Schedule of Virtual Programs

Monday, August 3
11:00am - Morning Exercise
2:00pm - Picture Association: Movie & TV Shows

Tuesday, August 4
11:00am - Morning Exercise w/ Leesburg ADC
2:00pm - Sing-along w/ Lori
(This program is hosted by Eastern Loudoun ADC program via Cisco WebEx)

Wednesday, August 5
11:00am - Morning Exercise
2:00pm - Race Across America

Thursday, August 6
11:00am - Morning Exercise
2:00pm - Carole on the Piano

Friday, August 7
11:00am - Morning Exercise
2:00pm - Would You Rather

August 3 Happy Birthday Richard C!
Wishing you a great birthday and a memorable year!

August 4 “Well, Hello Dolly” Day
Jazz singer and musician Louis Armstrong was born on this day in 1901. In 1963, Armstrong scored a huge international hit with his version of “Hello Dolly.” Learn more about Louis Armstrong, play some jazz music, and sing “Hello Dolly” today. Do you know what other songs Louis Armstrong wrote or recorded?

August 5 Traffic Light Day
On this day in 1914, a lighting ceremony was held for the first electric traffic lights used to control the flow of traffic at the intersection of Euclid Ave and E. 105th St. in Cleveland, OH. The traffic signals were red and green lights on the street-corner poles, which were wired to a manually operated switch that was housed inside a control booth beside the road. A bell warned the drivers of color changes. Learn more about the origin of the red, yellow, and green colors used in traffic lights.

August 6 Farmworker Appreciation Day
Celebrated each year on August 6, Farmworker Appreciation Day asks us to take the time to thank and support those hardworking men and women who till, plant, and harvest the crops that we eat every day. Support the farmworkers’ labors by purchasing local produce!

August 7 Purple Heart Anniversary
Following the Revolutionary War, George Washington wanted to honor soldiers for their courage during the conflict. He ordered the creation of the Badge of Military Merit (a cloth heart of purple color) on this day in 1782. The badge was reinstated on Washington’s 200th birth anniversary, but its name was changed to the Military Order of the Purple Heart. The Purple Heart is given to those who have been wounded or killed during combat. You can find those who have received the Purple Heart in the Purple Heart database. Here are a list of other famous people who earned a purple heart.
Heather’s Pina Colada Scented Sugar Scrub
Pineapple and coconut combine to make an Easy 10 minute to create sugar hand scrub.

Materials:
- 1 cup white sugar
- 1/2 cup coconut oil
- Pineapple fragrance oil
- Yellow food coloring (optional)
- Mason jar

Instructions:
- In a bowl, combine sugar and a few drops of food coloring (optional).
- Stir in coconut oil and a few drops of the pineapple fragrance oil. You can add more coconut oil if you like a more liquid consistency or more fragrance for a stronger scent.
- Once everything is thoroughly mixed, place in a mason jar. Your scrub is good for a few months.
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, August 5.

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, August 15th.

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, August 27th.

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
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 Creating Community During COVID-19
Please check out the Loudoun County PRCS site for additional activity resources. https://www.loudoun.gov/prcscreatingcommunity