

June 1-5, 2020

Mac Brownell Adult Day Center

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

Schedule of Virtual Programs

Monday

11:00am - Morning Circle & Exercise

2:00pm - Urban Myth w/ Ray

Tuesday

11:00am - Morning Circle & Exercise

2:00pm - Pottery w/ Heather

Wednesday

11:00am - Morning Circle & Exercise

2:00pm - Nature Walk w/ Leesburg ADC

Thursday

11:00am - Morning Circle & Exercise

2:00pm - Sing-a-long with Emily

Friday

11:00am - Personal Plane Tour**

2:00pm - Afternoon Exercise

**This program is subject to change due to the weather and availability of the pilot.

Saturday

(all AAA programs participants are invited)

1:00pm - Virtual Sing-along with Lori

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

June 1 Happy Birthday Andy Griffith

Andy Griffith was born in Mount Airy, NC on this day in 1926. Did you know Andy Griffith was also a Tony Award-winning southern [gospel singer](#)? Feeling adventurous today? Try his favorite snack—peanut butter and mayonnaise on crackers (let us know how it is). Check out some [funny moments](#) from *The Andy Griffith Show*.

June 2 Original First Lady Day

The original first lady, [Martha Dandridge Custis Washington](#), was born on this day in 1731. Martha married George Washington after the death of her first husband. Although she and George did not have any children together, they raised Martha's two children from her first marriage. During the Revolutionary War, Martha left Mount Vernon and joined her husband at many military camps in New Jersey, Pennsylvania, Massachusetts, and New York. How many [first ladies](#) can you name?

June 3 "The Greatest Show on Earth" Day

P.T. Barnum's circus began its first tour of the United States on or around this day in 1835. Did you ever buy the boxes of Barnum's Animal Crackers? Here are 20 [fascinating facts](#) about the Ringling Brothers, Barnum & Bailey Circus. The 2017 musical version of *The Greatest Showman* is highly recommended. Can't find the movie? Listen to the amazing [soundtrack](#).

June 4 A Cheesy Day

Supposedly, on this day in 1070, [Roquefort cheese](#) was accidentally created by a [lovesick shepherd](#) in a cave near Roquefort, France. "Roquefort should be eaten on one's knees," said Grimond de la Reyniere. Learn how to organize a [proper cheese tasting](#).

June 5 Strawberry Moon Day

June's full moon is called a strawberry moon because strawberries ripen at this time of year. Try a [Strawberry Moon Pie Shake](#). Originally named by America's indigenous people, the Strawberry Moon is said to be a great time to cleanse yourself of possessions, patterns, and what is no longer serving you.

Heather's Craft

Coffee Filter Hydrangeas -
Bring Spring inside without
the pollen!



Material:

- Coffee filters
- Food coloring
- Scissors
- Cookie sheet
- Large bowl
- Water
- Tape
- Wire or pipe cleaners

Directions:

- Add water and food coloring to large bowl.
- Dip stacks of 15 coffee filters and allow to soak until fully saturated.
- Place on a cookie sheet and bake at 300 degrees for 30 minutes or until dry. Be sure to dry each color on a different cookie sheet or they may mix. You can also allow them to dry over night.
- Once dry and cool, fold 3 or 4 filters in half, then fold them in half two more times until you have a small triangle. Cut whatever petal design you'd like along the edge.
- Repeat until you have the desired number of flowers. It takes 10 filters to make 1 flower.
- Take wire and poke it through the center of the coffee filter one at a time.
- Once you have 10 sheets, bend the wire into a small loop to hold everything together.
- Fold the flower over the loop into a cone shape and tape the end to keep it in place
- Shape your flower by scrunching, folding, and stretching until you reach your desired shape.
- Wire or tape the flowers together to make a bouquet that won't make you sneeze!



Online directions - [DIY Coffee Filter Hydrangeas](#)



Nicole Finds Virtual Tours of National Parks

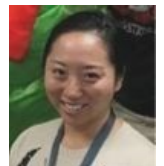


[YouTube - Yosemite National Park](#)

[YouTube - Bryce Canyon National Park](#)

Magie's Cranium Crunch - Out of the "Blue"

Use the clues to determine words that rhyme with *blue*.



- | | | |
|-------------------------|-----|-------|
| 1. Girl's name | Sue | _____ |
| 2. Scheduled to arrive | | _____ |
| 3. Wet behind the ears | | _____ |
| 4. Not many | | _____ |
| 5. Shade of color | | _____ |
| 6. Wood fastener | | _____ |
| 7. Get a look at | | _____ |
| 8. San Diego attraction | | _____ |
| 9. Factual | | _____ |
| 10. Church bench | | _____ |
| 11. Sauce thickener | | _____ |
| 12. Second number | | _____ |
| 13. Sticky stuff | | _____ |
| 14. Thick soup | | _____ |
| 15. Sprang up | | _____ |
| 16. Monopoly token | | _____ |
| 17. Helpful hint | | _____ |
| 18. Enjoy gum | | _____ |

Answers:

18. Chew
13. Glue 14. Stew 15. Grew 16. Shoe 17. Clue
8. Zoo 9. True 10. Pew 11. Roux 12. Two
2. Due 3. New 4. Few 5. Hue 6. Screw 7. View

Theresa's Note

Reminder: We want to hear from you! Please complete this year's annual *Adult Day Center Services Evaluation* online via following link: <https://www.surveymonkey.com/r/2020ADCsurvey> This survey should take about 4 minutes and will be open until Friday, June 12, 2020. Thank you for your time!!

Caregiver Support Resources

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

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 (UPDATED**)**

Meets the **first Wednesday of the month** from 4pm – 5pm and will now be using the GoToMeeting online platform so you can either join in online or via telephone. For the telephone number or GoToMeeting Link, contact Jaimee Conner at 703-771-5334. The next meeting will be held Wednesday, **June 3rd**

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, **June 20th**.

Carver Center Caregiver Support Group

Meets 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 The next meeting will be held Thursday, **June 25th**.

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.