Announcing a New Virtual Program Platform

This week we will be using a new platform to connect with you virtually, a program called Cisco WebEx that meets County guidelines for virtual programming. Last Friday, we hosted two WebEx First Time Log-In Parties. We hope that you were able to join in to try it out. If you were not, On Monday, 5/4, we will be opening our virtual meeting rooms for an Early Log-In, 30 minutes prior to each program, to give you an opportunity to log on and get familiar with the program. This will provide you an opportunity to download the application, if needed, and have time to see how WebEx works prior to the program starting. If you have any challenges logging in this week, we are always available by phone at the Center at 571.258.3232 for individualized assistance.

Here’s a Backstage Pass

Virtual Programming is a new achievement for the ELADC staffers and we are proud of our accomplishments! But… It’s really hard work! It has taken the entire ELADC team, a lot of brainstorming both good and not-so-good ideas, perseverance and creativity to provide virtual programming to our participants. We have many off-air practices that never make it to your viewing eyes and each successful program that does, makes our day that much happier. We will continue to work hard to make it look effortless and appreciate your willingness to forgive our gaffs. We thought that you might like a behind the scene glance at our programs and a view into our crazy production!

Behind the Scenes: Activity Staffers Supporting Each Other

More In This Issue

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- Meals on Wheels
- Fewer Than 5
- Weekly Scheduled Musical Guest
- Thank You to Special Guests
- Loudoun County Virtual Support Page
- The Loudoun County Sheriff’s Office (LCSO) Provides Medication Prescription Pick-Up & Delivery Assistance
Meals on Wheels

The Area Agency on Aging (AAA) provides many services to seniors in Loudoun County, our Adult Day Programs being just one. AAA provides Home Delivered Meals to individuals over 60 who cannot prepare their own meals and have no other assistance available. During the current County closure, the AAA has been unable to utilize its extensive volunteer network for meal delivery. The Parks, Recreation and Community Services staff has been part of the solution to make sure that seniors in our community continue to get the meals that they need. Our staff at Eastern Loudoun Adult Day Center are so happy to be a part of a great team at PRCS and AAA. We are encouraged that we can do our small part to continue to serve seniors during this time.

Quick Random Questions that Pique Your Interest!

You’ll need a pen and paper.
(Answers are found on the next page.)

1. What breed of animal is a pug: a cat or a dog?
2. In their natural habitat, where do rabbits call home: a nest or a den?
3. Eating which fruit will help prevent scurvy: a banana or an orange?
4. What mineral is added to water and toothpaste to prevent tooth decay: quartz or fluoride?
5. Who portrayed Mortimer Brewster in the 1944 film Arsenic and Old Lace: John Wayne or Cary Grant?
6. What U.S. president was the stuffed Teddy bear named after: Franklin Roosevelt or Theodore Roosevelt?

Cilantro Lime Chicken & Brown Rice Skillet

Prep Time: 10 minutes
Cook Time: 20 minutes
Total Time: 30 minutes

Ingredients
• 2 1/2 cups low sodium chicken broth
• 1 lb. chicken breast, cut into 1 inch cubes
• 1 cup dry brown rice (I like to buy the parboiled 20 minute brown rice)
• 1/2 teaspoon salt
• 1/2 lime, zested and juiced

Instructions:
In a large skillet with enough depth to hold all the ingredients or in a large pot cook the chicken broth for 2 minutes, then add in the cubed chicken and cook for 5 minutes. Next, add in the brown rice, salt, 1/4 cup of the cilantro, zest of 1/2 of a lime and 1/4 of the lime, juiced. Cook on high, stirring occasionally for 15 minutes, or until the rice is tender and cooked through. Remove from heat and stir in remaining cilantro. Serves 4.
Thank You to All the Special Guests from Last Week

ELADC May 4-8, 2020 Schedule

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<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<td>4 10:00-10:30AM Early Log-In to Webex</td>
<td>5 10:30-11:30AM Latin Chair Dancing</td>
<td>6 10:30-11:30AM Daily Exercise</td>
<td>7 10:30-11:30AM Daily Exercise</td>
<td>8 10:30-11:30AM Daily Exercise</td>
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<td>10:30-11:30AM Daily Exercise</td>
<td>2:00-3:00PM Cinco De Mayo Trivia and Macarena Dance</td>
<td>2:00-3:00PM Musical Guests: Ukulele with Beth, Carole on Keyboard and Who am I?</td>
<td>2:00-3:00PM Meet Gambino (Arist’s Furry Nephew) and Name that Song with Sian</td>
<td>2:00-3:00PM Musical Guest: Farris Hallaj on Piano and Ukulele</td>
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<tr>
<td>1:30-2:00PM Early Log-In to Webex</td>
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<tr>
<td>2:00-3:00PM Meet Ash (Megan’s Pet) and Drawing with Numbers</td>
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The Virtual Programming information will be sent to Center Participants.

ANSWERS to Quick Random Questions:
1. A dog. Pugs are small dogs. They belong to the toy group.
2. A den. Their den is a hole in the ground.
3. An orange. Oranges have a more significant amount of vitamin C. Scurvy is caused by a lack of vitamin C.
4. Fluoride. It also helps strengthen tooth enamel.
5. Cary Grant. His birth name was Archibald Alec Leach.
6. Theodore Roosevelt. Roosevelt’s nickname, much to his chagrin, was “Teddy.”

Check out the US Botanical Garden: Virtual Tour in Washington, DC and World of Orchids Video Tours.
Loudoun County’s Virtual Support

**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 & services, & other community resources, please call 703-777-0257 to speak with an Aging Program Specialist. To sign-up, send an email to aasupport@loudoun.gov or call 571-233-2583.

**LOUDOUN COUNTY AREA OF AGING VIRTUAL CAREGIVER SUPPORT GROUP**

For caregivers of people with memory loss. For more information on how to join, please contact Erin.Nesbitt@loudoun.gov or call 703-777-0257. In-person support groups will be suspended until further notice.

**LOUDOUN COUNTY LEESBURG ADULT DAY CENTER**

**ALZHEIMER’S ASSOCIATION SUPPORT GROUPS**

Wednesday, May 6, 2020. Telephone Support Group 4:00-6:00PM
Join by phone +1 (402) 726-1279 PIN: 378847717
Contact Jaimee at 703-771-5334 for more information.

**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 AAA 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. We are updating the site regularly with resources & information to assist older adults & their caregivers.

**MEDICARE COUNSELING**

Help with Medicare is available via the Loudoun County Area Agency on Aging Medicare Helpline via phone at 703-737-8036. If you would like to be added to the Virginia Insurance Counseling & Assistance Program (VICAP) Medicare Memo email list for any Medicare updates or VICAP presentations, please email jane.bretzin@loudoun.gov.

**CAREGIVER SERVICES**

In-person caregiver programs are postponed until further notice. Information will be posted on www.loudoun.gov/aaa once new dates are scheduled for programs or information is added about virtual programs. If you have questions, please send an email to aasupport@loudoun.gov.

**ALZHEIMER’S ASSOCIATION HELPLINE 24/7**

Call 1-800-272-3900

**PARKINSON’S INFORMATION & RESOURCES**

Parkinson.org has many opportunities for virtual training & information:
- Parkinson.org HELPLINE: 1-800-4PD-INFO (473-4636)
- Caregiver Action Network (855-227-3640) Support for caregivers feeling isolated.
- How to Prepare for a Telemedicine Appointment
- Coronavirus & Parkinson’s
FOR IMMEDIATE RELEASE
Contact:
Website - Loudoun County Sheriff’s Office
Media Relations & Communications Section
Tel: 703-771-5089
Email: Sheriffs_PIO@loudoun.gov

Loudoun County, VA (April 14, 2020) – Loudoun County Sheriff Mike Chapman announced today a prescription pick-up & delivery assistance program for the county’s senior residents & those who are more vulnerable to Coronavirus (COVID-19).

Members of the Loudoun County Sheriff’s Office (LCSO), in coordination with the resident, or their family, as well as local pharmacies, will pick-up prescription medications from Loudoun pharmacies & deliver the items to private residences in the county.

To participate residents must contact the LCSO at 703-777-1021 to request this service. Residents may call 24 hours a day, seven days a week. Deliveries will be made during normal business hours.

Members of the Loudoun County Sheriff’s Office who deliver the medication will wear a sheriff’s office uniform, will utilize personal protective equipment, & will maintain social distancing based on CDC guidance.

“We want to ensure residents who are physically unable to get to their pharmacy & are in critical need of their medications can receive their prescriptions in a safe manner,” said Sheriff Chapman.

The service requires the resident to pre-pay for the prescription & confirm their pharmacy allows third-party pick-up for the medication. For health considerations, the LCSO cannot deliver to assisted living communities, care facilities, senior centers, or group homes.

The service will be provided through the duration of Virginia Governor Ralph Northam’s Executive Order which is effective until 11:59 p.m., Wednesday, June 10, 2020.