

May 4-8, 2020

Mac Brownell Adult Day Center

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



Exercise

[DailyCaring - Exercises for Swollen Legs and Ankles](#)

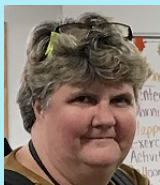
[Arthritis Foundation - Health & Wellness](#)

Trivia

[WheelofFortune - TossUp](#)

[FunTrivia - Audrey Hepburn](#)

[HowStuffWorks - Nursing Quiz](#)



Virginia Finds Unusual Music

[YouTube - Stomp](#)

[YouTube - Hang Drum](#)

[YouTube - Hurdy Gurdy](#)



May 4 A Roman Holiday

Happy birthday to Audrey Hepburn! Audrey became famous with her leading roles in such movies as *Roman Holiday* (1953), *Sabrina* (1954), *Funny Face* (1957), and *Breakfast at Tiffany's* (1961). Check out some of her [iconic looks](#).

May 5 Cinco de Mayo

This day commemorates the Mexican victory over French colonial forces at the Battle of Puebla on May 5, 1862. Celebrate with a good [guacamole](#)!

May 6 National Nurses Week

Thank you to nurses all over the world! We cannot thank nurses enough, especially these days, for all they do! Check out [National Nurses Week](#) for information. Don't forget to check out the [History of Nurses Week](#).

May 7 Romantic Music Day

Today is the birth of two Romantic Era composers—[Tchaikovsky](#) (1840-1893) and [Brahms](#) (1833-1897). Spend this afternoon listening to their music. [Tchaikovsky](#) and [Brahms](#)

May 8 A Dog's Day

The first Westminster Dog Show was held on this day in 1877. Check out a few [notable winners](#). Ever wonder how old your dog is in human years? Wonder no more! Try this [dog years calculator](#). See how many ["dog" expressions](#) you can think of.

Magie's Mind Game—Change the First Letter

Make a word into a new word by changing the first letter.



1. Change where fingers are located _____ to a musical group _____.
2. Change heated sliced bread _____ to the shoreline _____.
3. Change leader of a courtroom _____ to a rich, sweet treat _____.
4. Change an easy task _____ to an act of gripping the skin with your finger and thumb _____.
5. Change Irish or English dog breed _____ to a form of correspondence _____.

Answers:

1. hand, band 2. toast, coast 3. judge, fudge 4. cinch, pinch 5. setter, letter

Heather's Craft Idea Grapefruit Bird Feeder



Material:

- Half a grapefruit rind (or orange)
- Three pieces of yarn about 18 inches
- Knife, skewer, or scissors
- Birdseed

Direction:

- Eat the grapefruit (or orange) and drain remaining liquid.
- Use skewer or knife to poke three holes about 0.5inch from the top edge—space the holes evenly around the grapefruit.
- Push yarn through each hole and tie it off.
- Hold the grapefruit up by all three strings and adjust the length and tie a knot.
- Fill the fruit with birdseed and hang outside and do a little bird watching!



Nicole Finds a Short Story

The Lesson of the Butterfly

by Paulo Coelho



A man spent hours watching a butterfly struggling to emerge from its cocoon. It managed to make a small hole, but its body was too large to get through it. After a long struggle, it appeared to be exhausted and remained absolutely still.

The man decided to help the butterfly and, with a pair of scissors, he cut open the cocoon, thus releasing the butterfly. However, the butterfly's body was very small and wrinkled and its wings were all crumpled.

The man continued to watch, hoping that, at any moment, the butterfly would open its wings and fly away. Nothing happened; in fact, the butterfly spent the rest of its brief life dragging around its shrunken body and shriveled wings, incapable of flight.

What the man – out of kindness and his eagerness to help – had failed to understand was that the tight cocoon and the efforts that the butterfly had to make in order to squeeze out of that tiny hole were Nature's way of training the butterfly and of strengthening its wings.

Sometimes, a little extra effort is precisely what prepares us for the next obstacle to be faced. Anyone who refuses to make that effort, or gets the wrong sort of help, is left unprepared to fight the next battle and never manages to fly off to their destiny.

Virtual Programs with Mac Brownell and Leesburg Adult Day Center Staff

All programs will start at 2:00pm . We hope you can join!

Monday - Move It Monday

Tuesday - Musical Tuesday

Thursday - Nature and Pet Therapy
Thursday

Friday - BINGO Fun Friday*

*Feel free to use BINGO cards included in home packets or print off one BINGO card attached in the email.

(Virtual program links sent to participants**)**

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** and will be held by telephone on Wednesday, May 6th from 4pm – 6pm. Join by telephone at [+1 402-726-1279](tel:+14027261279) (PIN: 378847717). For more information contact Jaimee Conner at 703-771-5334

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 May, 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 and, to ensure we are meeting with everyone who needs it, there will be multiple time slot options for each group. The next virtual support group meeting will be held on Saturday, May 16th.

Carver Center Caregiver Support Group is meeting virtually using Zoom on **the fourth Thursday of every month** from 3:00PM to 4:00 PM. To participate, email the facilitator, Bobbi Carducci at bcarducci@comcast.net and she will send a reply email to you with the meeting ID# link and password. You will need to download zoom and the free version works fine. It can be accessed at: www.zoom.us

Loudoun County Sheriff's Office Prescription and Delivery Service

For Loudoun County senior residents who need prescription delivery services please contact the Loudoun County Sheriff's Office at 703-777-1021.

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.


B	I	N	G	O
2	20	42	46	70
1	18	36	54	73
4	21	FREE	51	64
15	24	39	55	68
6	16	34	50	75

B	I	N	G	O
14	26	31	56	67
7	22	38	46	62
9	30	FREE	52	68
8	18	39	55	61
13	28	44	57	71

B I N G O

7	18	31	46	61
8	22	38	52	62
9	26		55	67
13	28	39	56	68
14	30	44	57	71

B I N G O

1	17	32	48	62
3	19	36	52	63
4	20		53	65
10	25	41	58	70
15	30	42	60	72

B I N G O

4

16

32

49

61

5

21

37

52

62

8

23

**FREE
SPACE**

54

69

14

26

42

55

70

15


29

45

56

73

B I N G O

2	19	35	49	63
5	21	37	52	67
7	24		53	70
11	27	41	56	72
13	30	45	58	74

B I N G O

2

20

31

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62

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64

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24

**FREE
SPACE**

56

66

7

29

36

59

69

11


30

39

60

70

B I N G O

2	16	33	46	68
8	19	41	47	71
9	22		53	72
10	25	43	55	73
13	27	45	58	75