

# EASTERN LOUDOWN

## Adult Day Center

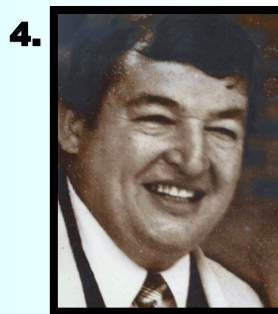
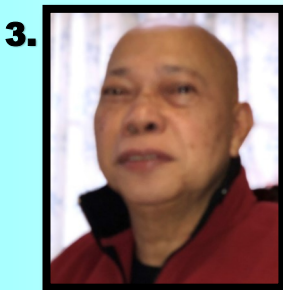
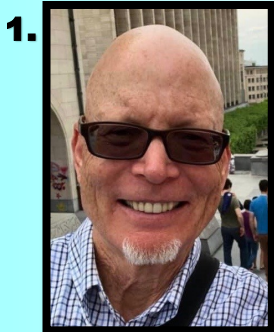
THE WEEKLY NEWSLETTER & CALENDAR CREATING COMMUNITY AMONG FAMILIES, PARTICIPANTS, & STAFF.

### Happy Father's Day

This week, we are excited to celebrate all of our Fathers! The celebration of Father's Day, honoring fathers, fathering and fatherhood, began in 1910 in Spokane, Washington as a complement to Mother's Day. Sonora Smart Dodd was raised by her single-parent father and after hearing about Mother's Day, asked her pastor to celebrate fathers in a similar holiday. The idea of a Father's Day was not much success initially. Although several people attempted to formalize a day for honoring fathers, it was not until 1966 that President Johnson issued the first presidential proclamation honoring fathers, designating the third Sunday in June as Father's Day. Six years later, the day was made a permanent national holiday when President Nixon signed it into law in 1972.

To all of our Fathers, we hope you have a wonderful day!

### Fathers' Day Match



**Match Staff Names  
to their Fathers:**

A. Arist

B. Sally

C. Sian

D. Stephanie

### More In This Issue

Blue Links are Clickable!

- [ELADC's June 15 to 19, 2020 Activity Schedule](#)
- [Staff Movie Picks](#)
- [Easy Recipe : Lazy Lasagna](#)
- [Loudoun County Virtual Support Page](#)

### Father's Day Quotes

"It is admirable for a man to take his son fishing, but there is a special place in heaven for the father who takes his daughter shopping." – John Sinor

"Dads are most ordinary men turned into heroes."  
– Pam Brown

"My father gave me the greatest gift anyone could give another person, he believed in me."  
– Jim Valvano



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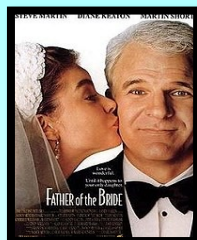
Think about watching one of our staff picks for Favorite Father's Day Movies.

**Sally enjoys**



**Three Men and a Cradle**

**Journee chooses**



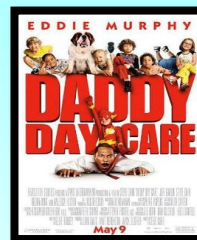
**Father of the Bride**

**Megan likes**



**Cheaper by the Dozen**

**Arist watches**



**Daddy Daycare**

**Sian picks**



**Annie**

**Stephanie laughs at**



**Mr. Mom**

## Easy Recipe: Lazy Lasagna

Prep Time: 10 mins  
Cook Time: 30 mins  
Total Time: 40 mins

Servings: 4

### INGREDIENTS

8 oz of store bought meatballs (defrosted)  
6 oz ounces baby spinach  
1 1/2c marinara sauce  
10 ounces frozen square cheese ravioli  
1 1/2c shredded mozzarella cheese

### INSTRUCTIONS:

Preheat oven to 350 degrees. Crumble defrosted meatballs by hand. Put crumbled meatballs in pan on stovetop and stir until warm. Add spinach and stir until wilted. In 9x9 pan, ladle enough pasta sauce to just cover bottom of pan. Arrange a single layer of ravioli to cover bottom of pan. Spread meatball and spinach mixture evenly over ravioli. Spread 1/2 of remaining sauce over spinach mixture. Cover with 3/4 cups mozzarella cheese. Layer remaining cheese ravioli on top. Pour remaining marinara sauce ravioli and top with remaining cheese. Bake for 30-40 minutes or until warmed through and bubbling. Let cool 10 minutes before cutting and serving.

## ELADC's June 15 - 19, 2020 Schedule

| Monday                           | Tuesday                                 | Wednesday  | Thursday                         | Friday  |
|----------------------------------|---|--|----------------------------------|---|
| 15                               | 16                                      | 17   | 18                               | 19  |
| 10:30-11:30AM-<br>Daily Exercise | 10:30-11:30AM-<br>Daily Exercise        | 10:30-11:30AM-<br>Daily Exercise                                 | 10:30-11:30AM-<br>Daily Exercise | 10:30-11:30AM-<br>Daily Exercise                    |
| 2:00-3:00PM-<br>Fads & Trends    | 2:00-3:00PM-<br>Drawing with<br>Circles | 2:00-3:00PM-<br>Time Travel to<br>the Atlantic City<br>Boardwalk | 2:00-3:00PM-<br>Sing-A-Long      | 2:00-3:00PM-<br>Finger Exercises<br>& Father Wisdom |

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](mailto: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](mailto: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](http://www.loudoun.gov/aaa). If you have questions, please send an email to [aaasupport@loudoun.gov](mailto: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](mailto:jane.bretzin@loudoun.gov).

### ALZHEIMER'S ASSOCIATION HELPLINE 24/7

Call 1-800-272-3900

### PARKINSON'S INFORMATION & RESOURCES

[Parkinson.org](http://Parkinson.org) has many opportunities for virtual training & information:

### THE ALZHEIMER'S FOUNDATION OF AMERICA

[Alzfdn.org](http://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