The Senior Center of Leesburg
BI-WEEKLY E-NEWS MAY 7, 2021

The Senior Center of Leesburg
Open with Limited Indoor Programs

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

Curbside Lunch
Pick-Up:
11:15AM-11:45AM
Lunch Dine-In:
12:00PM-1:00PM

2021 ANNUAL SURVEY
THE SENIOR CENTER OF LEESBURG

Our satisfaction survey is out this month. We welcome your feedback, and any suggestions you may have. Please take a moment and complete the survey online at the following link:

https://www.surveymonkey.com/r/LX9BZ3T

or copy the link into your browser to complete the survey. If you do not have access to a computer, please stop by the center and you can use the computer lab to complete the survey online, or you may pick-up a copy at the center to complete. Please see a staff member so that we can assist you with your needs if you require any further assistance. Thank you so much!

Senior Center of Leesburg
102 North Street NW
Leesburg, VA 20176
703.737.8039

www.loudoun.gov/seniors-leesburg
Part of the Area Agency on Aging, a Division of

Staff:
Manager:
Erik Oñate
703.737.8005

Assistant Manager:
Cheryl Wheeler
703.771.5156

Recreation Programmer:
Sue Depoy
703.771.5156

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
# Bi-Weekly Activities Schedule

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<tbody>
<tr>
<td>10:15 AM Aerobics w/ Luella</td>
<td>10:30 AM Sit N Fit w/ Karen</td>
<td>10:30AM Fit &amp; Fun w/ Kathy</td>
<td>Movies: 5/13 The Blind Side</td>
<td>10:00 Tai Chi Quan w/ Zumei</td>
</tr>
<tr>
<td>10:30 AM Wii Bowling</td>
<td>10:30 AM Adult Coloring w/Bob</td>
<td>10:30 AM Pokeno</td>
<td>5/20 Moneyball</td>
<td>10:30 AM Bingo</td>
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<tr>
<td>New 12:30PM Nutrition w/ Cheryl</td>
<td>New 12:30PM Technology w/ Leigh</td>
<td>New 12:30PM Word Puzzles w/ Cheryl</td>
<td>10:30AM Sit N Fit w/ Karen</td>
<td>New 12:30PM Learn to Draw w/Erik</td>
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No meals will be served on the days the center is closed.

Call the front desk, 703.737.8039 to pre-register, as activity space is limited.

**Virtual Programs**
- Intermediate Spanish with Francisco
  Mondays at 4:00pm
- Guitar with Kurt
  Fridays at 1:00pm

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

**Curbside pick-up**
11:15-11:45AM
Please be on time as we need time to prepare for the dine-in lunch.
Taiji Quan with Zumei

Please call the front desk 703-737-8039 to put your name on the list.

Space is limited.

Taiji Quan-continuation class includes Taiji Quan, Taiji Sword, Five Animals, and Eight section Qi Gong. This class is for those experienced. Meeting in the Dining Room on Friday 10:00am-11:30am.

Beginner’s Taiji Quan will begin in September. This slow motion modified movement geared to seniors. May improve flexibility, balance, and agility. Sign-up now for beginner’s Taiji Quan class.

**COVID-19 UPDATE/INFORMATION**

For more information about COVID-19 updates visit www.loudoun.gov/Coronavirus

FOR ALL YOUR CUSTOMER SERVICE NEEDS

VISIT JOANNA POSTON

*New Memberships
*Renewing Membership
*Bus Transportation Tickets
*Tickets for Special Events
*Signing up for Classes
*Signing up for Senior Trips
*Taking Payments
*General Information
*Fax and Copying (Fee)

NOTARY SERVICE AVAILABLE

BY APPOINTMENT

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.
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 spring overnight trips. Southern Porches.

- **(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.

**MAGNIFICENT MICHIGAN featuring MACKINAC ISLAND, THE GRAND HOTEL, THE HENRY FORD AND LAKE HURON**

*September 8 - 17*

If breathtaking landscapes, unique attractions, quaint villages, historic hotels, rich culture, and delicious meals interest you, you do not want to miss this very special trip to Michigan. Although highlights include a stay at the Grand Hotel on Mackinac Island and a day and a half at the Henry Ford, we’ve also planned a Detroit Music City Tour, an Elk viewing Journey, a Shipwreck Cruise, and a Scenic Railroad Trip. There truly is too much to list here so please get a flyer and see all this fantastic tour offers. Includes, motor coach transportation, hotel accommodations for 9 nights, 9 breakfasts, 4 lunches and 8 dinners all admissions and tours. Optional driver and tour guide gratuity not included. Extensive walking. Limited to 25

10 Days, 9 Nights

**Trip Cost:**

- For Double Occupancy $3285/member $3330/non-member
- Single Occupancy $4305/ member $4350/non-member.

**Trip # 946645-01**

**LANDMARKS OF EUROPE & THE PASSION PLAY in OBERAMMERGAU**

*August 22- September 3, 2022*

Originally scheduled for 2020 and cancelled due to the Covid Pandemic, this once in a Lifetime Journey has been rescheduled for 2022. Performed only once each decade the famed Oberammergau Passion Play began as a promise to God for help during a pandemic. In 1633, the residents of Oberammergau, Bavaria, Germany vowed that if God spared them from the bubonic plague ravaging the region, they would produce a play thereafter for all time every ten years depicting the life and death of Jesus. The death rate among adults slowly subsided and the villagers believed they had been spared and they kept their vow when the play was first performed in1634. The play continues to be staged every ten years, in the first year of each decade. This 13-day tour will take you to Germany, Austria, and the Czech Republic. See a flier for info on all the beautiful sights you will see along the way. Your price includes, airfare, admission for all attractions and city tours, 1st class tickets for Passion Play, 12 breakfasts, 1 lunch and 10 dinners, transportation to and from airport. Optional driver and guide gratuity not included. Extensive walking. 22 Spaces available.

**Trip Cost:**

- For Double Occupancy $6088/member $6133/non-member
- Single Occupancy $7112/ member $7157/non-member

**Trip # 946650-01**
Painting with Don

THE SENIOR CENTER OF
LEESBURG

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. Seating is limited.

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

Make sure to check us out on Facebook

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

Daily at 12:30pm-1:00pm
DINING ROOM ACTIVITIES:

• Monday Nutrition with Cheryl
• Technology Tuesday with Leigh
• Wednesday Word Puzzles with Cheryl
• Thursday Trivia with Erik
• Friday Learn to Draw with Erik

Advisory Board News

The Senior Center of Leesburg Advisory Board

President: Katherine Andrefsky
Vice President: Open
Treasurer: Chuck Downey
Assistant Treasurer: Juan Kellar
Secretary: Kathy Silberberg

A very special “thank you” to the Advisory Board for the beautiful roses that were passed out to all the mother’s on Friday, May 7, 2021 in celebration of Mother’s Day. Happy Mother’s Day to all our mother’s at The Senior Center of Leesburg!
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.
Bill Harrison has made significant impact on Loudoun County, to include the agricultural community. In addition to being a third-generation dairy farmer, Mr. Harrison brought the latest technologies and techniques to Loudoun County farmers, including the implementation of no-till farming. He founded the Keep Loudoun Beautiful initiative and was a founding member of both the Loudoun Health organization and the Loudoun Education Foundation. He has also supported numerous other service organizations; to name a few, he helped in the formation of Ruritan Clubs in Loudoun County, the establishment of the local Salvation Army chapter, and the Master Gardener program. Mr. Harrison also served as a 4-H Club leader.

Mr. Harrison devoted significant effort to preserve the history of agriculture in Loudoun County. To this end, he founded the Loudoun Heritage Farm Museum, a 12,000 square foot museum in Claude Moore Park; for nine years Bill served as the President of its Board of Directors.

Polly Harrison, has also greatly contributed to Loudoun County through her community service. She served as a past president of the Loudoun Junior Women’s Club and has been an active member of the Leesburg United Methodist Church. She was also a Board Member of the Keep Loudoun Beautiful non-profit organization, as well as a member of the Leesburg and Catoctin Garden Clubs. Very notably, Mrs. Harrison served as a volunteer for Home Delivered Meals for 11 years.

Fun Fact: Mrs. Harrison is a tennis team champion and competed at the local, district, state, and national levels.

Bill and Polly both attended Virginia Tech and have three sons, Steven, Greg, and Doug, and five grandchildren.
Getting to Know the Home Delivery Meals Volunteers in Leesburg
Tina McLaine, HDM Volunteer

Tell me about yourself.
I grew up in Olney, Maryland. After graduating from Towson State University, I earned a Master’s Degree in Elementary Mathematics and Science from Hood College. I enjoyed being a third grade teacher in Frederick County, Maryland before becoming a stay-at-home-mom. For the past 13 years, I worked with 3 year-old preschoolers at St. John the Apostle Catholic Church. My husband and I have been married for 28 years and have 3 daughters. We spend time together as a family here at home, at the beach, river, or in the mountains. Our oldest daughter was just married this past November and now lives in North Carolina. Our middle daughter is graduating this May from Virginia Tech, and our youngest daughter is a sophomore at Tuscarora High School. We lived in beautiful San Diego, California, for a few years before moving to Leesburg in 1999. Our family enjoys living within walking distance to the Town of Leesburg where we enjoy nice restaurants, open spaces, and various festivals throughout the year. Every 4th of July, we just walk to the end of our street and view the spectacular firework display that the town provides. There’s so much to enjoy and keep busy within and around Leesburg!

How long have you been a volunteer with the HDM Program?
I’ve been an HDM Volunteer for almost 4 years. I wanted to become a volunteer with meal delivery ever since I witnessed my Granny having meals delivered to her in her Washington, DC home. My Mom and I would visit my Granny weekly to visit, clean, grocery shop, and help her with doctor’s appointments and banking needs. I saw how much comfort it gave my Mom to know that Granny was receiving one hot meal a day and this affected me deeply. I always told myself that I wanted to deliver meals at some point, when it fit best with my own family responsibilities. When my personal schedule allowed, I sought out information on the HDM program and quickly signed up!

Why did you decide to become a volunteer with the HDM Program?
From a very young age, I was always involved in volunteering/helping others. My mother was the first to model this with the way I saw her unselfishly take care of many family members. I’ve also had various volunteer experiences in my church and community as a young person. More recently, I’ve volunteered with the preschool, elementary, middle, and high schools that my daughters have attended, as well as within their extracurricular activities. I was a catechist for many years at St. John’s Church. I was blessed to have been able to care for my Mom in the last years of her life, as I am now doing with my Father.

Do you have any advice for someone who is considering becoming a volunteer?
My advice to someone considering becoming a volunteer is to really give serious thought about what area would interest them and the time commitment needed. I think if you can tap into a personal passion or talent with volunteering, then it will become a very rewarding and lasting experience.
**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 5/10-5/21/2021**

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<tr>
<th>MON. 5/10</th>
<th>TUES. 5/11</th>
<th>WED. 5/12</th>
<th>THURS. 5/13</th>
<th>FRI. 5/14</th>
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<tbody>
<tr>
<td>Lasagna Malibu Blend Vegetables Mandarin Oranges Roll Milk</td>
<td>Baked Chicken Delmonico Potatoes Collard Greens Fruit Roll Milk</td>
<td>Turkey Pot Pie &amp; Biscuit Broccoli Sweet Potato Fruit Roll Milk</td>
<td>Pork Chops Fettuccini Spiced Applesauce Fruit Roll/Milk</td>
<td>Seafood Casserole Malibu Blend Fruit Roll/Milk</td>
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**MENU 5/17-5/21/2021**

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<tr>
<th>MON. 5/17</th>
<th>TUES. 5/18</th>
<th>WED. 5/19</th>
<th>THURS. 5/20</th>
<th>FRI. 5/21</th>
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<tr>
<td>Stuffed Cabbage Mashed Potato Veg. Blend Fruit Roll/Milk</td>
<td>Hot Dog Baked Beans Caribbean Blend Veggies Hot Dog Bun Fruit Milk</td>
<td>Italian Sausage Braised Cabbage Parslied Potato Fruit/Roll Milk</td>
<td>Spaghetti/Meatsauce Vegetable Blend Bread Fruit Milk</td>
<td>Baked Ham Scalloped Potato Mixed Vegetables 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.
CONGRATULATIONS TO OUR VOLUNTEERS FOR BEING NAMED

LOUDOUN CARES 2021 OUTSTANDING SENIOR VOLUNTEER TEAM

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

Join us for the 2021 Outstanding Volunteer Awards, live streamed on LC Facebook page, to see The Senior Center of Leesburg’s very own award winners for the “Food Donations Team”, named on Sunday, May 16th, 2-4pm.
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.

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.
In an effort to increase access to COVID-19 vaccinations, Loudoun County has launched a free shuttle service between the Loudoun County Transit bus stop at Dulles Town Center and the county’s vaccination site located at the other end of the shopping mall.

The shuttle, operated by the Department of Parks, Recreation and Community Services, is running continuously from 9:00 a.m. to 5:00 p.m. each day the vaccination site is open. Anyone who has an appointment scheduled at the Health Department’s vaccination clinic and arrives via Loudoun County Transit is encouraged to ride the shuttle.

To get to the vaccination site on a Loudoun County Transit Local Bus, riders may choose from Routes 62, 70, 81, 82 or 84, which serve the Dulles Town Center. Fares for the local bus are $1 each way.

Officials say the shuttle service will help eliminate mobility barriers to vaccination for people who rely on public transportation and may have difficulty walking long distances.

As a reminder, anyone who has not yet registered for a free vaccination appointment with the Loudoun County Health Department may do so online. Anyone who does not have access to the internet may call the COVID-19 Information Line at 703-737-8300 every day from 9:00 a.m. - 5:00 p.m. to be scheduled by phone.

Stay Informed

Loudoun County encourages residents to stay informed about COVID-19. Sign up for email and text updates about Loudoun’s response to COVID-19 at loudoun.gov/coronavirus.

• Opt in to receive text message updates regarding the COVID-19 pandemic:
  ○ English: Text LCCOVID19 to 888777
  ○ Spanish: Text LCCOVIDESP to 888777

Follow the Loudoun County Government Facebook page and @LoudounCoGovt on Twitter.
Research Your Ancestry.

Guest Speaker: Laura Christiansen
Thomas Balch Library

Tuesday, June 29, 2021
12:30pm-1:30pm

Take a virtual tour of the library.
Learn how to use these resources for your ancestry research.

For the link or questions call 703-737-8039
The Senior Center of Leesburg
102 North Street, N.W.
Leesburg, VA 20176
Rock Painting
“Memories of Mother”
With Sue & Leigh Ann
Thursday, May 6, 2021
Senior Moments at Leesburg
**Medicare’s Home Health Benefit**

**Introduction to Medicare’s Home Health Benefit**

Presented by Medicare Interactive [Home health basics - Medicare Interactive](#)

Home health care includes a wide range of health and social services delivered in your home to treat illness or injury. Services covered by Medicare’s home health benefit include intermittent skilled nursing care, therapy, and care provided by a home health aide. Depending on the circumstances, home health care will be covered by either Part A or Part B.

Medicare covers your home health care if:

- You are **homebound**, meaning it is extremely difficult for you to leave your home and you need help doing so.
- You need skilled nursing services and/or skilled therapy care on an intermittent basis.
  - Intermittent means you need care at least once every 60 days and at most once a day for up to three weeks. This period can be longer if you need more care, but your care needs must be predictable and finite.
  - Medicare defines skilled care as care that must be performed by a skilled professional, or under their supervision.
  - Skilled therapy services refer to physical, speech, and occupational therapy.
- You have a face-to-face meeting with a doctor within the 90 days before you start home health care, or the 30 days after the first day you receive care. This can be an office visit, hospital visit, or in certain circumstances a face-to-face visit facilitated by technology (such as video conferencing).
- Your doctor signs a home health certification confirming that you are homebound and need intermittent skilled care. The certification must also state that your doctor has approved a **plan of care** for you and that the face-to-face meeting requirement was met.
  - Your doctor should review and certify your home health plan every 60 days. A face-to-face meeting is not required for recertification.
- And, you receive care from a Medicare-certified home health agency (HHA).

Note: You cannot qualify for Medicare home health coverage if you only need occupational therapy. However, if you qualify for home health care on another basis, you can also get occupational therapy. When your other home health needs end, you can continue receiving Medicare-covered occupational therapy under the home health benefit if you need it.

If you meet all the requirements, Medicare should pay for skilled care in your home and/or home health aide services. If you have questions or experience billing issues, call 1-800-MEDICARE.

Mary Lou Wilkins, Program Coordinator
Jane Bretzin, Assistant Coordinator
Loudoun County Department of Parks, Recreation, and Community Services
Area Agency on Aging

VICAP Medicare Counseling Program
742 Miller Drive SE/ P.O. Box 7800
Leesburg, VA 20177-7800
703-737-8036
VICAP Medicare Counseling Program online
aaamedicare@loudoun.gov

[VA Insurance Counseling & Assistance Program](#)
GUEST SPEAKER: PAUL KREINGOLD
HISTORY AND GEOLOGY OF POTOMAC MARBLE
THURSDAY, MAY 20, 2021 AT 1:00PM
THE SENIOR CENTER OF LEESBURG
IN-PERSON PRESENTATION-(TOUCH AND FEEL THE STONE)OR VIRTUAL
HOW THIS LOCAL STONE BECAME THE GORGEOUS COLUMNS AT THE U.S. CAPITOL

Questions call: 703-737-8039

The Senior Center of Leesburg
102 North Street NW, Suite B
Leesburg, VA 20176

Address Correction Requested

MAY 7, 2021