May 4 A Roman Holiday
Happy birthday to Audrey Hepburn! Audrey became famous with her leading roles in such movies as *Roman Holiday* (1953), *Sabrina* (1954), *Funny Face* (1957), and *Breakfast at Tiffany’s* (1961). Check out some of her iconic looks.

May 5 Cinco de Mayo
This day commemorates the Mexican victory over French colonial forces at the Battle of Puebla on May 5, 1862. Celebrate with a good guacamole!

May 6 National Nurses Week
Thank you to nurses all over the world! We cannot thank nurses enough, especially these days, for all they do! Check out National Nurses Week for information. Don’t forget to check out the History of Nurses Week.

May 7 Romantic Music Day
Today is the birth of two Romantic Era composers—Tchaikovsky (1840-1893) and Brahms (1833-1897). Spend this afternoon listening to their music. Tchaikovsky and Brahms

May 8 A Dog’s Day
The first Westminster Dog Show was held on this day in 1877. Check out a few notable winners. Ever wonder how old your dog is in human years? Wonder no more! Try this dog years calculator. See how many “dog” expressions you can think of.
Magie’s Mind Game—Change the First Letter
Make a word into a new word by changing the first letter.

1. Change where fingers are located _______ to a musical group _______.
2. Change heated sliced bread _______ to the shoreline _______.
3. Change leader of a courtroom _______ to a rich, sweet treat _______.
4. Change an easy task _______ to an act of gripping the skin with your finger and thumb _______.
5. Change Irish or English dog breed _______ to a form of correspondence _______.

Answers:
1. hand, band
2. toast, coast
3. judge, fudge
4. cinch, pinch
5. setter, letter

Heather’s Craft Idea
Grapefruit Bird Feeder

Material:
• Half a grapefruit rind (or orange)
• Three pieces of yarn about 18 inches
• Knife, skewer, or scissors
• Birdseed

Direction:
• Eat the grapefruit (or orange) and drain remaining liquid.
• Use skewer or knife to poke three holes about 0.5 inch from the top edge—space the holes evenly around the grapefruit.
• Push yarn through each hole and tie it off.
• Hold the grapefruit up by all three strings and adjust the length and tie a knot.
• Fill the fruit with birdseed and hang outside and do a little bird watching!

Nicole Finds a Short Story
The Lesson of the Butterfly
by Paulo Coelho

A man spent hours watching a butterfly struggling to emerge from its cocoon. It managed to make a small hole, but its body was too large to get through it. After a long struggle, it appeared to be exhausted and remained absolutely still.

The man decided to help the butterfly and, with a pair of scissors, he cut open the cocoon, thus releasing the butterfly. However, the butterfly’s body was very small and wrinkled and its wings were all crumpled.

The man continued to watch, hoping that, at any moment, the butterfly would open its wings and fly away. Nothing happened; in fact, the butterfly spent the rest of its brief life dragging around its shrunken body and shriveled wings, incapable of flight.

What the man—out of kindness and his eagerness to help—had failed to understand was that the tight cocoon and the efforts that the butterfly had to make in order to squeeze out of that tiny hole were Nature’s way of training the butterfly and of strengthening its wings.

Sometimes, a little extra effort is precisely what prepares us for the next obstacle to be faced. Anyone who refuses to make that effort, or gets the wrong sort of help, is left unprepared to fight the next battle and never manages to fly off to their destiny.

Virtual Programs with Mac Brownell and Leesburg Adult Day Center Staff

All programs will start at 2:00pm. We hope you can join!

Monday - Move It Monday
Tuesday - Musical Tuesday
Thursday - Nature and Pet Therapy Thursday
Friday - BINGO Fun Friday*

*Feel free to use BINGO cards included in home packets or print off one BINGO card attached in the email.

(**Virtual program links sent to participants**)
Caregiver Support Resources

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 sign-up, send an email to aaasupport@loudoun.gov or call 571-233-2583

Leesburg Adult Day Center Alzheimer’s Association Caregiver Support Group
Meets the first Wednesday of the month and will be held by telephone on Wednesday, May 6th from 4pm – 6pm. Join by telephone at +1 402-726-1279 (PIN: 378847717). For more information contact Jaimee Conner at 703-771-5334

Loudoun County Area Agency on Aging Caregiver Support Groups for caregivers of people with memory loss will meet virtually on the third Saturday of the month with multiple time slot options in May, June and July. If you are interested in attending, you must pre-register in advance by contacting Erin Nesbitt at erin.nesbitt@loudoun.gov. Each support group will be limited to 8 participants and, to ensure we are meeting with everyone who needs it, there will be multiple time slot options for each group. The next virtual support group meeting will be held on Saturday, May 16th.

Carver Center Caregiver Support Group is meeting virtually using Zoom on the fourth Thursday of every month from 3:00PM to 4:00 PM. To participate, email the facilitator, Bobbi Carducci at bcarducci@comcast.net and she will send a reply email to you with the meeting ID# link and password. You will need to download zoom and the free version works fine. It can be accessed at: www.zoom.us

Loudoun County Sheriff’s Office Prescription and Delivery Service
For Loudoun County senior residents who need prescription delivery services please contact the Loudoun County Sheriff’s Office at 703-777-1021.

Information & Assistance & Case Management Services
If you need to speak with someone regarding available services or need assistance connecting to services, you can reach an aging program specialist at 703-777-0257. To reach the Loudoun County Area Agency on Aging case manager, please contact Lori at lori.stahl@loudoun.gov or via phone at 703-737-8741. Please check www.loudoun.gov/aaa for information as well as the site is updated regularly with resources and information to assist older adults and their caregivers.

Medicare Counseling
Help with Medicare is available via the Loudoun County Area Agency on Aging Medicare Helpline: 703-737-8036. If you would like to be added to the Virginia Insurance Counseling and Assistance Program (VICAP) Medicare Memo email list for any Medicare updates or VICAP presentations, please email jane.bretzin@loudoun.gov.

Alzheimer’s Association Help & Support
alz.org - National Capital Area Information and Resources
alz.org - National Capital Area Chapter Virtual Programs

The Alzheimer’s Foundation of America
Alzfdn.org https://alzfdn.org/ is providing virtual activity sessions, community classes, activity tips as well as resources and helpful information for caregivers. Their National Toll-Free Helpline is 866-232-8484. Check out their Events Calendar here: https://alzfdn.org/event/ and you can see videos of their previously recorded activity sessions through the link there to their Facebook page.