

May 11-15 , 2020

Mac Brownell Adult Day Center

200 Willie Palmer Way Purcellville, VA 20132 571-258-3402

HAPPY
Mother's
DAY



Exercise

[YouTube - Chair Yoga](#)

[Lifeline - Improve Strength
and Balance](#)

Trivia

[YouTube - Guess the Sound](#)

[Jeopardy - Candy](#)



Virginia's Musical Gems

[YouTube - AniMusic](#)

[YouTube - Didgeridoo](#)

****Check out the [Support Resources](#) page for virtual one-on-one meetings with Mac Brownell Staff****

May 11 "Like a Mother to Me" Day

Happy (belated) Mother's Day to all Mothers, Grandmother and Great Grandmothers! You ladies are "like a mother" to us all! Laugh a little with the *10 Principles of Motherhood* on the next page.

May 12 Happy Yogi Berra Day

[Yogi Berra](#) was born on this day in 1925. Do you know why he was nicknamed "Yogi"? A friend thought Berra looked like he was doing yoga because of the way he sat with his arms and legs crossed waiting for his turn to bat. Yogi's uniform number was 8, can you name 8 baseball players, managers, and baseball teams?

May 13 Have a "Wonder-Ful" Day

Happy birthday to [Stevie Wonder](#). The famous R&B and jazz musician was born on this day in 1950. Play a few [best of Stevie](#) songs today and enjoy with a sandwich on WONDER bread!

May 14 Space Station

On this day in 1973, America's first space station was successfully launched. [Skylab](#) would orbit the Earth until 1979, providing scientists with valuable information about the effects of prolonged stays in space. Astronauts also sent home many images of the sun and performed various solar experiments. Learn what [life is like](#) on a [space station](#) today.

May 15 Fintastic Friday

Celebrate sharks today. Did you know that more people die from bee stings, snake and spider bites than sharks? Yet, people fear sharks more. Sharks play an important role in the oceans. Learn [more about it](#) today. Check out the [live shark cam](#) at Monterey Bay Aquarium.

Nicole's Hidden Objects Game

Can you find the 15 objects?



Find 15 objects in the picture



Heather's Stress Ball

Need to relieve some stress?
Squeeze that stress away with an
easy at home stress ball!



Material:

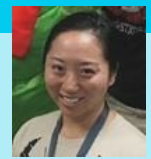
- Heavy weight balloon
- Flour (or cornstarch, uncooked rice, or sand)
- Funnel
- Empty, dry, water bottle
- Optional: Essential oils in preferred scent

Directions:

- Use a funnel to put 1 cup of flour into the water bottle
- **OPTIONAL:** Add about 10 drops of your favorite essential oil, replace the cap and shake well
- Blow up the balloon to around baseball size
- Attach the balloon to the top of the water bottle being careful not to release much air out of the balloon (rubber band or hair tie can help secure the balloon)
- Turn the balloon and water bottle upside down then squeeze the flour into the balloon
- Carefully remove the balloon from the water bottle. Be sure to pinch the neck of the balloon to keep the air from flying out
- Slowly let the air out until it reaches desired firmness and tie the balloon off
- Enjoy your new scented stress ball!

Magie's Mother's Day Humor

10 Principles of Motherhood:



1. If motherhood were going to be easy, it never would have started with something called labor!
2. Shouting to make your children obey is like using the horn to steer your car, and you get about the same results.
3. The smartest advice on raising children is to enjoy them while they are still on your side.
4. The best way to keep kids at home is to make the home a pleasant atmosphere—and to let the air out of their tires.
5. Life's golden age is when the kids are too old to need babysitters and too young to borrow the family car.
6. You will save yourself a lot of grief if you think of a curfew as just a general time to shoot for.
7. There are three ways to get something done: do it yourself, hire someone to do it, or forbid your children to do it.
8. Cleaning your house while your kids are at home is like trying to shovel the driveway during a snowstorm.
9. The only people in this world who are always sure about the proper way to raise children are those who never had any.
10. Avenge yourself—live long enough to be a problem to your children!

Virtual Programs with Mac Brownell and Leesburg Adult Day Center Staff and a special event Wednesday with Eastern Loudoun ADC

All programs will start at 2:00pm.

Monday - Move It Monday

Tuesday - Beth on the Ukulele

Wednesday - Lori on the Piano (using WebEx)

Thursday - Nature and Pet Therapy Thursday

Friday - Carole on the Piano

(Virtual program links sent to participants**)**

Support Resources

One-on-One Virtual Meeting with Mac Brownell Adult Day Center Staff **NEW**

If you or your loved one would like to chat or just say hello to the staff at Mac Brownell Adult Day Center please email us at DEPT-PRCS-MBADC@loudoun.gov with time and date you are available and we will schedule and respond with a GoToMeeting link. We would love to see you and hear how you are doing!

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](tel:+14027261279) (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](http://alz.org)
alz.org - [National Capital Area Chapter Virtual Programs](http://alz.org)

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.