

EASTERN LOUDOUN

Adult Day Center

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

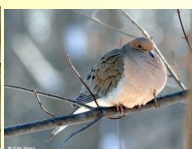
May 18 - 29, 2020

Welcome Feathered Friends

We are certainly enjoying the spring weather. It's nice when the sun is shining and we can get out of the house for a daily walk. Staff have noticed the birds busily preparing their nests and twittering on our trees. The feeder at the Center is welcoming back some of our favorite visitors and we think of you often as we know how much enjoyment the birds bring when they feed at our window. This week, our staff is excited to show you how to make several types of bird feeders that are easily made with supplies you most likely have at home. We hope that you will join us on Monday afternoon to make them with us. In the meantime, see if you can spot any of the birds below when you are out walking. These birds are frequent visitors to Northern Virginia backyards. Let us know if you see one!



Blue Jay



Mourning Dove



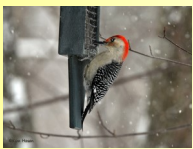
Eastern
Bluebird



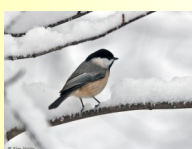
Hermit Thrush



House Finch



Red-Bellied
Woodpecker



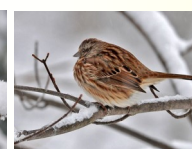
Carolina
Chickadee



Red Cardinal



Winter
Goldfinch



Song Sparrow

Pictures from PW Conservation Alliance

On Monday, May 18, we'll be showing you how to make four different types of bird feeders with supplies that you most likely have on hand at home. For all feeders you will need peanut butter, twine or yarn, and birdseed. Also have at least one of the following – an empty toilet paper roll (no paper), a stale piece of bread, an orange (or other citrus fruit) or a pinecone.

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Orange Links are Clickable!

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I Love Reese's Peanut Butter

...and really, who doesn't? Any day is the perfect day to celebrate our love of Reese's Peanut Butter Cups. Let's start with baking this amazing, and simple, recipe below: Peanut Butter Stuffed Cup Brookies. While waiting for this delightfully sweet snack to finish baking, read below to learn more about this special chocolate covered candy.



Harry Burnett Reese was a dairy farmer and shipping foreman who worked for The Hershey Company. When working for Hershey, Reese was inspired to begin making confections out of his home and created Penny Cups.

These chocolate covered peanut butter candies allowed Reese to start his own successful candy company. However, with the beginning of WWII, the small candy company, fell to hard times and, in full cir-

cle, Reese's sons sold the company to Hershey, who now makes the delightfully delicious Reese's Peanut Butter cups we all enjoy today.



How much do you think Penny Cups sold for in 1930?

You guess right a penny!

Source: Activity Connection

Easy Recipe

Peanut Butter Stuffed Cup Brookies

Prep Time: 15 minutes
Bake Time: 12-15 minutes
Total Time: 30 minutes

Ingredients

- A tube of cookie dough
- 12 Reese's peanut butter cups
- A bag of instant brownie mix
- Egg and Oil for the brownie mix

Instructions:

- Place cookie dough in the bottom of 9 X 13-inch baking pan.
- Put Reese's peanut butter cups upside down in the middle.
- From the box instructions, combine instant brownie mix with water, egg, and vegetable oil in a medium bowl. Stir several minutes until thick.
- Pour and fill the brownie mix evenly over the Reese's peanut butter in the baking pan.
- Bake for 12-15 minutes at 350 Fahrenheit.

Makes 12 servings



Bird Funnies

Q: When should you buy a bird?

A: When it's going cheep!

Did you hear the one about the crow and the telephone pole?

He wanted to make a long distance caw.

Q: Why do seagulls fly over the sea?

A: Because if they flew over the bay, they'd be baygulls!

There was a duck who walked into a store and said, "got any candy?" The storekeeper said, "no, we don't." The next day, the duck went into the same store and asked the same thing and got the same answer. The duck kept going back every day for a week and asked the same thing and kept getting the same answer until the store keeper got so angry he said, "if you come in here and ask that again, I will hit you on the head with a hammer!" The next day, the duck walks into the store and asks, "got a hammer?" The store keeper says, "no." Then the duck asks, "got any candy?"

Q: What do you give a sick bird?

A: Tweetment.



Ranger Stephanie's Safari Virtual Guide

Sawubona! (sow/'boh/nah) a Zulu word which means 'I see you'. You can use this new found word to say "Hello or Good Morning" across South Africa. Staff Ranger Stephanie is excited to share you a Safari Virtual tour available on [Explore.org](https://explore.org) (Use Google Chrome as your internet browser.)



Sit back, grab a snack and safely explore Africa by a Virtual Safari trip through the eyes of wildlife webcams.

Stephanie's first stop on this safari is the Tembe Elephant Park waterhole at KwaZulu-Natal, South Africa. Here you can enjoy viewing African Elephants up close! Stephanie says to keep an eye out to spot leopards, white rhinos and buffalos! [Click here to access the hidden camera beside the Tembe waterhole.](#)

Second, Stephanie takes us to the Gorilla Forest Corridor in Kasugho, Eastern DRC. Remember Gorilla researcher [Dr. Jane Goodall](#), who blazed the trails up in the Democratic Republic of the Congo (DRC) mountains? With the help of technology, and Explore.org livecams, you too can view these majestic and elusive great apes without the arduous trek up the mountains! [Click here to see the Gorilla Forest Corridor.](#)

Third, Stephanie recommends that we view African animals peacefully co-existing near the Tau Waterhole in Madikwe Game Reserve, South Africa. Grab your pen and paper! You'll see so many different animals you will want to jot down what you have seen to keep track of them all. [Click here to view the Tau Waterhole.](#)

After every great safari, adventurers need to kick back and relax at the safety of a lodge. Stephanie encourages you do do this at the Nkorho Bush Lodge where you can still enjoy seeing wild animals while basking in a glorious African sunset. [Click here to watch the Nkorho Bush Lodge.](#)

Stephanie hopes you enjoy your virtual safari! Be Safe and Sala Kahle! - "Stay Well!"

ELADC May 18-22, 2020 Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
18	19	20	21	22
10:30-11:30AM- Daily Exercise	10:30-11:30AM- Daily Exercise	Note the Time Change: 10:00-11:00AM- Daily Exercise	10:30-11:30AM- Daily Exercise	10:30-11:30AM- Daily Exercise
2:00-3:00PM- Create with Us: Bird Feeders & Bird Trivia	2:00-3:00PM- Sing A Long	2:00-3:00PM- Musical Guest: Charlotte	2:00-3:00PM- I Love America Jingo (The card is attached to this Email)	2:00-3:00PM- Musical Guest: Mike

The Virtual Programming information will be sent to Center Participants.

A Memorial Day Weekend

Memorial Day is a day to honor those who have died while serving in the U.S. military. Many Americans observe Memorial Day by visiting cemeteries and memorials and wearing red poppies.



"Honor is theirs who knew the path of Honor."



How to Participate in the "Moment of Remembrance"

Congress established the National Moment of Remembrance, asking all Americans, to observe a minute of silence at 3:00 p.m. (local time) on Monday, May 25, 2020. By pausing for a moment, regardless of where we are, we can share in an act of national solidarity.

The idea for the "Moment" was born in 2000, when children were asked "What is Memorial Day?" Sadly, a majority responded by saying, "That's the day the pool opens." The White House Commission on Remembrance was created to establish the National Moment of Remembrance to ensure that all future generations understand the meaning and sacrifice behind Memorial Day.

The Moment is not meant to replace traditional Memorial Day events, rather it is an act of national unity in which all Americans, alone or with family and friends, are able to join together in silence to show respect to those who have died for our freedoms. In this shared, silent minute, Americans are able to connect with each other and with our past.

On Sunday, May 24, 2020 at 8:00p.m, the National Memorial Day Concert will be shown on [PBS](#).

ELADC May 25-29, 2020 Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
25 Memorial Day No Program 	26 10:30-11:30AM- Daily Exercise 2:00-3:00PM- Chair Stretching & Musical Guest: Katie	27 10:30-11:30AM- Daily Exercise 2:00-3:00PM Musical Guest: Leslie	28 10:30-11:30AM- Daily Exercise 2:00-3:00PM- Useful Household Hacks & Demonstrations	29 10:30-11:30AM- Daily Exercise 2:00-3:00PM- No Bake Cooking with Slan

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 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.

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 & CAREGIVER 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 and check us on the web www.loudoun.gov/aaa. If you have questions, please send an email to aaasupport@loudoun.gov for information.

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.

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

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.



The Eastern Loudoun Adult Day Center

45140 Bles Park Drive, Ashburn, VA 20147 Main Tel: (571) 258-3232

Manager-Megan Carriere | Asst. Manager-Sally Gehl