

EASTERN LOUDOUN

Adult Day Center

June 1 - 12, 2020

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

Annual Customer Survey Information

Each year in May, we ask that our families complete our annual customer survey. The evaluation helps us to serve you better and also fulfills licensing requirements. This year, I am asking that you complete this survey on-line with through Survey Monkey. Please complete this survey and submit it no later than Friday, June 12, 2020. Please click on: <https://www.surveymonkey.com/r/2020ADCsurvey> to complete the Customer Survey.

Thank you to those of you who have already completed the survey. We appreciate your feedback. If you are unable to complete this survey on-line, please contact me at megan.carriere@loudoun.gov and I will mail you a paper copy.

Special Intergenerational Program

We are excited to announce a Virtual Intergenerational Program—Grandparents & Grandchildren Sing-a-Long! We know how challenging it is to be separated from your family. To help alleviate this separation, we will be holding a Sing-a-Long program specially geared for our Participants and their younger Grand/Great-grandchildren.

Join us at 2:00pm on Thursday, 6/11/20, to sing such favorites as *Mary Had a Little Lamb*, *I'm A Little Teapot*, and other childhood favorites. We hope that you will invite your grandchildren to log in as well! Whether your grandchildren are around the corner or across the country, when they log-in we'll give you a moment to say Hi, introduce them to the group and then we'll all sing together!

We will be hosting this meeting in a special meeting room with a special link that will be sent to center participants. You may share this information with your family so that they are able to log-in to join us.

We ask that everyone please log-in on time so that we can give you have a chance to say HELLO! We will not stop the program to welcome late joiners, but will try to reconnect everyone at the end of the session.

You don't have a grandchild able to join us? That's okay. We hope you still add your voice to our song and enjoy our company!

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Participants Create a Story

On Friday, May 15, staff were excited to try a new program virtually. The program, called *Show & Tell*, started when Stephanie showed a picture to our participants and began asking open-ended questions. The result became a story that we created together. Please enjoy the story below, written by our participants, inspired by the picture to the right. Thank you to everyone who joined us!

Walking through the Woods

Story by: Bettie, Don, Deborah, Marlene, Bill and Pat

Here is a little lady named Kimberly with a teddy bear, going down a dirt road. Her teddy is named Deborah. The material is soft to touch. The girl is a very little girl. She could be 12 years old or much younger than that. She is wearing a little white hat and white dress. She likes to carry things in her hands. She likes walking the trails. You can't see her shoes! She is barefoot and she has summer feet. They are black from walking the trails. She doesn't have shoes on because they are too small. She likes being barefoot and thinks it would be better in the grass. There are rocks in the road. It's a pathway of dirt. You always have to be on snake alert!



It is daytime and Kimberly smells leaves, flowers and trees. It is a cloudy day with little birds and trees whistling. The birds live in the bushes. She goes down the trail to go home. She's going to show her mother what she has collected in her basket. She is coming from her Grandma's house. She is planning to eat her lunch when she gets home. There is a photographer behind her.

She has a basket. She has things she has collected in her basket. There is something to eat in the basket. Beautiful, smart Kimberly is going home. She is carrying a basket filled with cookies and bananas from her Grandma's house. The cookies are good, you can't go wrong with Grandma's cookies. She 's going to share her basket of cookies and bananas with her brothers. Grandma has presents sometimes at her house. Going to Grandma's is fun, she gives her Grandmother hugs and kisses.

Childhood innocence is the best thing.

Introducing Daily BINGO!

For this two weeks only, we will begin offering a daily Bingo game at 12:30 PM.

Games will be played starting June 1 and running through June 12 (Weekdays Only).

TO PLAY: Print out a BINGO card (several are attached to this newsletter). Log on to Webex to join the game. The game will start at promptly at 12:30 PM. We will play one COVERALL Game. The game will run automatically, all ALL 75 numbers will be called, and will last approximately 30 minutes. When you cover your entire card, CELEBRATE! You have BINGO! Then log out of the meeting room.

Staff will not be present at these BINGO games.



Saturday Sing-a-Long with Lori!

Our favorite AAA staff member, Lori is excited to present a Virtual Sing-a-Long for all Senior Center and Adult Day Center members! Join Lori as she sings classics from the 50s including Frank Sinatra, Elvis & more!

Saturday, June 6, at 1:00PM

Please join Lori's meeting from your computer, tablet or smartphone. <https://global.gotomeeting.com/join/182561709> or

[Click Here to Join GotoMeeting](https://global.gotomeeting.com/join/182561709)

You can also dial in using your phone.

United States: [+1 \(872\) 240-3311](tel:+18722403311)

Access Code: 182-561-709

Join from a video-conferencing room or system.

Dial in or type: 67.217.95.2 or inroomlink.goto.com

Meeting ID: 182 561 709



We hope you enjoyed making bird feeders with us! We hung ours in the courtyard and have loved having daily visits from our feathered friends.



ELADC's June 1- 5, 2020 Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
10:30-11:30AM- Daily Exercise	10:30-11:30AM- Daily Exercise	10:30-11:30AM- Daily Exercise	Note the Time Change 11:00-11:45AM- Daily Exercise	10:30-11:30AM- Daily Exercise
12:30-1:00PM- Daily Bingo	12:30-1:00PM- Daily Bingo	12:30-1:00PM- Daily Bingo	12:30-1:00PM- Daily Bingo	12:30-1:00PM- Daily Bingo
2:00-3:00PM- Let's Laugh!	2:00-3:00PM- Musical Guest Leslie	2:00-3:00PM- Pictionary	2:00-3:00PM- Cheese Day Recipes and Trivia	2:00-3:00PM- Yoga & Stretch

The Virtual Programming information will be sent to Center Participants.

See you later,



Carlin

Everyone here is so proud of you, We thank you for your courage, sacrifice and service. We'll keep you in our thoughts each day of your deployment.

Your friends,

Sian, Arist, Stephanie,
Journey, Sally, & Megan

Please use this one time special link for
Thursday Afternoon's
Intergenerational Program:
Grandparents & Grandchildren
Sing-a-Long



The Virtual Programming information will be sent to
Center Participants.

ELADC's June 8-12, 2020 Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
8	9	10	11	12
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
12:30-1:00PM- Daily Bingo	12:30-1:00PM- Daily Bingo	12:30-1:00PM- Daily Bingo	12:30-1:00PM- Daily Bingo	12:30-1:00PM- Daily Bingo
2:00-3:00PM- Name that Sound	2:00-3:00PM- Biking through France	2:00-3:00PM- Bird Bingo (card attached)	2:00-3:00PM- Intergenerational Program Grandparents & Grandchildren Sing-a-Long	2:00-3:00PM- Flag Day Celebration with Trivia & Toasty Treat

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