Manager’s Note

Outdoor Activities to Resume in April!

While Spring officially arrives on Saturday, March 20th, we’ve already had a little sneak peek of warmer weather. The warmer weather is an invitation to get outside, so it’s time to restart some outdoor activities!

- **The Outdoor Walking Group** will resume on Monday, April 5 at 2pm (meet in the parking lot at 1:55pm)

- **Tai Chi** will resume on Wednesday, April 21 at 10am in the parking lot

All outdoor activities require registration and will be held weather permitting, so call before you plan to come.

Happy Spring!
COVID-19 TESTING

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

Drive-thru only. Free & open to everyone.

loudoun.gov/COVID19testing

Event Dates and Locations

March 23 and 25, 10:00 a.m.-2:00 p.m.
Dulles South Recreation 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/
**ACTIVITIES SCHEDULE**

<table>
<thead>
<tr>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THURS</th>
<th>FRI</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)</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 “Battle of the Sexes” (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>2:30pm-3:30pm Teen Tech (Virtual)</td>
<td>1:00pm-2:30pm Intermediate Spanish 2 (Virtual)</td>
<td>10:30am-11:30am Yoga Class (Virtual)</td>
<td>12:00pm-2:00pm Movie Day “The Iron Lady” (Indoor)</td>
<td>1:00pm-2:00pm Yoga Class (Virtual)</td>
</tr>
</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.
### Activity Description

#### Mondays

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

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>10:00am</td>
<td><strong>Aerobics Video</strong> <em>(Indoor Activity)</em> – Light exercise featuring Richard Simmons and the Silver Foxes DVD</td>
</tr>
<tr>
<td>10:30am</td>
<td><strong>Conversational Spanish</strong> <em>(Virtual Activity)</em> – Practice your Spanish while conversing current topics while improving your grammar skills. Instructor: Ana Mahoney</td>
</tr>
<tr>
<td>1:00pm</td>
<td><strong>Intermediate Spanish 2</strong> <em>(Virtual Activity)</em> – New students will have to purchase a textbook for $20. Prerequisites necessary. Instructor: Lea Nigon. Email <a href="mailto:Paul.torrivel@loudoun.gov">Paul.torrivel@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><strong>Yoga</strong> <em>(Virtual Activity)</em> – Light stretching and breathing exercise to improve your health and happiness. Instructors: Jagdish &amp; Kailash Sachdev</td>
</tr>
<tr>
<td>12:00pm</td>
<td><strong>Movie Day</strong> <em>(Indoor Activity)</em> – Free movie presentation. Bring your own snacks. “The Battle of the Sexes” 2017 (March 24th) “The Iron Lady” (March 31st)</td>
</tr>
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</table>

#### Thursdays

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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</thead>
<tbody>
<tr>
<td>10:30am</td>
<td><strong>Learn Mandarin</strong> <em>(Virtual Activity)</em> – This class is for all levels and is informal. Instructor: Susan Xiaoping</td>
</tr>
<tr>
<td>1:00pm</td>
<td><strong>Current Events</strong> <em>(Indoor)</em> – 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>
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</thead>
<tbody>
<tr>
<td>10:00am</td>
<td><strong>Knit &amp; Crochet</strong> <em>(Indoor)</em> – 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><strong>Safe Bingo</strong> <em>(Indoor Activity)</em> – Bingo game with social distancing and disposable cards. Caller: Bill Kalteissen</td>
</tr>
<tr>
<td>1:00pm</td>
<td><strong>Yoga</strong> <em>(Virtual Activity)</em> – 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.

The Loudoun County Department of Parks, Recreation & Community Services (PRCS) is committed to complying with the Americans with Disabilities Act (ADA). If you need accommodations in order to participate in PRCS activities, please contact the program/location manager (or PRCS administrative office at 703-777-0343) three business days prior to the start of the activity.
<table>
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<tr>
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<tbody>
<tr>
<td>Chili/Rice Mixed Vegetables Fruit, Bread &amp; Milk</td>
<td>Baked Chicken Sweet Potato Collard Greens Fruit, Bread &amp; Milk</td>
<td>Meatloaf Mashed Potato Green Peas Fruit, Roll &amp; Milk</td>
<td>Sweet &amp; Sour Pork Rice Vegetable Blend Fruit, Roll &amp; Milk</td>
<td>Chicken Stir Fry Noodles Vegetable Medley Fruit, Roll &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>
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**DRIVE-THRU PICKUP** (11:00am-11:30am) & **DINE-IN** (11:45am-12:30pm)

<table>
<thead>
<tr>
<th>MON 3/29</th>
<th>TUES 3/30</th>
<th>WED 3/31</th>
<th>THURS 4/1</th>
<th>FRI 4/2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Italian Sausage Steamed Cabbage Whole Round Potato Fruit, Bread &amp; Milk</td>
<td>Oven Fried Chicken Yellow Rice Mixed Vegetable Fruit, Roll &amp; Milk</td>
<td>Spaghetti &amp; Meat Sauce Vegetable Medley Fruit, Roll &amp; Milk</td>
<td>April menu will be posted online soon. You can check <a href="#">here</a> by March 29th!</td>
<td></td>
</tr>
<tr>
<td>Vegetarian meal Available</td>
<td>Vegetarian meal Available</td>
<td>Vegetarian meal Available</td>
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**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.
We will present “Battle of the Sexes” (2017, PG-13) Wednesday, March 24th at 12:00pm. The movie is free to senior center members.

We will present “The Iron Lady” (2011, PG-13) Wednesday, March 31st at 12:00pm. The movie is free to senior center members.
CLOSED CAPTIONING IS HERE!

Our virtual Zoom account now has closed captioning! Now when you log on to a Zoom presentation, you can ask to have closed captioning appear at the bottom of your screen!

A big thank you, and a big thumbs up to our Advisory Board for providing us with the account to make available this invaluable service!
The Home Delivered Meals Program (HDM), administered by the Loudoun County Area Agency on Aging, urgently needs adults 18 and older to safely deliver nutritious, noontime meals to older adults confined to their home.

Volunteers are needed to make a difference in the lives of vulnerable Loudoun seniors during a time when many are feeling isolated. The commitment is less than two hours on a weekly or monthly basis. Drivers are needed weekdays especially in Leesburg and Sterling, but help is also needed in Ashburn, Dulles South and Purcellville.

HDM volunteers use their personal vehicle to deliver the meals along a specified route.

Email volunteer4PRCS@loudoun.gov or call 703-771-5984 to volunteer. Find more information about the program at loudoun.gov/adultvolunteers.
We’re getting there, slowly but surely!

Confidence is growing! More and more people are coming back to the senior center for fun activities!

The Knit & Crochet Group is at maximum capacity and is now in the café because they needed more room!

Bingo games are in full swing every Friday at the senior center and are almost full!
Roy Tannous, a fifth grader at Lowes Island Elementary school, participated in a school project called Spread the Love. This project could be anything and done in different ways to show love and kindness to the community. He decided to make a bright painting for the seniors and a tri-fold poster with positive messages on it. Roy wants to make the seniors feel loved, happy and comfortable.

Roy called his project “Hope for Sitti wa Jidi” which means “Hope for Grandmother and Grandfather” in Arabic.

To view a video clip of Roy’s project click here!
FAQ: WHAT’S NEW FOR MEDICARE ELIGIBLE INDIVIDUALS UNDER AGE 65?

The 2020 Virginia General Assembly passed legislation, Virginia Code §38.2-3610, requiring an insurer, health services plan or health maintenance organization that issues Medicare Supplement plans (also known as Medigap) in Virginia to offer the option to buy at least one of its Medigap plans if you are:
- Under age 65 and live in Virginia,
- Eligible for Medicare by reason of disability, and
- Either enrolled or will be enrolled in Medicare Parts A and B by the effective date of coverage.

When does the new Medigap Enrollment period begin?
Effective January 1, 2021, individuals meeting the eligibility requirements of Virginia Code §38.2-3610 A, will be able to enroll in a Medigap policy. The enrollment periods are as follows:
- An individual eligible on or after January 1, 2021, including those who first became eligible prior to January 1, 2021, will have a six-month period to apply beginning with the first month the individual is eligible for Medicare by reason of disability;
- In the case of a retroactive eligibility decision, individuals will have a six-month period beginning January 1, 2021 or the month the person receives the retroactive eligibility decision, whichever is later; or
- Upon the request of an individual, a 63-day period following voluntary or involuntary termination of coverage under a group health plan, or a six-month period beginning January 1, 2021, whichever period provides the later date to enroll.

Are these Medigap plans guaranteed issue?
Yes, these Medigap plans are guaranteed issue when the individual meets the eligibility requirements of Virginia Code §38.2-3610 A. This means the carrier must issue and continue the policy or certificate at the option of the individual or group if premiums are paid.

What is considered creditable coverage?
Creditable coverage includes Medicaid, Medicare Parts A and B, and group and individual health insurance coverage. For a complete definition of creditable coverage, refer to Virginia Code §38.2-3431.

Is there a trial right period?
There are no trial rights for a Medigap plan like the trial right period for a Medicare Advantage plan. Under Virginia Code §38.2-3604, an individual has a 30-day right to return (free-look period) a Medigap policy for a full premium refund if not satisfied with the policy.

Will underwriting be required?
Coverage for the Medigap plan offered must be provided if you pay your premium and meet eligibility requirements. Premiums may vary based on underwriting, such as age, gender and tobacco.
Can an insurance company impose a pre-existing condition waiting period?
Carriers cannot exclude benefits based on pre-existing conditions if there is at least a six-month period of continuous creditable coverage. If the individual does not have a full six months of creditable coverage, the pre-existing waiting period will be reduced by the amount of creditable coverage the individual had. For example, if the individual has 4 months of creditable coverage, the pre-existing waiting period is reduced to 2 months.

Does Medicare coverage establish creditable coverage?
Medicare is considered creditable coverage.

Will an individual be eligible to get a Medigap plan during the six-month period if currently enrolled in a Medicare Advantage plan?
Individuals enrolled in a Medicare Advantage plan must disenroll and return to Original Medicare before obtaining a Medigap plan.
Visit Medicare.gov to learn when you can join, switch, or drop a Medicare Advantage Plan.

Are Medigap insurers in Virginia allowed to charge disabled Medicare eligible individuals under age 65 different premiums from the senior Medicare eligible?
Yes. See Virginia Code §38.2-3610 D.

Where can I find a list of insurance companies that sell Medigap policies to disabled Medicare eligible individuals under age 65 and a list of their premiums?
The Bureau of Insurance provides a list of approved Medigap plans in the premium comparison guide. The Bureau is in the process of reviewing plans that were submitted to become effective January 1, 2021. The guide will be updated as plans are approved.

When I turn 65, will I receive a new six-month open enrollment period?
Yes, you will have a new six-month open enrollment period and be able to purchase any of the standardized Medigap plans. At that time, you may have a wider choice of Medigap plans and get a lower premium.

### IMPORTANT CONTACTS

<table>
<thead>
<tr>
<th>Virginia Bureau of Insurance - Life and Health Consumer Services</th>
<th>1-877-310-6560</th>
</tr>
</thead>
<tbody>
<tr>
<td>General insurance-related questions</td>
<td>(804) 371-9691 (Richmond)</td>
</tr>
<tr>
<td>Investigate insurance-related complaints</td>
<td><a href="mailto:BureauofInsurance@scc.virginia.gov">BureauofInsurance@scc.virginia.gov</a></td>
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<tr>
<td></td>
<td><a href="https://scc.virginia.gov/pages/consumers">https://scc.virginia.gov/pages/consumers</a></td>
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<thead>
<tr>
<th>Virginia Insurance Counseling and Assistance Program (VICAP)</th>
<th>1-800-552-3402</th>
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<tbody>
<tr>
<td>Free, unbiased insurance benefits counseling</td>
<td>(804) 662-9333 (Richmond)</td>
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<td></td>
<td><a href="mailto:Aging@vda.virginia.gov">Aging@vda.virginia.gov</a></td>
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<tr>
<td></td>
<td><a href="http://www.vda.virginia.gov/vicap.htm">www.vda.virginia.gov/vicap.htm</a></td>
</tr>
</tbody>
</table>

This document is given to you for information only. It is not an endorsement by the State Corporation Commission of any product, service, person, or organization. If you have any questions you may contact the Bureau of Insurance toll-free at 1-877-310-6560.
IMPOSTER SCAMS

An Imposter Scam is when a scammer pretends to be someone you trust in an effort to get sensitive information or money from you. Popular imposter scams involve individuals pretending to represent government agencies such as the Social Security Administration, Medicare or the Internal Revenue Service.

Here is what the scams look like and what you need to know to avoid getting scammed.

Social Security Administration Imposter Scam

- The scam typically starts with an unsolicited phone call.
- The scammer says that they suspect you of committing fraudulent activity using your Social Security Number.
- They ask you to verify your number to ensure they have the right person.
- They threaten to sue, arrest and jail you if you do not cooperate.
- They also threaten to suspend your Social Security Number and your benefits.

Medicare Imposter Scam

- The scam typically starts with an unsolicited phone call.
- The scammer says that Medicare is replacing your paper card with a plastic card.
- They might say they are updating your number and will be issuing you a new number.
- They ask you to verify your number to so they can send you the new card.
- They tell you your benefits will be suspended if you don’t cooperate.

Internal Revenue Service Imposter Scam

- The scam typically starts with an unsolicited phone call.
- The scammer says that you owe the IRS money for unpaid taxes and fees.
- They insist that you must pay immediately to clear your account.
- They threaten to sue, arrest and jail you if you do not cooperate.
- They ask you to pay the money with a gift card, wire transfer or a money order.

HERE ARE THE FACTS

- These government agencies generally will not make unsolicited calls to your home. Their contact will be by U.S. Mail which will provide you with information you need to know or contact information. They will call your home if you call them and request a call back.
- Government agencies will not call and threaten you with law suits, arrest or jail time and they will not threaten to suspend your benefits. If you feel threatened, the call is probably a scam. Simply hang-up the phone.
- These agencies will not call and ask you for your Medicare or Social Security Numbers. The agencies already have this information and will not need you to verify it. You should never provide this information over the phone unless you’re sure you talking to a trusted source and they need the information for legitimate reasons.
- These agencies will not request payments from you by phone and they will not ask you to send them money on a gift card, by wire transfer or a with money order. You should never send money by any of these three methods and never send money to anyone from an unsolicited phone call.

If you feel that you’ve been targeted or a victim of a scam, call the Virginia Senior Medicare Patrol Fraud Hotline 1-800-938-8885
Loudoun County Area Agency on Aging

VIRTUAL FAMILY CAREGIVER EDUCATION SERIES

KNOW THE 10 WARNING SIGNS
April 6, 2021 • 2 pm – 3 pm EST
Presented by the Alzheimer’s Association - National Capital Area Chapter

MEDICARE FOR CAREGIVERS
April 13, 2021 • 1 pm – 2 pm EST
Presented by Mary Lou Wilkins, Loudoun County Area Agency on Aging

HEALTHY LIVING FOR BRAIN AND BODY
May 4, 2021 • 2 pm – 3 pm EST
Presented by the Alzheimer’s Association - National Capital Area Chapter

EMBRACING THEIR REALITY: HOW TO BETTER COMMUNICATE IN DEMENTIA CAREGIVING
May 19, 2021 • 1:30 pm – 2:30 pm EST
Presented by Rachael Wonderlin, MS, Dementia By Day

Hosted by the Loudoun County Area Agency on Aging

TO REGISTER FOR THESE FREE, VIRTUAL PROGRAMS,
please send an email to aaasupport@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.
The Loudoun County Combined Fire and Rescue System asks that you take this time to check the batteries in your smoke alarms, carbon monoxide (CO) alarms and practice your home escape plan.

Smoke alarms are on duty, twenty-four hours a day, scanning the air for fire and smoke, always ready to alert your family to a fire. “It’s critical that these life-saving devices are checked and tested frequently to ensure they’re working properly,” said Chief Linda Hale of the Loudoun County Fire Marshal's Office. “We recommend that smoke alarms are placed in each bedroom, outside sleeping areas and on every level of the home. CO alarms should also be installed on each level and in hallways outside of sleeping areas. Early warning can provide the lifesaving seconds you may need to escape!”

The Loudoun County Smoke Alarm Program offers free home safety inspections to all residents. If your smoke alarms are broken or outdated, we will replace them with battery powered alarms at no cost and install additional alarms as necessary. For more information, click the link below.

Spring Time!
These are the healthiest types of fish, according to nutritionists

- Salmon
- Tuna
- Cod
- Sardines
- Shrimp
- Scallops
- Oysters
- Clams

To read the full article go to:
https://www.today.com/food/salmon-shrimp-or-tuna-which-type-seafood-healthiest-t127307
Some of the greatest April Fool's pranks of all time.

"I never did anything wrong, and I won't do it again," said former President Richard Nixon, announcing that he would run for president in 1992. But the man speaking wasn't Nixon, and the news segment that aired the announcement wasn't real. National Public Radio's piece on Nixon's 1992 presidential run is one of its most famous April Fools' Day pranks. Not only did people believe it, but they were also outraged. A lot of people's worst dream was Nixon running again. The idea that he would run again was absurd, but it played on fears so much that thousands of people believed it.

In 1996, Taco Bell ran a newspaper ad announcing that it had purchased the Liberty Bell. The ad represented a shift in the way that companies looked at April Fools' Day. Before that, it was a light-hearted jest and bit of fun, but starting with the Taco Liberty Bell, and continuing into today, companies began to see it as a way to promote their brand and make money.

National Geographic even got in on the fun in 2016. The media company surprised the world when it announced via Twitter that National Geographic would no longer be publishing photographs of naked animals: "The media group says that it will no longer degrade animals by showing photos of them without clothes." Readers who clicked through to the story were greeted with "April Fools" and a gallery of adorably dressed puppies and kittens.

Care to share some of your April fool's pranks?
Email paul.torrible@gmail.com and we may feature them in our next e-newsletter.
2018
St. Patty’s
Flashback
We gave out some St. Patty’s Day treats for all those who signed up for lunch today! Today’s fare was traditional corned beef, cabbage and potatoes!

Thanks to all the participants who played in our virtual Jeopardy game, and a special thanks to the Loudoun County Youth Advisory Council for hosting such a fun event!
NUTRITION MONTH: PROTEIN WORD SEARCH

BAKED BEANS
BLACK BEANS
BLACK EYED PEAS
CASHEWS
CHEESE
CHICKEN
EDAMAME

EGGS
HAMBURGER
HUMMUS
LENTILS
LIMA BEANS
RIBEYE STEAK
SALMON

SUNFLOWER KERNELS
TILAPIA
TOFU
TUNA
TURKEY
WALNUTS
YOGURT
HAPPY weekend