

May 25-29 , 2020

Mac Brownell Adult Day Center

200 Willie Palmer Way Purcellville, VA 20132 571-258-3402



Schedule of Virtual Programs

Monday - CENTER CLOSED

Tuesday

2:00pm - Music w/ Beth & Carole

Wednesday

2:00pm - Exercise w/ Leesburg ADC

Thursday

2:00pm - Nature Walk w/ Leesburg ADC

Friday

2:00pm - BINGO w/ Leesburg ADC

No 11:00am programs this week due to staff training

(**Virtual program links for each program sent to participants**)

*"Home of the free,
because of the
brave." - Unknown*



May 25 Memorial Day

A day to honor the men and women who died while serving in the U.S. military. Originally known as Decoration Day, it originated in the years following the Civil War and became an official federal holiday in 1971. Watch the [National Memorial Day Concert](#) on Sunday, May 24, 2020 at 8pm.

May 26 "Bicycle Built for Two" Tuesday

Did you know that May is National Bike Month? What better way to end the month than by listening to this [popular tune](#). We are so familiar with the chorus but who knew the whole song?

May 27 National Senior Health and Fitness Day

Annually celebrated the last Wednesday in May. As part of Older Americans Month, seniors across the country are involved in locally organized health promotion activities. Beef up your physical activities this month and emphasize the importance of staying fit through a program of regular exercise. Perhaps try an Alzheimer's Foundation of America upcoming exercise class. Their virtual activities schedule is at: <https://alzfdn.org/event/>

May 28 Eat a Hamburger Day

What is the best way to cook a hamburger? Today is a good day to find out! These days, even vegans can enjoy a rare burger, thanks to the Beyond Burger. Nothing goes with a burger quite like a good pickle. Try this [dill pickle cheeseball](#) recipe for a quick appetizer.

May 29 Rosie the Riveter Day

On this day in 1943, Norman Rockwell's "Rosie" appeared on the cover of *The Saturday Evening Post*. Did you know that Marilyn Monroe was a real "Rosie" when she was still Norma Jean at age 19? Did you know that [Mary Doyle Keefe](#) a 19-year-old phone operator in Arlington, VT was the model for the iconic picture?

Nicole's Dried Fruit Recipe

Dried fruit is a tasty, nutritious, and versatile snack, packed with vitamins and minerals.



Preheat the oven to 140 degrees. Clean preferred fruit thoroughly. Remove pieces of the fruit you do not wish to eat (stems, leaves, or core). Dip fruit into a fruit juice high in vitamin C, such as orange or lemon juice. Coat the fruit thoroughly. Spray a baking pan with nonstick spray. Arrange the fruit pieces so they are not touching one another. Place the tray into the oven. Allow 6 to 36 hours for fruit to dry, depending on the size and type of fruit. Make sure to check the fruit regularly; you do not want them to dry to the point of brittleness.



Heather's Craft

Easy Sun Catchers



Materials

- Finished coloring pages printed on plain white paper
- Mason jar lids
- Oil (cooking oil works)
- Cotton balls
- Scissors
- Twine
- Glue
- Paper towel



Directions

- Use a cotton ball to apply oil to the finished coloring page. Cover the whole piece but do not drench it. Dab excess oil off with paper towel and allow to dry for a few minutes
- Use the mason jar lid to trace a circle on the coloring page and cut out
- Glue around the inside edge of the mason jar lid and place the art colored side down into the lid
- Wrap twine around the lid and tie tightly, leave about 4 inches and tie a knot at the top so you can hang it in a window.

Happy Birthday Nora!



Nora celebrates her birthday on May 25! In the words of your favorite, Elvis Presley, we hope you have a hunka hunka birthday love!



Theresa's Note



Your assistance is requested. Will you please complete this year's annual *Adult Day Center Services Evaluation* by Friday, June 12, 2020. It can be completed online at the following link:

(**link is on copy sent to participants**)

This evaluation helps us to serve you better and also fulfills licensing requirements. Thank you in advance for taking your valuable time to complete this survey.

Caregiver Support Resources

One-on-One Virtual Meeting with Mac Brownell Adult Day Center Staff

If you or your loved one would like to chat or just say hello to the staff at Mac Brownell Adult Day Center please email us at DEPT-PRCS-MBADC@loudoun.gov with time and date you are available and we will schedule and respond with a GoToMeeting link. We would love to see you and hear how you are doing!

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

Leesburg Adult Day Center Alzheimer's Association Caregiver Support Group

Meets the **first Wednesday of the month** from 4pm – 6pm. Join by telephone at [+1 402-726-1279](tel:+14027261279) (PIN: 378847717). For more information or to get the GoToMeeting Link, contact Jaimee Conner at 703-771-5334

Loudoun County Area Agency on Aging Caregiver Support Groups for caregivers of people with memory loss will meet virtually on the **third Saturday of the month** with multiple time slot options in May, June and July. If you are interested in attending, you must pre-register in advance by contacting Erin Nesbitt at erin.nesbitt@loudoun.gov. Each support group will be limited to 8 participants and, to ensure we are meeting with everyone who needs it, there will be multiple time slot options for each group.

Carver Center Caregiver Support Group is meeting virtually using Zoom on the **fourth Thursday of every month** from 3:00PM to 4:00 PM. To participate, email the facilitator, Bobbi Carducci at bcarducci@comcast.net and she will send a reply email to you with the meeting ID# link and password. You will need to download zoom and the free version works fine. It can be accessed at: www.zoom.us

Loudoun County Sheriff's Office Prescription and Delivery Service

For Loudoun County senior residents who need prescription delivery services please contact the Loudoun County Sheriff's Office at 703-777-1021.

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 Loudoun County Area Agency on Aging 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 as the site is updated regularly with resources and information to assist older adults and their caregivers.

Medicare Counseling

Help with Medicare is available via the Loudoun County Area Agency on Aging Medicare Helpline: 703-737-8036. If you would like to be added to the Virginia Insurance Counseling and Assistance Program (VICAP) Medicare Memo email list for any Medicare updates or VICAP presentations, please email jane.bretzin@loudoun.gov.

Alzheimer's Association Help & Support

alz.org - **National Capital Area Information and Resources**
alz.org - **National Capital Area Chapter Virtual Programs**

The Alzheimer's Foundation of America

Alzfdn.org <https://alzfdn.org/> is providing virtual activity sessions, community classes, activity tips as well as resources and helpful information for caregivers. Their National Toll-Free Helpline is 866-232-8484. Check out their Events Calendar here: <https://alzfdn.org/event/> and you can see videos of their previously recorded activity sessions through the link there to their Facebook page.