

EASTERN LOUDOUN

Adult Day Center

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

May 11 - 15, 2020

Happy Mother's Day

President Wilson made Mother's Day a national holiday in 1914. Since then, there have been wars and depressions, development and prosperity, and every political and economic situation in between. Even with all of the changes and challenges through the last 106 years, this Mother's Day will certainly stand out as different. Unlike years past, when staff have visited and enjoyed a meal with our mothers and children, we find ourselves unable to visit our moms in person. Likewise, you may find that you are unable to visit with your children and grandchildren. However physically distant we are, the bond among women, their mothers and their children is strong and resilient. Our staff hopes that you will take advantage of the many virtual ways to connect with family this weekend (FaceTime, Google Duo). You all should be familiar with ZOOM and can set up a dinner date with family who may be far away or just around the corner! We look forward to being able to be with our moms soon. We thought you might enjoy "meeting" our moms this Mother's Day. Look below to see if you can match the staff person to their mom. Happy Mother's Day to you all!

Mother's Day Match



Match Staff Names
to their Mothers:

- A. Arist
- B. Carlin
- C. Sally
- D. Sian
- E. Stephanie
- F. Megan

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Orange Links are Clickable!

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Answers are on the bottom of page 3.

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Thank You To Our Special Guests This Week

Megan and Ash



Beth & Carole Musical Duo



Arist & Gambino



Musical Guest: Farris Hallaj



Fewer Than 5

Easy Twinkie Strawberry Cake

A no-bake recipe

Prep Time: 10 minutes
Cook Time: None
Total Time: 20 minutes



Ingredients

- 10 Hostess Twinkies, halved lengthwise
- 3 1/2 cups sliced strawberries, divided
- 1 (3.5-ounce) package instant vanilla pudding mix
- 1 1/2 cups cold milk
- 1 (8-ounce) container whipped topping, thawed

Instructions:

1. Place Twinkies cream side up in the bottom of 9 X 13-inch baking pan.
2. Sprinkle 3 cups strawberries evenly over the Twinkies.
3. Combine instant vanilla pudding mix and milk in a medium bowl. Stir several minutes until thick.
4. Spread pudding evenly over the strawberries. Spread whipped topping evenly over pudding. Sprinkle 1/2 cup strawberries evenly over whipped topping.
5. Cover and chill until ready to serve.

Makes 12 servings

Military Jokes



Officer: Soldier, do you have change for a dollar?

Soldier: Sure, buddy.

Officer: That's no way to address an officer! Now let's try it again. Do you have change for a dollar?

Soldier: No, SIR!



The sergeant-major growled at the young soldier: "I didn't see you at camouflage training this morning." The young soldier replied, "Thank you very much, sir."



A veteran was interviewed by a high school student about World War II. After a few basic questions, the student carefully asked, "Did you ever kill anyone?" The veteran got quiet. Then, in a soft voice, he said, "Probably. I was the cook."



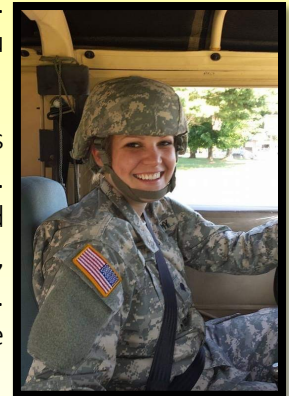
Having just moved into his new office, a pompous new colonel was sitting at his desk when a PFC (Private First Class) knocked on the door. Conscious of his new position, the colonel quickly picked up the phone, told the PFC to enter and then said into the phone, "Yes, General, I'll be seeing him this afternoon, and I'll pass along your message. In the meantime, thank you for your good wishes, sir." Feeling as though he had sufficiently impressed the young enlisted man, he asked, "What do you want?" The PFC replied, "I'm here to hook up your telephone."

We Salute Armed Forces Day

Since 1950, Armed Forces Day has been celebrated on the third Saturday in May. This year, Armed Forces Day is Saturday, May 16. We would like to say thank you to all the men and women who are serving, or have served, in our military.

Prior to the creation of Armed Forces Day, separate observances and celebrations were held to honor the Army, Navy, Marine Corps, Air Force, and Coast Guard. In 1947, President Harry S. Truman signed the National Security Act, which unified the branches of the military under the Secretary of Defense. On August 31, 1949, Defense Secretary Louis Johnson announced the creation of Armed Forces Day. While each branch continues to observe their own holidays, they commemorate Armed Forces Day together.

We are very proud at Eastern Loudoun Adult Day Center to thank Carlin Crow, our Activities Assistant. Carlin has been a U.S. Army Reservist since 2012. She proudly remembers earning her first military coin after finishing ten grueling weeks of Army Basic Training at Fort Sill, Oklahoma and graduating with honors. Carlin is an E4 Specialist and is stationed in Rockville, Maryland. We thank you for your service!



Carlin Crow in her camouflage driving a Humvee during an Army off-road driving training course.

ELADC May 11-15, 2020 Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
11	12	13	14	15
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- Stories in Motion & Celebrating a Mystery Artist	2:00-3:00PM- Color Bingo (The Card is Attached to this Email)	2:00-3:00PM- Lyrics with Lori	2:00-3:00PM- Name that Sound and Finish the Line	2:00-3:00PM- The Secret Lives of Staff

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

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:

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](https://www.loudoun.gov/sheriffs)

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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Manager-Megan Carriere

Asst. Manager-Sally Gehl