

August 24-28, 2020

# Mac Brownell Adult Day Center

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

## Schedule of Virtual Programs

### Monday, August 24

11:00am - Morning Exercise

2:00pm - Jeopardy

### Tuesday, August 25

11:00am - Morning Exercise

2:00pm - Family Feud

### Wednesday, August 26

11:00am - Morning Exercise

2:00pm - Urban Myth

### Thursday, August 27

11:00am - Morning Exercise

2:00pm - Boggle

### Friday, August 28

11:00am - Morning Exercise

2:00pm - Sing-along w/ David & Emily

### August 24 Weather Quotation Day

On this day in 1897, [Charles Dudley Warner](#), who was a newspaper editor for the *Hartford Courant*, published this now famous and oft-quoted sentence: "Everybody talks about the weather, but nobody does anything about it." The quote is often mistakenly attributed to his friend and colleague Mark Twain.

*"If the 24th of August be fair and clear, then hope for a prosperous autumn that year." ~English proverb*

### August 25 Parachute Wedding Day

On this day in 1940, the [first parachute wedding](#) took place at the World's Fair parachute jump in New York. The bride and groom (Arno Rudolphi and Ann Hayward), the minister, the best man, the maid of honor, and four musicians were all suspended in parachutes during the ceremony. Check out other [unusual wedding venues](#).

### August 26 Women's Equality Day

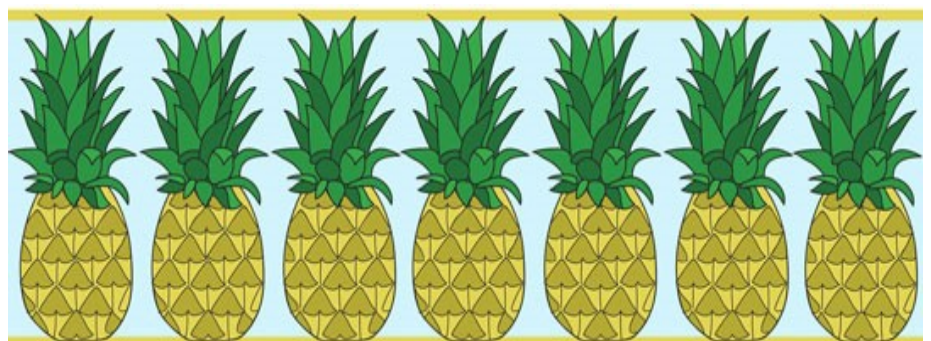
In 1971, at the behest of [Representative Bella Abzug](#), the U.S. Congress designated August 26 as [Women's Equality Day](#). The date was selected to commemorate the 1920 passage of the 19th amendment to the Constitution, granting women the right to vote.

### August 27 Just Because Day

You don't need a reason to give someone a gift or to try something new. So have fun today, "just because" you want to. Performing random acts of kindness is another great thing to do "just because." Here are [nine great examples of simple random acts of kindness](#) you can do today.

### August 28 "I Have a Dream" Day

Dr. Martin Luther King Jr. gave his famous "I Have a Dream" speech at the Lincoln Memorial on this day in 1963. You can [read](#) the famous speech, [listen](#) to the audio, or [watch](#) the speech. Learn about the [story](#) behind the speech.



(August 25)

## Nicole's Sweet Potato Chips & Delicious Dips

### Sweet Potato Chips

#### **Ingredients:**

- 2 medium sweet potatoes (1lb)
- 3 tablespoons olive oil
- 1 teaspoon kosher salt
- 1/4 teaspoon black pepper
- Nonstick cooking spray



#### **Directions:**

- Preheat oven to 375 degrees.
- Use a mandolin to thinly slice sweet potatoes.
- In a large bowl toss potato slices with oil, salt, and pepper.
- Coat a wire rack with cooking spray.
- Place rack in (or lay over) a shallow baking pan; arrange half of the potato slices on the rack.
- Bake about 30 minutes until browned, tender in centers, and crispy at edges.
- Remove rack from pan; set aside to cool.
- Repeat with remaining potato slices.
- Sprinkle with additional salt and pepper, if desired.

### Creamy Chili Dip

#### **Ingredients:**

- 1/2 cup mayonnaise
- 2 tablespoons sour cream or plain Greek yogurt
- 1/4 teaspoon black pepper
- 1-2 tablespoons chili powder
- Kosher salt, to taste

#### **Directions:**

- Combine mayonnaise, sour cream or Greek yogurt, black pepper, and 1 tablespoon of chili powder in a small bowl.
- Add more chili powder and/or salt if needed.

### Sriracha, Lime & Honey Dip

#### **Ingredients:**

- 6 ounces softened cream cheese
- 1/3 cup mayonnaise
- 1-2 tablespoons sriracha chili sauce (adjust to your taste)
- 2 teaspoons lime zest
- 2 tablespoons lime juice
- 2 tablespoons honey
- 1/2 teaspoon garlic salt or 1/4 teaspoon fresh minced garlic and 1/4 teaspoon salt
- 1 tablespoon thinly sliced green onion or chives

#### **Directions:**

- Combine all ingredients in small bowl, except green onions.
- Once mixed until smooth, stir in green onions.



We hope on this day you celebrate  
another remarkable year!

## Heather's No Sew Blankets

No sew blankets are a fun and easy craft to do at home.

They also make great gifts!



#### **Materials:**

- Two large pieces of your favorite pattern fleece (or a lighter material), 60 inches by 48 inches makes a good sized lap blanket (blanket will shrink by about 10 inches when complete)
- Scissors
- Yard stick



#### **Instructions:**

- On a large table spread the first piece of felt completely flat. Place the second piece directly on top so all the sides match.
- On each corner cut away a square of fabric about 5 inches long
- Place the yard stick so it covers one side of the fabric, about 5 inches from the edge.
- Cut strips about a fingers width and 5 five inches long, using the yard stick as your guide.
- Repeat on all four sides
- Tie the front and back pieces of fabric together using the strips along the edge. Square knots work great and should be snug to ensure they stay put.

Link with step by step instructions: <https://www.instructables.com/id/No-Sew-Fleece-Blanket-1/>

## **Caregiver Support Resources**

### **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](mailto: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, September 2**.

### **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](mailto:erin.nesbitt@loudoun.gov). Each support group will be limited to 8 participants. The next virtual support group meeting will be held on **Saturday, September 19**.

### **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](mailto: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](http://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](mailto:lori.stahl@loudoun.gov) or via phone at 703-737-8741. Please check [www.loudoun.gov/aaa](http://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](mailto:jane.bretzin@loudoun.gov).

### **Alzheimer's Association Help & Support**

[alz.org](http://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](mailto: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 and archives of this weekly E-newsletter. <https://www.loudoun.gov/prcscreatingcommunity>