June 15 Worldwide Day of Giving
It is a day for volunteering. Not only is volunteering beneficial to the community but also to the volunteer themselves! There are social, mental, and physical benefits that are found through volunteering. Check out ways you can volunteer from home and even volunteer as a senior.

“If you want more hope for your future, go help someone else and have more hope for their future.” ~ Germany Kent

June 16 No Orange Clothes Day
On this day in 1784, Holland forbade the wearing of orange clothes. Feeling a little little risky today? Why not wear orange and see if you can get away with it! Get a few tips on three foolproof ways to wear orange. Did you know you can use onion skins and turmeric to dye yarn or fabric?

June 17 To Bee or Not to Bee
The first National Spelling Bee was held on this day in 1925. The winning word was gladiolus, spelled by Frank Neuhauser from Louisville, KY. Check out the list of common misspelled words in English. The word bee used in spelling bee, is one of those language puzzles that has never been accounted for. A fairly old and widely-used word, it refers to a community social gathering at which friends and neighbors join together in a single activity.

June 18 Nursing Assistants Day
Today marks the beginning of Nursing Assistants Week, sponsored by the National Network of Career Nursing Assistants. Thank you for all the nursing assistants out there!! Check out a funny list of the top 10 things you’ll need in your CNA survival kit.

June 19 Juneteenth Day
Juneteenth, or June 19th, is considered the date when the last slaves in America were freed. On June 19, 1865, Union soldiers finally arrived in Galveston, TX, with news that the war had ended and that all slaves were now free. Today, Juneteenth commemorates African American freedom and emphasizes education and achievement. Learn about a few famous African Americans of the 20th century.

“Remember: What dad really wants is a nap. Really”
~ Dave Barry

June 21 Happy Father’s Day to all the Father’s, Grandfathers and Great Grandfathers!
Magie’s Father’s Day Quiz
Match the TV dad to the correct show.

1. Ben Cartwright  _____
2. Andy Taylor  _____
3. Charles Ingalls  _____
4. John Walton Sr.  _____
5. Mike Brady  _____
6. Archie Bunker  _____
7. Tim Taylor  _____
8. Howard Cunningham  _____
9. Steve Douglas  _____
10. Ward Cleaver  _____
11. Ray Barone  _____
12. Tony Micelli  _____
13. Tom Corbett  _____
14. Fred G. Sandford  _____
15. Jim Anderson  _____
16. George Jefferson  _____

A. Who’s the Boss
B. Sanford and Son
C. The Brady Bunch
D. Bonanza
E. Father Knows Best
F. My Three Sons
G. The Jeffersons
H. The Andy Griffith Show
I. Leave It to Beaver
J. All in the Family
K. Everybody Loves Raymond
L. Happy Days
M. The Waltons
N. Home Improvement
O. Little House on the Prairie
P. The Courtship of Eddie’s Father

Answers:

Heather’s Humming Bird Tip
Its hummingbird season, and we all love to see them in our gardens. Feeders can be messy and time consuming but natural plants look great, are easy to maintain, and feed both hummingbirds and honeybees. Below is a list of native plants you can add to your garden or window boxes to attract pollinators.

- Trumpet Honeysuckles - Not only are the bright red flowers beautiful to look at, their smell is amazing, and Ruby Throated Hummingbirds love them! This plant does not need to be planted every year and does not get as big as other varieties of honeysuckle.
- Red Cardinal Flower - Flowering in mid to late summer, this beautiful plant is fairly low maintenance and enjoys partial shade. Brings a pop of bright red color to your garden that lasts all summer!
- Bee Balm - Easy to grow, deer and drought resistant! The purple flowers are loved by hummingbirds, bees, and butterflies! Enjoys full sun and can tolerate shade.
- Sage - Attracts humming birds, butterflies, and honeybees with the added bonus of being useful for cooking! Sage adds an earthy flavor to foods and can be used a salt substitute.

Not into gardening but still love humming birds? Check out this link for live webcams of hummingbird feeders from around the country [https://birdwatchinghq.com/live-hummingbird-cams/](https://birdwatchinghq.com/live-hummingbird-cams/)

Nicole’s BLT Dip
Ingredients:

- 1lb bacon (cooked until crisp and chopped or 5oz of bacon crumbles)
- 8oz cream cheese
- 1/4 cup mayo
- 1/4 cup sour cream
- 1/4 cup shredded cheddar cheese
- 1 tsp onion powder
- 1 tsp dried minced garlic
- 1/2 tsp smoked paprika (or regular, but smoked compliments the bacon nicely)
- Pinch of salt
- 1 cup chopped lettuce
- 1 cup chopped tomato

Directions:
Combining 1/3 of the bacon with cream cheese, sour cream, mayo, cheddar cheese and seasonings. Mix in a deep dish pie plate. Sprinkle on lettuce, tomato and remaining bacon. Serve with fresh veggies, chips or crackers and enjoy!
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
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, July 1.

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 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. The next virtual support group meeting will be held on Saturday, July 18th.

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 Bobbi Carducci at bcarducci@comcast.net and she will send you the meeting ID# , link, and password. You will need to download Zoom, it can be accessed at: www.zoom.us. The next meeting will be held Thursday, June 25th.

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.

Senior Cool Care Summer Program (NEW)
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 or email: aaa@loudoun.gov

Loudoun County Parks and Recreation COVID-19 (NEW)
Please check out the Loudoun County PRCS site for additional resources. https://www.loudoun.gov/prcscreatingcommunity