Loudoun County officials say the invasive and destructive spotted lanternfly has been found in Loudoun, signaling a new stage in efforts to limit the damage the insect can cause to agricultural crops and home gardens.

The spotted lanternfly is an invasive species of insect that can significantly damage native plants and trees that are economically important in Virginia, including grapevines, hops, fruits and vegetables, and ornamental trees. In addition, it is a serious nuisance pest to homeowners when in high numbers.

How You Can Help

- Educate yourself: Learn about the spotted lanternfly so that you know how to recognize the insect throughout its life cycle.
- Inspect your surroundings: Look for spotted lanternfly egg masses and insects by checking tree trunks, wheel wells, under and around vehicles, lawn furniture, fences, storage sheds, rocks, metal surfaces (especially if they are rusty) and other smooth surfaces.
- Squash: Kill live insects on sight; and squash/scrape off their egg masses.
- Report: Take a photo of the bugs and/or egg masses and report the finding through this online form.

To learn more visit: https://www.loudoun.gov/spottedlanternfly
Saturday Schedule
NOTE: Center is CLOSED Sat. 9/3/22
Knit & Crochet Class (9:00am-11:00am)  
Pickle Ball (8:15am-11:30am)  
Open Computer Lab (8:00am-11:30am)  
Aerobics & Exercise Rooms (8:00am-11:30am)  
Game Time & Billiards Room (8:00am-11:30am)

Decluttering Class starts Sat. 9/10  
(9:00am-10:30am)

Weekly Wellness Series:  
SESSION ONE, Sept 7 - Stress and Stress Management  
SESSION TWO, Sept 14 - Understanding Emotions  
SESSION THREE, Sept 21 - Goal setting  
SESSION FOUR, Sept 28 - Time management/structure

NEW Flamenco Class starts Wed. 9/14  
(1:00pm-2:00pm)
<table>
<thead>
<tr>
<th>MON 9/12</th>
<th>TUES 9/13</th>
<th>WED 9/14</th>
<th>THURS 9/15</th>
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<td>9:15a Walking Group</td>
<td>10:00a INOVA Blood Pressure Check</td>
<td>10:00a Indian Cult'l Grp</td>
<td>9:00a Line Dance Step Prep</td>
<td>9:30a Knit &amp; Crochet</td>
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<td>9:30a Beginner's Line Dancing</td>
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<td>11:00a Cardio Drumming</td>
<td>1:00p Book Club</td>
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LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICES
PRCS COUNTY OF LOUDOUN

FOR ACCESSIBILITY REQUESTS: CONTACT ADAPTREC@LOUDOUN.GOV, 703-777-0343, TTY: 711
Cascades Senior Center's Health & Wellness Month

September is Health & Wellness Month!

- Pick up passports in the office
- Get your passport stamped when you participate in a qualifying exercise or healthy activity
- The passport with the most stamps wins the grand prize!
- Runner-up prizes too!
Health & Wellness Month Qualifying Activities

Any current Cascades Senior Center exercise or physical activity such as aerobics, tai chi, yoga, zumba, line dancing, pickle ball, walking group, cardio drumming, ballroom dancing, or blood pressure checks. AND these special presentations:

- Lisa Braun Montalvo's presentation on "Falls Prevention," Thursday September 22 at 10:00am

- Saturday's Decluttering Classes with Carolyn Bledsoe September 10, 11, 24, from 9:00am-10:00am

- Dr. Linda Silverman's Weekly Wellness series lectures September 7, 14, 21, 28 at 10:30am

- Rachel Gorman's presentation on "Falls Prevention," Wednesday September 21 at 1:00pm

- Hearing Screenings with Joan Ehrlich, Wednesday September 7 from 10:00am-1:00pm
Health & Wellness Month

Dr. Linda Silverman's Weekly Wellness Series
Wednesdays, 10:30am
September 7, 14, 21, 28

**SESSION ONE, SEPT 7 - STRESS AND STRESS MANAGEMENT**
*What is stress? *Physical manifestations of stress *Social Readjustment Scale (stress test) *Types of stress *Solutions and Management *Discussion time *Q & A

**SESSION TWO, SEPT 14 - UNDERSTANDING EMOTIONS**
*List of emotions *Physical and behavioral awareness of emotions *Managing emotions before escalation *Nutrition for emotional wellness *Addiction awareness *Discussion time *Q & A

**SESSION THREE, SEPT 21 - GOAL SETTING**
*Short-term and long-term goals *4 criteria for goal setting *Areas of life goal setting *Setting a 24-hour goal and a short-term/one week goal and accomplishing *Discussion time *Q & A

**SESSION FOUR, SEPT 28 - TIME MANAGEMENT/STRUCTURE**
*Review of Session Three accomplished goals *Planning long-term goals *Setting up a daytimer/calendar *Discussion time *Q & A
FREE Hearing Screenings
Wednesday, September 7
10:00 a.m. – 1:00 p.m.
Cascades Senior Center
Sponsored by the Northern Virginia Resource Center for Deaf and Hard of Hearing Persons

The purpose of the free screening is to see if you could benefit from an evaluation by an audiologist. NVRC is a non-profit.

Hearing Screenings take approximately 30 minutes.
Limited number of seats available.
To sign up, please contact Paul at the Cascades Senior Center at 571-258-3280.

Screenings will be conducted by:
Joan Ehrlich
Loudoun County Outreach Specialist

For more information, email jehrich@nvrc.org
CASCADIES SENIOR CENTER’S

PICKLEBALL TOURNAMENT

Teams of Doubles & Mixed Doubles

THURSDAY, 8 SEPTEMBER 1:00PM

PRIZES TO BE AWARDED

REGISTER EARLY - SPACE IS LIMITED

MUST SIGN UP IN OFFICE

This friendly tournament is for teams only. If you do not have a teammate, one may be chosen for you based on availability.
Happy Grandparent's Day!

WITH A KARAOKE LUNCHEON!

(back by popular demand)

Friday, September 9th after lunch

MUST SIGN-UP FOR LUNCH
DECLUTTERING CLASS

Declutter your home in a painless way that creates habits that help us stay decluttered for the rest of our lives.

SATURDAY SEPTEMBER 10
9:00-10:30AM

Four weeks of working in the various rooms of the house, several weeks of decluttering clothing and then finally several weeks of decluttering paperwork.

Call or come to the office to sign up in advance to attend this course (no walk-ins). Class size is limited.
CASCADeS SENIOR CENTER'S

Beginner's

UKULELE

CLASS

Tuesdays, 1:00pm
Sept 13 – Dec 13

Limited Class size

Sign up in advance in the office

LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICES
LOUDOUN.GOV/PRCS
FOR ACCESSIBILITY REQUESTS: CONTACT ADAPTREC@LOUDOUN.GOV, 703-777-0343, TTY: 711
CASCADES SENIOR CENTER PRESENTS

FLAMENCO CLASSES

STARTING WEDNESDAY SEPTEMBER 14 AT 1:00PM
IN THE AEROBICS ROOM

An ongoing practice of traditional folkloric arm and footwork

LIMITED CLASS SIZE, PLEASE SIGN-UP IN THE OFFICE

LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICES
LOUDOUN.GOV/PRCS
FOR ACCESSIBILITY REQUESTS: CONTACT ADAPTREC@LOUDOUN.GOV, 703-777-0343, TTY: 711
Stay active and independent by improving your strength, increasing your balance and preventing falls!
Join the Loudoun County Area Agency on Aging for the evidence-based program:
Tai Ji Quan: Moving for Better Balance®
All abilities are welcome.

$48 12 weeks 24 sessions
MONDAYS & WEDNESDAYS
2 PM – 3 PM
STARTING SEPTEMBER 19

LOUDOUN COUNTY AREA AGENCY ON AGING - PRCS
742 MILLER DRIVE SE, LEESBURG, VA

REGISTRATION #: 147601-01
571-258-3490
AAASUPPORT@LOUDOUN.GOV

LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICES
LOUDOUN.GOV/PRCS
FOR ACCESSIBILITY REQUESTS: CONTACT ADAPTREC@LOUDOUN.GOV, 703-777-0343, TTY: 711
Sign up now for Beginning Spanish I

Tuesdays 1:00-2:15pm
October 4 - December 13

This fun 10-session online course is for the new student or student who needs to refresh his/her beginning Spanish skills. Cost is $21 for senior center members, $41 for non-members. Students will need to purchase an all-levels textbook ($20). Instructor is Lea Nigon
THE ADVISORY BOARD AT THE CASCADES SENIOR CENTER PRESENTS

Cascades Arts & Crafts Fair

Saturday, October 29, 2022
9:00am-3:00pm

Hand Made
LOCAL ARTS & CRAFTS

Raffle Drawings

LIVE MUSIC

Located indoor and outdoor at the Senior Center at Cascades
21060 Whitfield Place
Sterling, VA 20165

571-258-3280
www.mycascadescenter.org
A Friendly Lunchtime Reminder

Do Not Take Foods Out of the Senior Center Dining Area

In an effort to provide a safe and healthy environment for the Congregate Meal Lunch Program, please do not remove food from the cafe'. The only foods that can be taken out of the dining area are breads and fresh fruits.

The Loudoun County Area Agency on Aging requests that all participants adhere to this policy.

Thank you for your cooperation.

Congregate Meal Facts
- Each congregate meal costs Loudoun County $9.00
- A home delivered meal costs Loudoun County $8.00, not including operational costs.
- Your daily donations go directly into the nutritional program which helps to ensure the program's continuation, by offsetting local costs.
- Your support and cooperation help us—help you, and the community.
  Thank you!
Proposed Loudoun County Transit Title VI Policy Change

Loudoun County is in the process of updating its Title VI Program for the 2023-2026 reporting period. For this program, Loudoun County Transit is reevaluating its major service change, disparate impact, and disproportionate burden policies.

- View information regarding a proposed policy change for the upcoming program period and provide feedback through September 12, 2022 by visiting loudoun.gov/transittitle6changes or click the image to access the page.

- You may also find information on Facebook:
  - [https://www.facebook.com/LCcommuters](https://www.facebook.com/LCcommuters)
  - [https://www.facebook.com/LoudounCountyVa](https://www.facebook.com/LoudounCountyVa)

988 Suicide and Crisis Lifeline

Today, “988” is the three-digit, nationwide phone number to connect directly to the 988 Suicide and Crisis Lifeline. By calling or texting 988, you'll connect with mental health professionals with the 988 Suicide and Crisis Lifeline, formerly known as the National Suicide Prevention Lifeline. Veterans can press “1” after dialing 988 to connect directly to the Veterans Crisis Lifeline which serves our nation’s Veterans, service members, National Guard and Reserve members, and those who support them. For texts, Veterans should continue to text the Veterans Crisis Lifeline short code: 838255.

Social Media Toolkit

A wide variety of social media content is available to download and share on Twitter, Facebook, and Instagram to help promote the 988 Suicide and Crisis Lifeline.

Too many people experience suicidal crisis or mental health-related distress without the support and care they need. There are urgent mental health realities driving the need for crisis service transformation across our country. In 2020 alone, the U.S. had one death by suicide about every 11 minutes—and for people aged 10-34 years, suicide is a leading cause of death.

There is hope. The 988 Suicide and Crisis Lifeline is a national network of more than 200 crisis centers that helps thousands of people overcome crisis situations every day. These centers are supported by local and state sources as well as the Department of Health and Human Services’ Substance Abuse and Mental Health Services Administration (SAMHSA). The 988 Lifeline provides 24/7, confidential support to people in suicidal crisis or mental health-related distress. By calling or texting 988, you'll connect to mental health professionals with the Lifeline network.

To learn more about the Substance Abuse & Mental Health Services Administration's 988 resources and information to help spread the word, visit: [https://www.samhsa.gov/find-help/988](https://www.samhsa.gov/find-help/988).
Blue Ridge Dementia Care Conference

Navigating the Challenging Peaks and Valleys of Dementia Care

The First Dementia Care Conference in Western Loudoun County

blueridgeddcc.com
Register Now—$35 (includes lunch)
https://bit.ly/3PX0W6H

Major Sponsorship Provided By:

October 10, 2022
9am—4pm
St. Francis deSales Catholic Church,
Our Lady of Victory Hall
37730 St. Francis Ct., Purcellville, VA 20132

Why Attend?
- Be Better Prepared to Provide Care and Support at Home or in a Facility
- Learn New Ways to Engage Individuals With Dementia
- Visit With Exhibitors Who Offer Supportive Services
- Connect With Other Caregivers

Who Should Attend?
- Family Caregivers
- Professionals in Aging and Related Services
- Volunteers Working With Older Adults
- Adults w/Parents or Spouse Age 50+

Presenters

Bobbi Carducci
CCC, CCE
Co-Host of the “Rodger That” Dementia Care Podcast

Chiadi Onyike
MD, MHS
Neurodegenerative Dementia Care

Karen Johnson
CDP
Dementia Care Specialist

Melanie Chadwick
CRNP
Georgetown University Memory Disorders

Loretta Woodward Veney
Inspirational speaker on Dementia and

Mike Carducci
CCA
Co-Host of the “Rodger That” Dementia Care Podcast

To Become a Sponsor—Become A Sponsor | Blue Ridge Dementia Caregivers Conference (blueridgeddcc.com)
To Become an Exhibitor—Become An Exhibitor | Blue Ridge Dementia Caregivers Conference (blueridgeddcc.com)
YOUR CASACADES TEAM

Brenda Davis
Manager

Judith Mangilin
Assistant Manager

Carrie Randolph
Cafe Supervisor

Paul Torrible
Recreation Programmer

Haley Moore
Customer Service

Felix Duran
Vehicle Operator

Satish Sharma
Vehicle Operator

The Senior Center at Cascades
21060 Whitfield Place
Sterling, VA 20165

571-258-3280

Area Agency on Aging
Parks, Recreation & Community Services

LOUDOUN.GOV/PRCS
FOR ACCESSIBILITY REQUESTS: CONTACT ADAPTREC@LOUDOUN.GOV, 703-777-0343,TTY: 711