A Message from The Senior Center of Leesburg
We think of you often while we are apart. Hope you are well.
May 20, 2020

Hello everyone and “Happy go Pick Strawberries Day”!

We would also like to wish everyone a Happy Memorial Day!
Everyone wants to know “When will the center re-open”? That is what inquiring minds want to know. We would like to know that as well. The Governor of Virginia delayed the reopening in Northern Virginia to a target date of May 29th. The Loudoun County Senior Centers remain closed until further notice. For more information, visit Loudoun County Coronavirus, the Virginia Department of Health Coronavirus, or Virginia State Coronavirus.

Don’t forget to take a moment and complete your Annual 2020 Senior Center of Leesburg Information and Satisfaction Survey for May of 2020 by copying this link https://www.surveymonkey.com/r/BWX2VSP, into your browser if you have received this electronically or if you have received the survey by mail, please return it to: The Senior Center of Leesburg, 102 North Street, NW, Suite B, Leesburg, VA 20176, Attention: Sue Depoy, by Friday, May 29th, 2020. Thank you.

BLUEBIRD TRAIL NEWS
Our dedicated members, Eli and Carolyn are providing weekly monitoring of the six bluebird houses on the bluebird trail on the grounds of the Senior Center of Leesburg.

I have good news. The Bluebird nest in Box 5 has 5 eggs, which is near the ballfield and the Wren nest in Box 2, by the parking lot has 6 eggs.

Once we reopen, please feel free to join the weekly walk through the Bluebird Trail.
Ingredients

- 1 tablespoon canola oil
- Two 10-ounce cans diced tomatoes with chiles, such as Rotel
- 1 cup chicken broth
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon kosher salt
- One 15.5-ounce can black beans, drained and rinsed
- One 10-ounce bag frozen corn
- 5 cups shredded cooked chicken (from about 1 small rotisserie chicken)
- 12 small corn tortillas, cut into quarters
- One 8-ounce block Monterey Jack cheese, shredded (about 2 cups)
- 1/2 cup sour cream
- 1/3 cup diced red onion
- 1/3 cup loosely packed fresh cilantro, chopped

Directions

1. Preheat the oven to 375 degrees F. Brush a 9-by-13-inch casserole dish with the oil.

2. Stir together the diced tomatoes with chiles, chicken broth, chili powder, cumin and salt in a large bowl. Add the black beans, frozen corn, chicken, tortilla wedges and half the cheese and stir to evenly distribute and moisten all of the ingredients. Transfer to the prepared casserole dish and spread into an even layer. Loosely cover with aluminum foil and bake for 25 minutes.

3. Raise the oven temperature to 400 degrees F. Remove the foil and sprinkle the top with the remaining cheese. Continue to bake until the cheese is melted and just starting to brown, about 10 minutes. Top with dollops of sour cream and sprinkle with the red onion and cilantro. Serve hot.
Senior
Cool Care Summer Program

Fans and limited summer cooling assistance is available for persons aged 60 years and older who are income eligible June 1-September 30.

Please call:
Loudoun County Area Agency on Aging
703-777-0257
Email: aaa@loudoun.gov

The Area Agency on Aging is a Division of Loudoun County Parks, Recreation and Community Services

If you do not already receive email from us please contact the center at 703.737.8039, to add your email address to the distribution list so that you can receive the e-newsletters and stay connected. You may visit our website (to view the e-newsletter) at: https://www.loudoun.gov/1181/The-Senior-Center-of-Leesburg

FOOD: 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.

Loudoun County Department of Family Services-Emergency Food Delivery-Information and Referral Line: 703.777.0420 (for Loudoun County Residents)
May is Mental Health Awareness Month, and The Centers for Medicare & Medicaid services (CMS) wants to remind people with Medicare that the program covers mental health services to support them during these stressful times including:

- Telehealth counseling services during the COVID-19 public health emergency – learn more here: [https://www.medicare.gov/coverage/telehealth](https://www.medicare.gov/coverage/telehealth)
- Other outpatient mental health services, including depression screening, individual and group psychotherapy, and family counseling – learn more here: [https://www.medicare.gov/coverage/mental-health-care-outpatient](https://www.medicare.gov/coverage/mental-health-care-outpatient)
- Counseling and therapy services from a Medicare-enrolled opioid treatment program (OTP) by telehealth options or telephone only, if you’re being treated for a substance use disorder – learn more here: [https://www.medicare.gov/coverage/opioid-use-disorder-treatment-services](https://www.medicare.gov/coverage/opioid-use-disorder-treatment-services)

**Medicare Fraud Alert! Here are recent Coronavirus scams to watch for:**

- Robocalls offering you respiratory masks they'll never send
- Social media posts fraudulently seeking donations for non-existent charities, or claiming to give you stimulus funds if you enter your bank account information
- Fake testing kits, cures, "immunity" pills, and offers for protective equipment

Visit [Medicare.gov/fraud](https://www.medicare.gov/fraud) for more information and tips on preventing Medicare scams and fraud.

*(Please contact VICAP with Medicare concerns)*

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](mailto:aaamedicare@loudoun.gov), [aaamedicare@loudoun.gov](mailto:aaamedicare@loudoun.gov)

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The Senior Center of Leesburg now has a Facebook Page.
Copy the link below into your browser and check it out and please make sure to like our page!

[https://www.facebook.com/leesburgsenior](https://www.facebook.com/leesburgsenior)
**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 connected 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

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**What Are Your Thoughts About Re-Opening?**

"What you do makes a difference, and you have to decide what kind of difference you want to make."

-Jane Goodall

While we do not have a date to reopen the centers (and it could be a little while), we are currently in the process of planning for how to best roll out our programs, activities and classes while mindful of everyone’s safety and well-being.

When we do reopen, we will likely be incorporating safety measures such as social distancing (6 feet apart), and limiting numbers of people allowed in certain rooms at one time. Our ultimate goal is to offer as many services as possible with the most sensible safety measures.

You are an important part of this planning process, so we would like your input and/or suggestions as we plan. If you have suggestions and/or ideas on how we can best maintain everyone’s safety while offering your favorite activity, please share those suggestions via email to Sue Depoy at sue.depoy@loudoun.gov.

This is your center, so we want you to have as much input as possible in the changes that will be taking place as we plan to reopen. The staff will make our plans based on state, county and department guidelines we must follow while incorporating as many of your ideas and input as possible.

Thank you. We look forward to hearing from you.
<table>
<thead>
<tr>
<th>The Senior Center of Leesburg</th>
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<tbody>
<tr>
<td><strong>Senior Staycation</strong></td>
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<table>
<thead>
<tr>
<th>TODAY’S JOKE:</th>
<th>TODAY’S FUN FACT</th>
<th>TODAY’S SHOW &amp; TELL</th>
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<tbody>
<tr>
<td>My only talent is sleeping.</td>
<td>Mozart started composing</td>
<td>Send us a short video (no more</td>
</tr>
<tr>
<td>I could do it with my eyes</td>
<td>music at the age of 3.</td>
<td>than 1 minute) or photo,</td>
</tr>
<tr>
<td>closed!</td>
<td></td>
<td>showcasing your talent! Send</td>
</tr>
<tr>
<td></td>
<td></td>
<td>to <a href="mailto:sue.depoy@loudoun.gov">sue.depoy@loudoun.gov</a></td>
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<table>
<thead>
<tr>
<th>FUN FOOD</th>
<th>CRAFT</th>
<th>GAME</th>
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<tbody>
<tr>
<td>Prepare a WGT meal.</td>
<td>Make paper airplanes. See</td>
<td>Download the Heads Up App</td>
</tr>
<tr>
<td>Make the food in your meal</td>
<td>whose will fly the farthest.</td>
<td>on your phone. Play one of the</td>
</tr>
<tr>
<td>begin only with the letters</td>
<td></td>
<td>games with your friends or</td>
</tr>
<tr>
<td>W-G-T (ex: Waffles, Grits,</td>
<td></td>
<td>family to see who is most</td>
</tr>
<tr>
<td>Tomatoes)</td>
<td></td>
<td>talented at giving clues to</td>
</tr>
<tr>
<td></td>
<td></td>
<td>answers.</td>
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<thead>
<tr>
<th>ACTIVITY</th>
<th>OUTSIDE OZONE</th>
<th>TALENT/INSPIRATION</th>
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<tbody>
<tr>
<td>Who is the most talented</td>
<td>Take a ½ to 1 mile walk outside</td>
<td>Your talent is God’s gift to you.</td>
</tr>
<tr>
<td>architect amongst your</td>
<td>for Vitamin D</td>
<td>What you do with it is your gift</td>
</tr>
<tr>
<td>friends or/family? Use a</td>
<td></td>
<td>back to God. Why not discover</td>
</tr>
<tr>
<td>deck of cards, legos, or</td>
<td></td>
<td>what your talent is that you</td>
</tr>
<tr>
<td>other building materials</td>
<td></td>
<td>want to explore today!</td>
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<tr>
<td>to build the tallest tower</td>
<td></td>
<td></td>
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<tr>
<td>and take a photo and</td>
<td></td>
<td></td>
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<tr>
<td>compare to see who is the</td>
<td></td>
<td></td>
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<tr>
<td>winner.</td>
<td></td>
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<tr>
<th>COMPUTER SKILLS</th>
<th>SPRING CLEAN</th>
<th>STAY IN TOUCH</th>
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<tbody>
<tr>
<td>Google search a museum that</td>
<td>Spring clean one small area of</td>
<td>Reach out to one neighbor</td>
</tr>
<tr>
<td>has virtual visits. Learn</td>
<td>your house.</td>
<td>today by text, phone or outside</td>
</tr>
<tr>
<td>something new.</td>
<td></td>
<td>(with social distancing of course)</td>
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<td></td>
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<td>☺️</td>
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How would you use each of these to carry eggs without breaking them?

Marbles  Paintbrush  Ipod  Wooden Box

There is no “right” answer! The answer is whatever you decide it is!

COVID-19 INFORMATION
More information about COVID-19 update can be found online by going to: www.loudoun.gov/coronavirus

Thank you so much for participating in our donated book delivery service! Next week (Wednesday, May 27) will be the last week for the delivery service as Loudoun County Public Library will soon be providing a curbside book pick up service! Please keep an eye on the LCPL website here https://library.loudoun.gov/ for details and information. Don’t have a library card yet? Sign up for one now at https://catalog.library.loudoun.gov/obr/ and get instant access to all of our eBooks and more!

Please stay informed, Stay Safe, Take Care of Yourself and check in on each other.
We miss you and we care about you, Erik, Cheryl, Sue, Joanna, Diane & Dave