The Senior Center of Leesburg
July 1, 2020

The staff at the Senior Center of Leesburg would like to wish all of our members a very “Happy Independence Day” this 4th of July! The County will be closed, Friday, July 3rd in observance of this Holiday. Enjoy your day!

Emergency Congregate Meal Program
During COVID-19 Pandemic

Meet a few of our members below and in the video link who have participated in this service since the center has been closed. Please copy this link into your browser to enjoy a video of the interviews at the following members at https://youtu.be/_aesDglRqIA

Gail

Gail couldn’t get out, and appreciated her meals being brought to her by the staff.

She looks forward to when the center reopens, being able to do her volunteer work, seeing her friends and calling games.

Dot

Dot said it was a wonderful treat. Hot cooked lunch with meat, vegetable, fruit, roll, and milk. Restaurant quality food and very nutritious.

She looks forward to trying to do more when the center reopens as time is slipping away from her. The staff and front desk are always so nice and friendly and makes you feel at home. She is looking forward to going back.
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Donna says the meals made a big difference. She is eating much better, has more energy and has felt better. It has been a blessing.

She looks forward to when the center reopens seeing her friends, playing Mexican Train, her Zumba exercise class as she always had such a good time. Thank you so much!

Audrey said the meals made a big difference. She couldn’t get out, gave her the opportunity to socialize, relate to staff at the center and see how long before she could come back and allowed her to stay in touch and for someone to check on her.

She looks forward to the reopening to be able to go shopping, mingling, playing games, socializing and getting back in touch!

Eugenio and Lidia says the meals have been a blessing and are fantastic! They have enjoyed the quality of the meals and appreciate everything the center has been doing to take care of the members during this time.

When the center reopens they look forward to getting back to the exercise room, the socialization and getting together with friends and members of the center. Thank you so much to the staff and the community, for they have done!
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Jim

Jim says that the meal program has been a Godsend and has helped him as he lives alone and is single. It has given him a more balanced diet and he has even grown to enjoy asparagus! Sometimes he saves the meal for his nighttime meal.

He looks forward to the center reopening so that he can exercise, partake in the meals, the social aspect, and meet new people from all paths of life. Most of his friends have moved away or passed away and he has been able to meet new friends at the center. He is looking forward to coming back!

Charles

Charles said it was a wonderful insurance policy and was glad that someone was checking up on him to see how he was doing every day. That was the main thing. The meals was nice to as they were a balanced meal.

Charles looks forward to the center reopening and talking to people and seeing what they are doing. It is the center point of discussion. The center has a variety of people from all aspects of life with different points of view and different backgrounds. He will be back!

Debbie

Debbie says she loved the meal delivery and the meals! She got to see the staff and they worked very hard.

Debbie looks forward to when the center reopens and she can see her friends, do different activities and see different people/members within the center.
Ingredients:
- 1 prepared angel food cake

Cream cheese layer ingredients
- 2 8 oz packages of cream cheese, softened
- 1 cup heavy whipping cream
- 2 tbsp powdered sugar
- 2 tsp vanilla

Strawberries
- 6 heaping cups of sliced strawberries
- 1 tbsp sugar

Whipping Cream
- 1 cup heavy whipping cream
- 3 tbsp powdered sugar
- 1 tsp vanilla

Directions:

Prep Time: 10 mins
Total Time: 10 mins

1. Slice strawberries into triangles and place into a large bowl. Sprinkle with sugar and toss to combine.
2. Slice the angel food cake into three circles.
3. In a mixing bowl combine the softened cream cheese, cream, vanilla, and powdered sugar. Mix until a spreadable, frosting like consistency is formed. Add more cream if needed.
4. In a large mixing bowl combine the cream, powdered sugar and vanilla. Whip with until soft peaks form in the whipped cream. Do not overmix.
5. To assemble the trifle: In a large shallow bowl, begin with a layer of the angel food cake, fill the hole of the cake with a few strawberries, then spread on ⅓ of the cream cheese mixture then ⅓ of the strawberries.
6. Repeat the same for the next 2 layers. Before serving the trifle add a layer of whipping cream and strawberries.

Notes
- Makes: 12 servings

Nutrition
- Calories: 253 kcal | Carbohydrates: 27g | Protein: 3g | Fat: 15g | Saturated Fat: 9g | Cholesterol: 54mg | Sodium: 161mg | Potassium: 178mg | Fiber: 1g | Sugar: 16g | Vitamin A: 590IU | Vitamin C: 42.6mg | Calcium: 61mg | Iron: 0.4mg
Questions you may be asked when returning to the center once it reopens are listed below:

COVID-19 Screening Questionnaire

In the past 24 hours have you (or your child) experienced:

- A temperature of 100°F (37°C) or above?
- New cough that cannot be attributed to another health condition?
- New shortness of breath that cannot be attributed to another health condition?
- New sore throat that cannot be attributed to another health condition?
- Gastrointestinal symptoms (diarrhea, nausea, vomiting) that cannot be attributed to another health condition?
- New nasal congestion or runny nose?
- New loss of smell and/or taste?
- New muscle aches or pains?
- Any other sign of illness?
- Contact with someone in the previous 14 days with a confirmed diagnosis of COVID-19, or someone who is ill with a respiratory illness?

If the answer to any of the above questions is “yes,” we ask that you (or your child) not enter this facility or participate in any programs.
### 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

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### Guest Speaker:

Mary Ellen Sherburne, Vitas

*Reach out and touch to get a little Bounce back into your Bounce Back!*

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1. **Move!** - Bunny Hop, jitterbug, waltz, walk in your neighborhood one inside your home, do Tai Chi (classes on TV), exercise in some way. Have a routine that includes healthy food and plenty of water. Why does everyone keep saying these things? Because these things pump GOOD hormones into your body and brain.

2. **Bring LIFE INTO YOUR HOME:** Get a pet! Really… yep! A live PET! Why even two little turtles hanging out together can be fun to watch. (Plants are okay but don’t provide the bounce back as does having life in your home.)

3. **TURN UP THE MUSIC:** Play HAPPY, Peppy music and … turn it up! (Why? It prompts a good and nurturing biochemical shift in your brain.)

4. **LAUGH!!** - Heartily and often! Laugh to loud, laugh *often***!!! Why is we can wear purple hats WE CAN Laugh out Loud. IT IS socially acceptable

5. **HELP ANOTHER** - Leave an anonym note on a people’s doors! It is a cool thing to do that two 80-year old’s in stated in their apartment complex.: i.e. Recycle an old card, add a note: “Just Sending a Virtual Wave. Hello neighbor.” Think of others way, come on now you can do this, that fit for YOU to help another is small and maybe not so small ways.

6. **REMEMBER TWO THINGS:** Any faith practice teaches that we are never alone. What can spread faster and out last any virus? *LOVE.*

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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

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Discussion with Mary Ellen-

“Is there No Bounce left in Your Bounce Back”
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

Guitar Class with Kurt

Kurt & Chuck

Zoja & Penni

Line Dance with Vinny

Here are this week’s videos for the Leesburg, Thursday PM & Cascades Friday PM Improver/Low Intermediate classes. One from Terry and the other from Vinny.

https://youtu.be/CVrlpZinom0

https://youtu.be/u2zsWkljiTQ

https://youtu.be/JYSiYWpdWXg

Vinny
TAX PREP HELP INFORMATION

Federal Taxes are Due by July 15th

Need to complete your taxes?

Many in person Tax Aide sites operated by AARP on a no charge basis in Loudoun County have been closed during the coronavirus. For updates on their sites you go to their website at [www.aarp.org/money/taxes/aarp_taxaide/](http://www.aarp.org/money/taxes/aarp_taxaide/) or call the tax aide line at 1-888-227-7669. AARP has a tax aide prep help form you can complete online for online/phone assistance at: [www.aarp.org/forms/tax-prep-assistance-request.html](http://www.aarp.org/forms/tax-prep-assistance-request.html).

Virginia state taxes were due June 1 but they are allowing an automatic 6 month extension with interest and penalties. Federal taxes are due July 15.
On the IRS webpage there is a listing of free online tax software services that you can use for certain income levels and ages. The website to use these free tax software programs are located at: [www.irs.gov/filing/free-file-do-your-federal-taxes-for-free](http://www.irs.gov/filing/free-file-do-your-federal-taxes-for-free)

For private for fee tax preparation services, you can do a general internet search on tax preparation in Loudoun County or use the White Pages. For questions or additional services you can call the Loudoun County Area Agency on Aging at 703-777-0257 or email us anytime at aaa@loudoun.gov

Happy Birthday to all our July Birthday Members
We wish you the Happiest Birthday & hope to celebrate with all of you upon your return when we reopen!

Happy Birthday
Chery Wheeler!
June 30th
Dear Volunteers,

As we prepare reopening plans for our center, including the front desk and kitchen, we are exploring a potential plan to bring back all of our original volunteers in phases. In order to plan for the reopening, we need to know if you will be returning to your original volunteer position as it becomes available, that you held prior to the center being closed due to the COVID-19 pandemic. We sincerely hope you will return and want you to know that the center will be following Loudoun County safety protocols such as wearing face coverings, using hand sanitizer, and maintaining 6-foot social distancing.

Due to COVID-19, and new center guidelines and activities, some duties may have to be adjusted from what you were previously doing. This can be discussed with Sue or Joanna in further detail when you notify them of your interest in returning as a volunteer. Please let Cheryl Wheeler (Instructors), Sue Depoy (Kitchen), or Joanna Poston (Front Desk) know if you are planning to return to your volunteer position.

We will keep you posted with more specifics as we receive them, but for now, we would just like to know who will be coming back as volunteers to these duties.

Thank you, as always for your service (and patience) as we navigate these uncertain times. We appreciate you and look forward to working with you again soon.

Cheryl, Sue & Joanna
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. 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

Bizarre, Unique and Special Holidays
July, 2020

July 1
Canada Day / Dominion Day; Creative Ice Cream Flavors Day; International Chicken Wing Day
International Joke Day; National Postal Worker Day

July 2
I Forgot Day; World UFO Day

July 3
Compliment Your Mirror Day; Disobedience Day; Eat Beans Day; Stay out of the Sun Day

July 4
Independence Day (U.S.); International Cherry Pit Spitting Day - first Saturday of month;
National Country Music Day; Sidewalk Egg Frying Day - Hmmm, I wonder why!??

July 5
Build A Scarecrow Day - first Sunday in month; National Apple Turnover Day;
National Bikini Day; Work-a-holics Day - even though everyone is on holiday

July 6
International Kissing Day; National Fried Chicken Day

July 7
Chocolate Day; National Strawberry Sundae Day

July 8
Body Painting Day; National Blueberry Day; Video Games Day

The Senior Center of Leesburg
102 North Street NW, Suite B
Leesburg, VA 20176

Address Correction Requested

JULY 2020