

EASTERN LOUDOUN

Adult Day Center

THE WEEKLY NEWSLETTER & CALENDAR CREATING COMMUNITY AMONG FAMILIES, PARTICIPANTS, & STAFF.

The Week of April 27th to May 1st, 2020

Welcome to Our First Digital Newsletter & Calendar

Thank you to all of you who joined us last week for our first full week of virtual programming! Now that we have gotten the kinks out, our staff is looking forward to continuing virtual programming & offering several new programs. Additionally, we have transitioned from our standard, works-on-paper calendar to this new digital weekly event calendar. We hope you enjoy it. Our staff thinks of you daily & are wishing you continued safety & good health. Enjoy your week!

Register for One-on-One Virtual Lunch with Staff!

We miss our participants, the joy we share throughout the day & we really miss our fun, laughter-filled, engaging conversations at the lunch table! We are excited to offer a new program to our calendar -Virtual Lunch with Staff! Join a staff person for a one-on-one experience. Our staff is looking forward to spending 30 minutes of one-on-one conversation with a participant while enjoying their mid-day meals!



To participate, please email Sally Gehl at sally.gehl@loudoun.gov requesting lunch with a staff member. Include in your email: top two choices of staff to enjoy conversation with & time preference (12:00-12:30PM or 12:30-1:00PM). We will schedule your virtual lunch & confirm the date & time with you. On your scheduled date & time, bring your lunch & conversation to the table! We'll meet you there! (Not sure of your loved-ones favorite staff to have lunch with? Please feel free to let us choose for you. We know those special bonds!)

Caption Your Imagination

Let's have fun with this picture! Think creatively to come up with a clever caption. Email your caption to Arist at aristotle.porras@loudoun.gov no later than Thursday. We will read all of the captions at the Friday 2:00PM program.

Enjoy our staffs' creative captions to the right:



"Are you sure that pull-ups are a good exercise for Frogs?" -Arist

"Just keep hanging in there!" -Carlin

"Do you think we can be friends?" -Sian

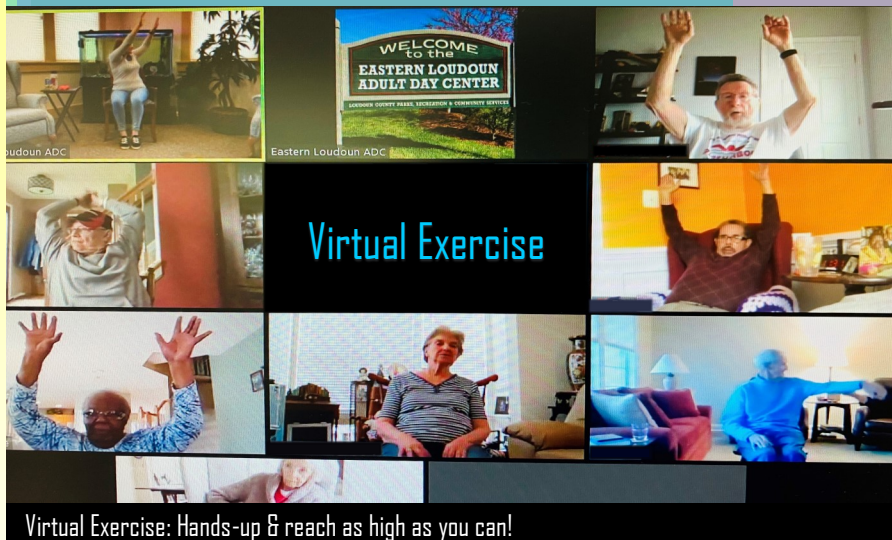
More In This Issue

Orange Links are Clickable!

- [Coffee Chat with Lori, Leesburg ADC Support Group, & Loudoun County Virtual Support Group Page](#)
- [ELADC's April 27th to May 1st Activity Schedule](#)
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Virtual Exercise

Daily Scheduled Virtual Exercise

Moving & staying active while at home is important to maintain good health & keep your immunity strong. Here at Eastern Loudoun, we have developed a virtual exercise that every participants can participate while encouraging social distancing.

Staff Picks:

Books that are Great to Read Links to Loudoun County Public Library

- ♥ [Carlin-The Great Gatsby by Fitzgerald, F. Scott](#)
- ♥ [Journee- Cloudy with a Chance of Meatballs by Judi Barrett](#)
- ♥ [Sian-Wuthering Heights by Brontë, Emily](#)
- ♥ [Stephanie- The Glass Castle by Walls, Jeanette.](#)
- ♥ [Arist- Harry Potter and the prisoner of Azkaban by Rowling, J. K](#)
- ♥ [Sally-Where the Crawdads Sing by Owens, Delia](#)
- ♥ [Megan- Of Mice and Men by Steinbeck, John](#)

Bingo Fix



Thank you to our family members who reminded us that not everyone has a printer at home to print the attached bingo cards! Our fabulous staff put their heads together to come up with a solution & directions on how to make Bingo Cards.

As of this newsletter, you will have access to 3 bingo cards (Color, Regular & Music). Please keep your cards regardless of whether you print or make them. We will reuse them in future weeks.

To make a Regular Bingo Card – draw a 7.5" x 7.5" box. Divide box into 25 squares by drawing 4 vertical & 4 horizontal lines every 1.5" within the large square. Above each column write the letters B-I-N-G-O. Write a number in each box to match the number that is on the Bingo Card that was emailed to you.

To make a Music Bingo Card – draw a 8" x 8" box. Divide box into 16 squares by drawing 3 vertical & 3 horizontal lines every 2" within the large square. Write a song in each box to match the song that is on the Music Bingo Card that was emailed to you.

To make a Color Bingo Card – the color Bingo card was provided in your activity packet. So you should have a copy of it. However, if you have misplaced it, follow the steps to make a Music Bingo Card. The next time we play Color Bingo, we will email a card to everyone.

A View of What's Happening

The Participants & the staffs enjoyed an Afternoon of Singing-A-Long to those Oldies but Goodies hit tunes like: I Love the Mountains, Mama Don't Allow, Home, Sweet Home, & By the Light of the Silvery Moon.



Virtual Group Sing-A-Long: Uplifting moods & spirits through music harmony!

April 27th to May 1st, 2020 Weekly Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
27	28	29	30	May 1st
10:30-11:30AM- Daily Exercise	10:30-11:30AM- Daily Exercise	10:30-11:30AM- Daily Exercise	10:30-11:30AM- Daily Exercise	10:30-11:30AM- Daily Exercise
2:00-3:00PM- Meet Molly (Sally's Pet) & Baseball Memories with Arist	2:00-3:00PM- Poetry Reading with Carlin & Classical Piano with Katie	2:00-3:00PM- St. Berdoodle Puppies at Play, and Sing A Long with Carlin	2:00-3:00PM- Meet Josie (Stephanie's Pet) & Balloon Exercise with Sian (Balloons were included in your activity packet)	2:00-3:00PM- Caption Your Imagination & Music Bingo with Stephanie (The Card is attached to the email)

The Virtual Programming information will be sent to Center Participants.



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 aaasupport@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 aaasupport@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

THE ALZHEIMER'S FOUNDATION OF AMERICA

Alzfdn.org is providing virtual community classes. National Toll-Free Helpline: 866-232-8484
Check out their [Events Calendar](#).

The Loudoun County Sheriff's Office (LCSO) Provides Medication Prescription Pick-Up & Delivery Assistance

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.



The Eastern Loudoun Adult Day Center

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