The Senior Center of Leesburg

BI-WEEKLY E-NEWS APRIL 9, 2021

The Senior Center of Leesburg
Open with Limited Indoor Programs

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

New Time!!!
Curbside Lunch
Pick-Up:
11:15AM-11:45AM

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

CONGRATULATIONS TO OUR VOLUNTEERS FOR BEING NAMED
LOUDOUN CARES 2021 OUTSTANDING SENIOR VOLENTEER TEAM

* Katherine Andrefsky
* Eli Florance
* Jim Suit
* Joanne Suit
* Carolyn Snyder
* Pat Schneider
* Kathy Silberberg
* Joyce Fields

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
“STAYING MENTALLY HEALTHY”

Alicea Ardito, MSW, LCSW
Loudoun Adult Counseling

WEDNESDAY
APRIL 14, 2021
1:00PM

Alicea Ardito is a Licensed Clinical Social Worker (LCSW) in private practice with Loudoun Adult Counseling and Northern Virginia Older Adult Counseling. She is a seasoned speaker and educator on topics relating to aging and mental health.

Alicea has more than ten years of experience working with older adults and their families in various settings including a community based treatment program for older adults with severe mental illness, hospice, long-term care and skilled nursing, geriatric care management and as a therapist/counselor.

In addition to working with older adults, she is passionate in supporting the “sandwich generation”, adults who are concurrently caring for children and aging parents, to help restore balance, alleviate stress and fatigue, explore role and identity issues, and reduce caregiver burnout.

Please join my meeting from your computer, tablet or smartphone.
https://global.gotomeeting.com/join/955267173

You can also dial in using your phone.
United States: +1 (872) 240-3212

Access Code: 955-267-173
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

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.

How to Sign Up for COVID-19 Vaccine

Assistive Technology Webinar:
From Low-Tech to High-Tech
Hosted by the Loudoun County Area Agency on Aging

Wednesday, May 26, 2021
1:00PM

Please join us as Debbie Jones of the Northern Virginia Resource Center for Deaf and Hard of Hearing Persons (NVRC.org) discuss and demonstrate assistive technology devices. *

Examples of assistive devices and technologies include:

• Amplified telephones, captioned telephones, and videophones for the home
• Apps to bring those functions to our smartphones
• Doorbells that flash lights or send signals to our hand-held devices
• Alarm clocks that shake the bed
• Listening systems and captioning devices in movie theaters
• Live captioning and remote interpreting services in classrooms and meeting rooms

Time for Q&A will follow the presentation and demonstration.

To register for this free webinar, please send an email to: aaasupport@loudoun.gov

*Devices and products under contract with the Virginia Department for Deaf and Hard of Hearing, Northern Virginia Resource Center for Deaf and Hard of Hearing Persons.
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<tr>
<td><strong>Aerobics with Luella</strong></td>
<td><strong>Wii Bowling</strong></td>
<td><strong>New 10:30AM Movies:</strong></td>
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<td><strong>Sit N Fit with Karen</strong></td>
<td><strong>Sit N Fit with Karen</strong></td>
<td><strong>Pokeno</strong></td>
<td><strong>4/22 A Plastic Ocean</strong></td>
<td><strong>Bingo</strong></td>
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<td><strong>Adult Coloring with Bob</strong></td>
<td><strong>1:00 PM Knitting with Kathy</strong></td>
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<td><strong>New</strong></td>
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<td><strong>No meals will be served on the days the center is closed.</strong></td>
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<td><strong>1:00 PM</strong></td>
<td><strong>New</strong></td>
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<td><strong>Bluebird Monitoring (Outside)</strong></td>
<td><strong>1:30PM</strong></td>
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<td><strong>Fit &amp; Fun with Kathy</strong></td>
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<td><strong>New Time! Curbside pick-up 11:15-11:45AM</strong></td>
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<td><strong>Please be on time as we need time to prepare for the dine-in lunch.</strong></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)
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

NOTARY SERVICE AVAILABLE

Contact Sue Depoy at 703.737.8039 or
sue.depoy@loudoun.gov and set-up an 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.
Celebrate Earth Day!
Thursday, April 22, 2021

Please be sure to catch our movie on April 22nd “A Plastic Ocean” at 10:00 AM

“Earth rejoices our words, breathing and peaceful steps. Let every breath, every word and every step make the mother earth proud of us.”
— Amit Ray
PAINTING WITH DON

Register now for: #327600-13
PAINTING with DON
Thursday, May 13, 2021 (1:00-2:30pm)
Take home your finished 16” x 20” canvas.
All supplies included. $14.
THE SENIOR CENTER OF LEESBURG
Questions call: 703-737-8039

To honor the famous Artists born in the month of May
Salvador Dali (5/11/1904) Albrecht Durer (5/21/1471)
You are invited to paint. This is your opportunity to join the fun of learning painting from a professional artist. Don Stinnette, Assistant Manager of the Bluemont Community Center will be providing detailed instruction to each of us. Don has been painting for over 30 years. You could learn new techniques to enhance your artistry.

https://www.loudoun.gov/1181/The-Senior-Center-of-Leesburg
Bruno Mars starts the hour while 20 plus ladies’ shout “Baby, Baby” in Aerobic Class.

The pulsating rhythm of Caribbean drums announces the beginning of Zumba. Even those walking by instinctively sway as if the music is in their bones. Very few members don’t like oldies, but 30 minutes of Sit and Fit will have you singing while you stretch out those muscles, while leave you something to think about the next day. We sing along then, the next day our muscles sing back.

There is also the quiet serenity of relaxing and flexing in a yoga class or feeling the flow of energy as senior conquer the moves of Tai Chi.

But wait there’s another kind of noise—“Pokeno” or is it “Bingo”? Sometimes we forget which is which, but we are having fun even during our memory lapses.

Then there is a thud as a lump of clay hits the table waiting for nimble hands to massage and shape it into a creation of their own.

Whack a Pickle Ball has been engaged and the sweat is on.

Country Western Sounds more reminiscent of Northern and West Virginia float in the air while line dancers new and old learn Boot Scoot Boogie even go back in time to enjoy a waltz with a friend or love one.

During a card game one member will get called out for not concentrating or following suit and Wii bowling is as challenging as it was before we left last March.

Noise can be loud and annoying, but good noise reminds us that we are alive. That we are human, that we are loved.

Therefore, we need to savor all the noise in our lives. Hasn’t the silence of the last year been quiet enough! Come back to the Senior Center to make good noise, to have fun and to celebrate life! and be thankful that we all can still hear it!
“Spring Beauties”

Special thanks go to Eli, Carolyn, Christa, and Katherine who braved the windy conditions and spent their morning creating a floral bouquet in the front of our Senior Center by the benches.

Support the Senior Center and join the Advisory Board. Prospective members are invited to our next meeting on May 6, 2021, at 1:30 PM. We will host a picnic at Franklin Park. A bus will depart the center at 10:30 AM and return at 1:30 PM. Bus transportation and a box lunch will be provided.

Please RSVP with Joanna by Monday, May 3, 2021 at 703.737.8039 if you are interest in attending.
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/taxrelieff. Residents may also call 703-737-8557 to have a form mailed to them.
Getting to Know the Home Delivery Meals Volunteers in Leesburg
Sylvia Gould, HDM Volunteer

The Gould Family

Tell me about yourself.
I am Sylvia Gould. My husband and I have been in Leesburg for 22 years, raising our four children here. Current ages 14-23: one is in middle school, one in high school, one in college, and one is a recent college graduate. We also have two Shetland Sheepdog fur babies. We like to spend time in the Outer Banks of North Carolina. My hobbies include a love of machine embroidery, quilting, and crafting. I enjoy the classes at Orangetheory Fitness. I help take care of my 91-year-old mother as well.

How long have you been a volunteer with the HDM Program?
Six years.

Why did you decide to become a volunteer with the HDM program?
I was looking for a program to volunteer for since I was having more free time available. I remember my mother was a volunteer with Meals on Wheels when I was growing up, so I am continuing the tradition. It is an easy way to help others in need.

Are you involved with any other community service projects?
I have been a volunteer with the Girl Scouts for the last 17 years, as our kids have all been involved with scouting. I use my sewing skills for helping others when needed (chemo covers, chemo caps, lots of masks, etc...)

Do you have any advice for someone who is considering becoming a volunteer?
Definitely contact the office (Debra Bressler at 703-777-0505) to consider volunteering. You can commit as many or as few hours as you would like. The program is well organized, and the meal recipients appreciate the service provided. I enjoy seeing and having a quick chat to the recipients when I deliver their meals and it is always nice when it puts a smile on their face.
Getting to Know the Home Delivery Meals Volunteers in Leesburg
Francie Chiado, HDM Volunteer

Francie Chiado, HDM Volunteer, Leesburg

How long have you been a volunteer with the HDM Program?
I have been a volunteer with the HDM Program since August 2020.

Why did you decide to become a volunteer with the HDM program?
I decided to volunteer with the HDM Program for two reasons:
I work at HOPE Preschool in Ashburn. We were not able to reopen this due to the pandemic. I wanted to fill the extra time I suddenly had with volunteering in the community. A friend told me about the HDM program.

My Dad passed away in April 2020. (Not covid related.) As a kid and as an adult, I watched my Dad volunteer in his community and in his church. I felt like volunteering with the HDM program would be something he would have done and a way that I could honor his memory. My family moved to Leesburg in 1970. Driving Rt 3 in Leesburg takes me past many places that remind me of my childhood and my Dad. I even remember the names of some of the people I deliver to from my childhood. :)

Are you involved with any other community service projects?
Currently, I am also volunteering with the Loudoun Health Department Medical Reserve Corps.

Do you have any advice for someone who is considering becoming a volunteer?
My advice is, if you are considering becoming a volunteer, DO IT! I was a little nervous at first, but it really is pretty simple; the connection that I feel I make with the people I deliver to makes it totally worthwhile. I feel like they really appreciate the visit, however short it is.
**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 4/12-4/16/2021**

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<tr>
<th>MON. 4/12</th>
<th>TUES. 4/13</th>
<th>WED. 4/14</th>
<th>THURS. 4/15</th>
<th>FRI. 4/16</th>
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<tbody>
<tr>
<td>Stuffed Cabbage</td>
<td>Hot Dog Baked Beans Caribbean Blend Veg. Fruit</td>
<td>Escalloped Chicken w/ Noodles Green Beans Parslied Potato Fruit Roll</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>Baked Potato Veg. Blend</td>
<td>Hot Dog Bun</td>
<td>Egg</td>
<td>Roll</td>
<td>Milk</td>
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<tr>
<td>Fruit/Roll Milk</td>
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**MENU 4/19-4/23/2021**

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<tr>
<td>Chili Rice</td>
<td>Baked Chicken</td>
<td>Meatloaf</td>
<td>Sweet n Sour</td>
<td>Chicken</td>
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<td>Mixed Veg. Sweet Potato</td>
<td>Chicken</td>
<td>Mashed</td>
<td>Pork</td>
<td>Stir</td>
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<td>Fruit</td>
<td>Collard Greens</td>
<td>Potato</td>
<td>Rice</td>
<td>Fry</td>
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<tr>
<td>Bread</td>
<td>Green Peas</td>
<td>Green Peas</td>
<td>Veg. Blend</td>
<td>Noodles</td>
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<td>Fruit/Bread</td>
<td>Fruit</td>
<td>Fruit</td>
<td>Macaroni &amp; Cheese</td>
<td>Veg. Medley</td>
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<td>Milk</td>
<td>Roll</td>
<td>Roll/Milk</td>
<td>Bread</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.
Blue Bird Monitoring

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.

Bluebird Monitoring

Outside
Tuesday
1:00 PM
Meet at
The Senior Center of Leesburg
Call 703.737.8039
To sign up
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.

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.

LOUDOUN COUNTY AREA AGENCY ON AGING PRESENTS COFFEE CHAT WITH LORI

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
Please call the Senior Center if you need a ride. Our busses are running and available to pick you up and bring you to our Senior Center.

Changes to our process:

- Call your driver and arrange a bus ride the day before.
- Diane: 703-771-5014 or David: 703-258-3437
- Each rider must wear a mask or face covering over their nose and mouth.
- The bus loads from the back to the front of the bus so that 6 ft. distancing is maintained. Each rider will sit in every other seat diagonally across the center aisle.
- Limited number of riders to 7 per bus route.
- Return ride home on the bus will have each rider sitting in order from front to back of the take home route. Back of the bus is the last rider dropped off. The front of the bus is the first rider taken home.
- Bus Tickets may be purchased in the Senior Center office. 10 rides for $10.00 The driver will punch your bus ticket each day.