

September 14-18, 2020

# Mac Brownell Adult Day Center

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

## Schedule of Virtual Programs

### **Monday, September 14**

11:00am - Morning Exercise

2:00pm - Armchair Travels w/ Virginia

### **Tuesday, September 15**

11:00am - Morning Exercise

2:00pm - Scattergories

### **Wednesday, September 16**

11:00am - Morning Exercise

2:00pm - South African Safari

### **Thursday, September 17**

11:00am - Morning Exercise

2:00pm - Can You See the Big Picture?

### **Friday, September 18**

11:00am - Morning Exercise

2:00pm - Can You Picture This?



### **September 14 Mushroom Monday**

In celebration of Mushroom Month, check out the [Mushroom Information Center](#) for the history of mushrooms, recipes, nutritional information, and more. Serve cream of mushroom soup or [stuffed mushrooms](#) today. Did you know that there are [six cancer-fighting medicinal mushrooms](#)? How about another tasty fungus, [the truffle](#)?

Why did the mushroom get invited to the party?

*Because he was a fungi (fun guy)!*

### **September 15 National Hispanic Heritage Month Begins**

Celebrate the Hispanic culture and the accomplishments made by people of Hispanic ancestry. Read about these [trailblazing Hispanic Americans](#) who made history, including Ellen Ochoa, the first Latina astronaut. Maybe play some [Latin dance music](#) to help you get through your chores. Definitely try one of these [traditional Latin American recipes](#).

### **September 16 National Stepfamily Day**

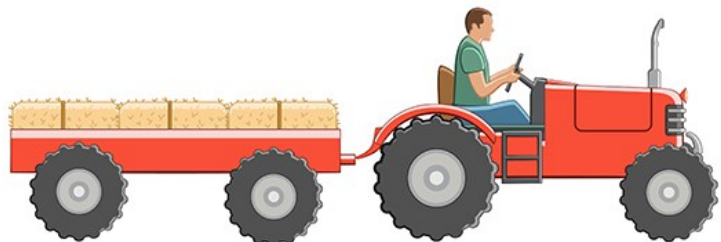
Founded in 1997, this day celebrates the importance of stepfamilies and the relationships people have with their stepparents, stepchildren, and other relatives. Here are [10 video chat ideas](#) you can do with family (or friends). Check out these [heart-warming quotes](#) about stepfamilies.

### **September 17 A Honky-Tonk Day**

[Hank Williams](#), born on this day in 1923, was a pioneer of [honky-tonk music](#). He had 11 No. 1 hits in his career, including "[Hey Good Lookin'](#)", "[Your Cheatin' Heart](#)", and "[Lovesick Blues](#)". Listen to more Hank Williams [tunes](#) and sing along today. His son, Hank Williams Jr. has also had a successful music career.

### **September 18 Happy Birthday, U.S. Air Force**

Prior to this date, the U.S Air Force had been a part of the Army military branch. It became a separate military service on September 18, 1947. Do you know the [Airforce Song](#)? Discuss these [17 things you didn't know about the U.S. Airforce](#).



## Nicole's Pumpkin Trivia



1. Pumpkins are a:
  - a. Fruit
  - b. Vegetable
  - c. Mineral
2. Who is the avid believer in the Great Pumpkin on "It's the Great Pumpkin, Charlie Brown" cartoon?
  - a. Lucy
  - b. Charlie Brown
  - c. Linus
3. Pumpkins are made up of how much water?
  - a. 30%
  - b. 50%
  - c. 90%
4. The largest pumpkin ever grown weighed how much?
  - a. 845 lbs
  - b. 1,140 lbs
  - c. 2,190 lbs
5. Which Disney princess caught a ride to the ball in a pumpkin?
  - a. Snow White
  - b. Cinderella
  - c. Princess Aurora
6. Pumpkins are grown on how many continents?
  - a. 2
  - b. 5
  - c. 6
7. The largest pumpkin pie ever made was
  - a. 350 lbs and 5 feet in diameter
  - b. 200 lbs and 6 feet in diameter
  - c. 400 lbs and 7 feet in diameter
8. What variety is the traditional Halloween Pumpkin?
  - a. Autumn Gold
  - b. Connecticut Field
  - c. Baby Boo
9. Pumpkin were once recommend for
  - a. Removing freckles and curing snake bites
  - b. Reducing swelling and removing wrinkles
  - c. Curing chicken pox and repelling spiders

## Answers:

1. Fruit 2. Linus 3. 90% 4. 1,140 5. Cinderella 6. 6  
7. 350 lbs and 5 feet in diameter 8. Connecticut Field  
9. Removing freckles and curing snake bites



## Heather's Fun Fall Activities



Fall is upon us! The trees are showing off their beautiful Fall colors and the weather is perfect for

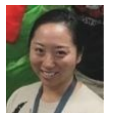
enjoying some time in nature while staying socially distant. Time outdoors, especially when combined with light exercise has been shown to help regulate sleep schedules, improve mood, cognition, and even lower blood pressure! Take advantage of this wonderful season by getting some fresh air. Go for a picnic, walk, collect leaves for crafts, take pictures, or even bird watch. There are many public parks within a short drive that have lots to offer. Check out the link below for a list of some safe, accessibility friendly trails and parks in our area. Many trails are now paved, making them great options for people with limited mobility. (Check with your park of choice before choosing to picnic as some areas may have closed down pavilions or bathroom areas.) Make your trip more interesting by doing a scavenger hunt! There are plenty of free printable lists online or use the image attached and see how many different trees you can identify from their leaves.

Remember to stay at least 6 feet away from others during these trips and be sure to bring along plenty of hand sanitizer, sanitizing spray, and of course your mask!

<https://www.funin Fairfaxva.com/stroller-friendly-trails-northern-virginia/>

## Magie's Chai Tasties Recipe

Enjoy chai tea? Try these chai cookies!



### Ingredients:

- 1 cup unsalted butter, room temperature
- 3/4 cup brown sugar
- 1/2 cup sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 2 1/4 cups flour
- 2 teaspoons chai spice blend
- 1 teaspoon baking soda
- 1 teaspoon salt
- 2 1/2 cups old fashioned oats



### Directions:

1. Beat butter and sugars in a large bowl with a hand mixer until smooth. Stir in eggs and vanilla. Beat until fluffy and well combined. Set aside.
2. Combine flour, chai, baking soda, and salt in another large bowl. Gradually add dry mixture to butter mixture until combined. Stir in oats.
3. Cover and chill 1 hour.
4. Preheat oven to 350 degrees.
5. Drop dough by tablespoonful onto the baking sheet.
6. Bake 11-13 minutes. Allow to cool before serving

## **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, October 7**.

### **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, 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](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](http://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>