

June 15-19, 2020

Mac Brownell Adult Day Center

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

Schedule of Virtual Programs

Monday, June 15

11:00am - Morning Circle & Exercise

2:00pm - Beth on the Ukulele

Tuesday, June 16

11:00am - Morning Circle & Exercise

2:00pm - Urban Myth w/ Ray & Dave

Wednesday, June 17

11:00am - Morning Circle & Exercise

2:00pm - Where in the World is Ann?

Thursday, June 18

11:00am - Morning Circle & Exercise

2:00pm - Ostrich Program

Friday, June 19

11:00am - Morning Circle & Exercise

2:00pm - Carole on the Piano

NOTE - Use the same link provided per day for both AM and PM programs

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

"Remember: What dad really wants is a nap. Really"
~Dave Barry



June 15 Worldwide Day of Giving

It is a day for [volunteering](#). Not only is volunteering beneficial to the community but also to the volunteer themselves! There are social, mental, and physical benefits that are found through volunteering. Check out ways you can [volunteer from home](#) and even [volunteer as a senior](#).

"If you want more hope for your future, go help someone else and have more hope for their future." ~ Germany Kent

June 16 No Orange Clothes Day

On this day in 1784, Holland forbade the wearing of [orange](#) clothes. Feeling a little a little risky today? Why not wear orange and see if you can get away with it! Get a few tips on [three foolproof ways to wear orange](#). Did you know you can use [onion skins](#) and [turmeric](#) to dye yarn or fabric?

June 17 To Bee or Not to Bee

The first National Spelling Bee was held on this day in 1925. The winning word was *gladiolus*, spelled by Frank Neuhauser from Louisville, KY. Check out the list of common [misspelled words](#) in English. The word *bee* used in *spelling bee*, is one of those language puzzles that has never been accounted for. A fairly old and widely-used word, it refers to a community social gathering at which friends and neighbors join together in a single activity.

June 18 Nursing Assistants Day

Today marks the beginning of Nursing Assistants Week, sponsored by the [National Network of Career Nursing Assistants](#). Thank you for all the nursing assistants out there!! Check out a funny list of the [top 10 things you'll need in your CNA survival kit](#).

June 19 Juneteenth Day

[Juneteenth](#), or June 19th, is considered the date when the last slaves in America were freed. On June 19, 1865, Union soldiers finally arrived in Galveston, TX, with news that the war had ended and that all slaves were now free. Today, Juneteenth commemorates African American freedom and emphasizes education and achievement. Learn about a few [famous African Americans](#) of the 20th century.



June 21 Happy Father's Day to all the Father's, Grandfathers and Great Grandfathers!

Magie's Father's Day Quiz

Match the TV dad to the correct show.



- | | |
|---------------------------|---|
| 1. Ben Cartwright ____ | A. <i>Who's the Boss</i> |
| 2. Andy Taylor ____ | B. <i>Sanford and Son</i> |
| 3. Charles Ingalls ____ | C. <i>The Brady Bunch</i> |
| 4. John Walton Sr. ____ | D. <i>Bonanza</i> |
| 5. Mike Brady ____ | E. <i>Father Knows Best</i> |
| 6. Archie Bunker ____ | F. <i>My Three Sons</i> |
| 7. Tim Taylor ____ | G. <i>The Jeffersons</i> |
| 8. Howard Cunningham ____ | H. <i>The Andy Griffith Show</i> |
| 9. Steve Douglas ____ | I. <i>Leave It to Beaver</i> |
| 10. Ward Cleaver ____ | J. <i>All in the Family</i> |
| 11. Ray Barone ____ | K. <i>Everybody Loves Raymond</i> |
| 12. Tony Micelli ____ | L. <i>Happy Days</i> |
| 13. Tom Corbett ____ | M. <i>The Waltons</i> |
| 14. Fred G. Sanford ____ | N. <i>Home Improvement</i> |
| 15. Jim Anderson ____ | O. <i>Little House on the Prairie</i> |
| 16. George Jefferson ____ | P. <i>The Courtship of Eddie's Father</i> |

Answers:

1. D 2. H 3. O 4. M 5. C 6. J 7. N 8. L 9. F
10. I 11. K 12. A 13. P 14. B 15. E 16. G

**HAPPY
FATHER'S
DAY**

Heather's Humming Bird Tip



It's hummingbird season, and we all love to see them in our gardens. Feeders can be messy and time consuming but natural plants look great, are easy to maintain, and feed both hummingbirds and honeybees. Below is a list of native plants you can add to your garden or window boxes to attract pollinators.

- **Trumpet Honeysuckles** - Not only are the bright red flowers beautiful to look at, their smell is amazing, and Ruby Throated Hummingbirds love them! This plant does not need to be planted every year and does not get as big as other varieties of honeysuckle.
- **Red Cardinal Flower** - Flowering in mid to late summer, this beautiful plant is fairly low maintenance and enjoys partial shade. Brings a pop of bright red color to your garden that lasts all summer!
- **Bee Balm** - Easy to grow, deer and drought resistant! The purple flowers are loved by hummingbirds, bees, and butterflies! Enjoys full sun and can tolerate shade. Blooms July through September
- **Sage** - Attracts humming birds, butterflies, and honeybees with the added bonus of being useful for cooking! Sage adds an earthy flavor to foods and can be used a salt substitute.

Not into gardening but still love humming birds? Check out this link for live webcams of hummingbird feeders from around the country <https://birdwatchinghq.com/live-hummingbird-cams/>



Nicole's BLT Dip

Ingredients:

- 1lb bacon (cooked until crisp and chopped or 5oz of bacon crumbles)
- 8oz cream cheese
- 1/4 cup mayo
- 1/4 cup sour cream
- 1/4 cup shredded cheddar cheese
- 1 tsp onion powder
- 1 tsp dried minced garlic
- 1/2 tsp smoked paprika (or regular, but smoked compliments the bacon nicely)
- Pinch of salt
- 1 cup chopped lettuce
- 1 cup chopped tomato



Directions:

Combining 1/3 of the bacon with cream cheese, sour cream, mayo, cheddar cheese and seasonings. Mix in a deep dish pie plate. Sprinkle on lettuce, tomato and remaining bacon. Serve with fresh veggies, chips or crackers and enjoy!

Caregiver Support Resources

One-on-One Virtual Meeting with Mac Brownell Adult Day Center Staff

If you or your loved one would like to chat or just say hello to the staff at Mac Brownell Adult Day Center please email us at DEPT-PRCS-MBADC@loudoun.gov with time and date you are available and we will schedule and respond with a GoToMeeting link. We would love to see you and hear how you are doing!

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, July 1**.

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, July 18th**.

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, June 25th**.

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](http://alz.org)
alz.org - [National Capital Area Chapter Virtual Programs](http://alz.org)

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 (NEW)

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 COVID-19 (NEW)

Please check out the Loudoun County PRCS site for additional resources. <https://www.loudoun.gov/prcscreatingcommunity>