

August 31 - September 4, 2020

Mac Brownell Adult Day Center

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

Schedule of Virtual Programs

Monday, August 31

11:00am - Morning Exercise

2:00pm - Name That Tune

Tuesday, September 1

11:00am - Morning Exercise

2:00pm - Virtual Tour: Morven Park

Wednesday, September 2

11:00am - Morning Exercise

2:00pm - Carole on the Piano

Thursday, September 3

11:00am - Morning Exercise

2:00pm - Loudoun County Animal Shelter Program

****NOTE:** AM and PM video link are different**

Friday, September 4

11:00am - Morning Exercise

2:00pm - Songs from the Heart



August 31 Remembering Princess Diana

[Princess Diana](#) died in a car accident in Paris, France, on this day in 1997. Reminisce about the “People’s Princess” and read about the [timeline of her life events](#). Discuss some of her [iconic fashions](#) and also the [influence she had on her sons](#). Read Prince William and Prince Harry’s [letter to Diana](#).

September 1 Wreck of the Titanic Found

On this day in 1985, the wreck of the HMS [Titanic](#) was located on the ocean floor by a team of oceanographers led by Robert Ballard. Check out these [rare Titanic photos](#). Did you know that there is a [Titanic II](#)? Would you consider a cruise on this ocean liner being created as a tribute to the original ship?

September 2 Rock and Roll Hall of Fame Anniversary

Cleveland, OH, was chosen as the permanent home for the [Rock and Roll Hall of Fame](#). On this day in 1995, it opened its doors. A celebratory concert featuring Little Richard, Aretha Franklin, and Bruce Springsteen marked the occasion. Here is a [list](#) of Rock and Roll Hall of Fame inductees. Who are some of your favorites?

September 3 Stolen Days

In 1752, September 3 never happened—nor did the next [10 days](#)! England and the American Colonies dropped the Roman-era Julian Calendar (which had become 10 days out of sync with the solar cycle) and adopted the Gregorian calendar. People rioted in the streets, thinking the government had stolen 11 days of their lives.

September 4 National Wildlife Day

[National Wildlife Day](#) is held annually on September 4. Place a bird feeder in an outdoor common area or near a window and record what birds you see. Do you see any other wildlife, including Squirrels, chipmunks, rabbits, or butterflies?



Virginia's Grandmother's Tomato Pie Recipe

It's that time of year that your tomato plants literally go into overdrive and you really don't know what to do with them all. Well my grandmother would make Tomato Pies and give them away. I was never a fan of tomatoes, but I loved my grandmothers Tomato Pie served with a browned in the pan hamburger on the side. So here is my grandmother's recipe for Tomato Pie.



Ingredients:

- 1- unbaked pie crust
- 4 to 5 tomatoes cut in thick slices
- 1 tsp of salt
- Some fresh basil/green onion/ or garlic which can be layered between the tomatoes. (I prefer basil)
- 1 cup of mozzarella
- 1 cup of sharp cheddar cheese
- ¾ cup of mayo

Directions:

- Preheat oven to 350.
- Place sliced tomatoes inside pie crust placing extra ingredient such as basil/green onion/ or garlic between layers.
- In separate bowl mix together Mozzarella, Sharp Cheese and mayo together. Spread across the top of tomatoes Closing pie with the cheese mixture.
- Bake at 350 for 30 minutes and the cheese on top is melted and browning.

ENJOY!



Happy Birthday Barbara!! (September 4)



We wish you everlasting joy, happiness,
and of course cake!



Heather's DIY Sunflower Window Clings Craft

Easy DIY sunflower window clings



Materials:

- Wax paper
- Sharpie
- Puffy paint—yellow, brown, and green
- Scissors

Directions:

- Draw a sunflower on your wax paper with sharpie. Don't worry if you're not a Picasso!
- Use puffy paint to fill in your flower, you can add as much or little detail as you like.
- Allow to dry on a flat surface over night.
- Cut out your flower and enjoy in your favorite window!



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 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. 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 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, September 24**.

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 as well as archives of this weekly E-newsletter at <https://www.loudoun.gov/prcscreatingcommunity>