td>Baked Chicken</td>
<td>Meatloaf</td>
<td>Sweet n Sour</td>
<td>Chicken Stir Fry</td>
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<td>Mixed Veg.</td>
<td>Sweet Potato</td>
<td>Mashed Potato</td>
<td>Pork Rice</td>
<td>Noodles Veg. Medley</td>
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<tr>
<td>Fruit Roll</td>
<td>Collard Green Bread</td>
<td>Green Peas Fruit/Bread Milk</td>
<td>Veg. Blend Fruit Roll/Milk</td>
<td>Fruit Roll/Milk</td>
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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.
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 connect 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**

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

Loudoun County Commissioner of the Revenue Robert S. Wertz Jr. announces that participants in Loudoun’s tax relief program for the elderly and disabled should soon begin receiving renewal forms. Applications and certifications for tax year 2021 were recently mailed to applicants already in the program and residents who have requested an application for the program.

The filing deadline for participants already in the program is April 1, 2021. First-time applicants for vehicle personal property tax relief have until September 1, 2021, and first-time applicants for real property tax relief have until January 3, 2022, to file their applications. Applicants are encouraged to mail in their forms in the preaddressed envelope that was included with the renewal forms.

Applications for first-time applicants and details about the program are available online at [loudoun.gov/taxrelief](http://loudoun.gov/taxrelief). Residents may also call 703-737-8557 to have a form mailed to them.
Guest Speaker: Helen Flynn
“Selling your home during the Pandemic.”

*Wednesday, April 7, 2021 at 2:00pm*

Call **703-737-8039**
to reserve your space.

This program is held virtually using the Go To Meeting platform. See the link below to join.

Please join my meeting from your computer, tablet or smartphone.
https://global.gotomeeting.com/join/747083325

You can also dial in using your phone.
United States: **+1 (646) 749-3122**

Access Code: **747-083-325**
Intermediate Spanish with Francisco

Continue speaking, writing, and learning more about Spanish language.
Spring Class begins Monday, April 5, 2021 at 4:00pm
Class dates are April 5-June 14, 2021
Ten classes for $100.00

This class will meet virtually using the Go To Meeting platform.
This link will be sent to you via email weekly.
To Register: Call the Senior Center of Leesburg at 703-737-8039 and sign up.

Activity: 327600 Section: 427602-12
Questions call Cheryl Wheeler: 703-737-8039.

Saint Patrick himself would have to deal with pinching on his feast day. Though we've come to associate kelly green with the Irish and the holiday, the 5th-century saint's official color was "Saint Patrick's blue," a light shade of sky blue. The color green only became associated with the big day after it was linked to the Irish independence movement in the late 18th century.

As you might expect, St. Patrick’s Day is a huge deal in his old stomping grounds. It’s a national holiday in both Ireland and Northern Ireland, but up until the 1970s, pubs were closed on that day. (The one exception went to beer vendors at the big national dog show, which was always held on St. Patrick's Day.) Before that time, the saint's feast day was considered a more solemn, strictly religious occasion. Now, the country welcomes hordes of green-clad tourists for parades, drinks, and perhaps the reciting of a few limericks.
**Ingredients:**

- 4 pounds corned beef (preferably flat-cut)
- 1 medium onion
- 2 tablespoons mixed pickling spices
- 2 bay leaves
- 4 cups water
- 1 1/2 pounds potatoes (red-skinned or fingerlings)
- 1 pound carrots
- 1 head cabbage
- Garnish: parsley

****Optional: whole grain or spicy brown mustard, for serving

**Directions:**

1. Gather the ingredients.

2. Peel and slice the onion. Put the onions and corned beef in the Instant Pot. Add the mixed pickling spices and bay leaves, followed by the 4 cups of water.

3. Lock the Instant Pot lid in place and turn the venting knob to "sealing." Choose the manual setting and high pressure. Set the time to 85 minutes.

4. Meanwhile, scrub and peel the potatoes (or leave them unpeeled) and cut them into 1 1/2-inch to 2-inch pieces. Peel the carrots and cut them into 3-inch lengths. If the carrots are quite thick, halve them horizontally. Cut the cabbage into six to eight wedges.

5. When the time is up, let the pressure release naturally for 15 minutes, then carefully move the knob to "venting." Remove the meat to a cutting board and slice it thinly. Transfer the meat to a platter and cover it with foil to keep warm.

6. Strain the liquids into a large bowl or gravy separator and skim off any excess fat. Discard the solids and return the liquids to the Instant Pot. Add the vegetables to the pot.

7. Lock the lid in place and make sure the venting knob is set to "sealing." Choose the manual setting, high pressure, and set it for 2 minutes.

8. When the time is up, carefully turn the knob to "venting" to release the pressure quickly. With a slotted spoon, arrange the potatoes and carrots around the sliced corned beef. Arrange the cabbage wedges in a separate bowl.

9. Garnish the corned beef, cabbage, and vegetables with parsley and serve with a spicy brown or whole grain mustard.
St Patrick's Day

St. Patrick's Day Word Search

Leprechaun
Pot of Gold
Rainbow
Shamrock
Gold
Lucky
Irish
Green
Clover
March

Word Search
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
**Women’s History Month 2021 Resources**

**March 15–19**

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<th><strong>Monday</strong></th>
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<td><strong>Celebrate Women’s History Month with the National Women’s History Museum!</strong> Make plans to attend this special film screening of <em>And She Could Be Next</em> (episode 2), including live Q&amp;A with the filmmakers.</td>
<td><strong>Explore one of the biographies featured in the monthly “Fab Five” roundup!</strong></td>
<td><strong>Learn more about Latinas’ bicultural political engagement and experience in the United States. Explore the online exhibit, Representation with a Hyphen: Latinas in the Fight for Women’s Suffrage.</strong></td>
<td><strong>#KnowHerStory! Learn more about the women’s suffrage movement in this Women’s History Minute short film.</strong></td>
<td><strong>Learn more about women’s history by virtually visiting the Maryland Museum of Women’s History.</strong></td>
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[https://www.womenshistory.org/womens-history/march-womens-history-month](https://www.womenshistory.org/womens-history/march-womens-history-month)

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<th><strong>March 22-26</strong></th>
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<tr>
<td><strong>What can sports teach us about women’s leadership? Read more on this topic from mountaineer Vanessa O’Brien in “Mountains have No Ceilings.”</strong></td>
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[https://www.womenshistory.org/articles/mountains-have-no-ceilings](https://www.womenshistory.org/articles/mountains-have-no-ceilings)

[https://www.womenshistory.org/womens-history/fab-five](https://www.womenshistory.org/womens-history/fab-five)


[https://www.youtube.com/watch?v=wf6Crq3dIsA](https://www.youtube.com/watch?v=wf6Crq3dIsA)

[https://marylandmuseumofwomenshistory.org/](https://marylandmuseumofwomenshistory.org/)
WHY DO CONS TARGET SENIORS?

**Telemarketing Fraud and Senior Citizens**

Every day, elders receive phone calls from solicitors who tell them, "This is your lucky day." Telemarketing is a huge business in the United States. However, there is no way to tell how much telemarketing is fraudulent, because victims are often too embarrassed to report their losses to the police. Fraudulent telemarketers are often difficult to catch because they have a fly-by-night style of operation. They often work in "boiler-rooms," which involve leased space with banks of telephones, staffed by scam artists.

Once under investigation, they can shut down easily, change their company name, and move to another town or state. Attorneys General have taken action in past years against an estimated 150 operations. It is estimated that fraudulent telemarketers steal more than $1 billion a year from hardworking Americans.

**Example of Telemarketing Fraud Investment Scam**

Many telemarketers may try to engage elders in fraudulent investment schemes. These schemes seem to offer investors an irresistible and virtually risk-free way to "get rich quick."

In one case, a telemarketer was trying to get potential investors to buy space for a satellite on a space shuttle. The space would cost $2.5 million for the company to reserve, but the telemarketer said it could sell the space to another company in another five years for as much as $5 million.

Thus, investors would "double their substantial investments." There is a program like the one described by this fraudulent telemarketer. However, the telemarketer had no ties to NASA or any company that dealt with satellites or space-ships. The pitch urged investors to "act now and not to let anyone in on the great deal" that they were about to receive.

**REMEMBER:** Legitimate investment firms rarely, if ever, operate by telephone, and will always provide written information and time to think an investment over.

**Door to Door Scams**

**Home Improvement Scam—Yard Work**

A Virginia woman paid a door-to-door yard service worker a total of $26,310 over a three-month period for pruning and planting work in her modest yard. After completing an initial job costing $1,710, the worker showed up repeatedly to solicit more work. He made outright demands for work and payment until the terrified homeowner called the police, who promptly arrested the man.

**Paving Scam**

Other types of home improvement scams include services such as roofing and paving. In paving schemes, a contractor may drop by and offer to resurface or reseal a driveway. He may demand money up front as a deposit and never return, or he may spread something on your driveway that looks like blacktop, but which will crack in the next rainstorm. This type of scam has been known to operate in Virginia. Unfortunately, cases like this are all too common.

**Mail Order Solicitations** - Beware of filling out mail order solicitations that say you have won a prize. Most of them are looking for potential victims to call.

**MOST IMPORTANTLY,** if you suspect that you or someone you know has been a victim of elder fraud, immediately contact your local police or the Attorney General's Office. Often, victims of scams are too embarrassed by being "taken" to report their losses. **Con artists can continue to operate their scams if their crimes remain unreported.**