

July 6 - 10, 2020

EASTERN LOUDOWN

Adult Day Center

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

Summer is Berry Sweet!

This week we are 'berry' delighted to bring you a week full of summer sweetness—songs, bingo, travel, baseball, and berries!

Join us each morning at 10:30AM to start your day with us. Our staff will share the Daily Chronicle and then get you stretching and moving with our fun Exercise Program!



Join us in the afternoons for more fun and games! On Monday, lend us your ears as we start the week with a lively game show of Name That Tune! Tuesday afternoon, get your cards and get ready to yell "Bingo!" On Wednesday, we'll be taking a virtual trip to the City of Brotherly Love! Join our staff to explore the sights and food of Philadelphia! Thursday afternoon our staff will share their excitement with you as we get ready for regional MLB games. Zimmerman may be sitting out this season, but that doesn't mean we have to! Our hand exercises will ensure that you are able to grip that ball and pitch a perfect game! Sweetness abounds on Friday. We'll head into the weekend by learning all about sweet, sweet Berries!

ELADC's July 6 - 10, 2020 Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
6	7	8	9	10
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- Name That Tune!	2:00-3:00PM- Virtual Bingo	2:00-3:00PM- Traveling to Philly	2:00-3:00PM- Baseball Hand Exercises & Holds	2:00-3:00PM- It's a Berry Sweet Day

The Virtual Programming information will be sent to Center Participants.



[Next Page](#)

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



Senior Cool Care Summer Program



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

Email: aaa@loudoun.gov



The Area Agency on Aging is a Division of Loudoun County Parks, Recreation and Community Services