

July 1-10, 2020

Mac Brownell Adult Day Center

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

Schedule of Virtual Programs

Wednesday, July 1

11:00am - Morning Circle & Exercise
2:00pm - Sing-along w/ Emily & Dave

Thursday, July 2

11:00am - Morning Circle & Exercise
2:00pm - 4th of July Game & Patriotic Songs

Friday, July 3

FOURTH OF JULY HOLIDAY CENTER CLOSED

Monday, July 6

11:00am - Morning Circle & Exercise
2:00pm - What Slogan Is That?

Tuesday, July 7

11:00am - Morning Circle & Exercise
2:00pm - The Price is Right

Wednesday, July 8

11:00am - Morning Circle & Exercise
2:00pm - Scuba Diving w/ Heather

Thursday, July 9

11:00am - Morning Circle & Exercise
2:00pm - Survey Says

Friday, July 10

11:00am - Morning Circle & Exercise
2:00pm - Cooking Club

July 1 Praise Postal Workers

In celebration of Postal Workers' Month and the anniversary of the [first postage stamps](#), issued on this day in 1847. See if you recognize any of these [postal-themed songs](#). Check out this YouTube Channel all about ["Going Postal"](#).

July 2 Happy Birthday Thurgood Marshall

Thurgood Marshall was born this day in 1908. He was the first African American to hold the office of Supreme Court Justice. He gained notoriety for his victory in the landmark Supreme Court case [Brown v Board of Education](#). Learn more about [Famous Firsts by African Americans](#).

July 3 Hot Under the Collar Day

If you've been feeling a little hot under the collar, there's a good reason. Today marks the official start of the Dog Days of Summer and Air Conditioning Appreciation Days. Do you remember the days before air conditioning? Play a "Dog Day of Summer" Wheel of Fortune-type game using a list of [dog breeds](#).

July 6 Name That Tune TV Premiere

[Name That Tune](#) premiered on this day in 1953. Two contestants listened while an orchestra played a musical selection, the first player to identify it raced across the stage to ring a bell. See if you can play along.

July 7 Lucky 7 Day

It is the seventh day of the seventh month, and seven is considered a lucky number. Have you ever wondered [why the number seven is lucky](#)? Days of the week, pillars of wisdom, the deadly sins are all things that come in sevens. Can you add to that list?

July 8 Peachy Keen Day

It's [Peach Month](#), which was first proclaimed by President Reagan in 1982. Learn [all about peaches](#) and the spectacular [Peachoid Water Tower](#) in South Carolina!

July 9 Happy Birthday, Argentina

Argentina declared its independence from Spain on this day in 1816. How much do you know about [Argentina](#)? Try one of these [Argentinian Salads](#). Did you know the [Tango](#) came from Buenos Aires in the 18th century?

July 10 Global Energy Independence Day

Celebrated annually on Nikola Tesla's birth anniversary (1856), [Global Energy Independence Day](#) promotes our awareness of energy consumption, encourages us to become energy independent, and discourages dependence upon fossil fuels.

July 11 Burr-Hamilton Duel Day

Today marks the anniversary (1804) of the duel between [Alexander Hamilton](#) and [Aaron Burr](#), in which Hamilton was killed. Have you heard the [Hamilton musical soundtrack](#)? This popular musical composed by Lin-Manuel Miranda tells the story of America's founding fathers using hip-hop, soul and R&B influenced music. It has won multiple Tony Awards.

Nicole's DIY Sunblock with Zinc Oxide

Ingredients

- ¼ cup Coconut Oil
- ¼ cup Shea Butter
- ½ Cup of one of the oils listed in the "Oils with SPF" chart
- 2-3 Tbsp Beeswax
- 10-15 Drops Essential Oils (optional)
- Zinc Oxide, amount determined in the "Zinc Oxide to Lotion Ratio" chart listing below.

Directions

- Melt coconut oil, shea butter and beeswax in a double boiler. To do this, you can put the ingredients in a jar, and then put the jar in a simmering pan of water. Remove from heat as soon as they have melted.
- Stir in the ½ cup of oil (example. Avocado oil)
- Wearing a mask, stir in the zinc oxide. To prevent it from clumping up in the lotion, try sifting it first.
- Thoroughly incorporate the zinc, stirring every few minutes until it cools.
- Once it reaches room temperature, stir in the essential oils if using.
- Store in an airtight container in a cool place or the fridge. Use within 6 months.

Oils w/ SPF Chart

CARRIER OIL	SPF
Raspberry Seed Oil	28-50
Carrot Seed Oil	38-40
Macadamia Nut Oil	6
Jobba Oil	4
Coconut Oil	2-8
Olive Oil	2-8
Avocado Oil	4-15
Almond Oil	5

Zinc Oxide Lotion Ratio Chart

Using 9oz Lotion with...	SPF 2-5	SPF 6-11	SPF 12-19	SPF >20
Nano-Zinc Oxide	3% = .27oz	7.5% = .68oz	12% = 1.08oz	20% = 1.8oz
Non-Nano Zinc Oxide	5% = .45oz	10% = .9oz	15% = 1.35oz	25% = 2.25oz

FYI: NONE of the information above has been scientifically tested in a lab!



Heather's Raspberry Mojito Mocktail

Try this refreshing non-alcoholic version of a mojito which combines fresh fruit and crisp mint!

Ingredients

- 6-8 fresh raspberries plus more for garnish
- Bunch of mint leaves
- 1/2 cup of simple syrup (combine equal parts water and sugar in sauce pan and stir until dissolved, allow to cool)
- 1 cup raspberry juice or Cran-Raspberry juice
- 1 large lime
- 2 cups club soda or sparkling water

Directions

- In tall glass, muddle raspberries, mint leaves and simple syrup together
- Fill the glass with ice
- Add raspberry juice, lime juice, and soda
- Garnish with raspberries and mint, if desired

Cheers!



Magie's Wacky Word Game

Can you decipher the clues in each puzzle box to figure out the word or phrase?

- egg
EZ
- YOU JUST ME
- go broke broke broke broke
- standing miss
- belt hit
- calm storm

Answers:

1. Egg over easy
2. Just between you and me
3. Go for broke
4. Misunderstanding
5. Hit below the belt
6. The calm before the storm



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 – 5pm and will now be using the GoToMeeting online platform so you can either join in online or via telephone. For the telephone number or GoToMeeting Link, contact Jaimee Conner at 703-771-5334. The next meeting will be held **Wednesday, July 1**.

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 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. The next virtual support group meeting will be held on **Saturday, July 18th**.

Carver Center Caregiver Support Group

Meets virtually using Zoom on the **fourth Thursday of every month** from 3:00PM to 4:00 PM. To participate, email Bobbi Carducci at bcarducci@comcast.net and she will send you the meeting ID#, link, and password. You will need to download Zoom, it can be accessed at: www.zoom.us The next meeting will be held **Thursday, July 23rd**.

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.

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 or email: aaa@loudoun.gov

Loudoun County Parks and Recreation Creating Community During COVID-19

Please check out the Loudoun County PRCS site for additional activity resources. <https://www.loudoun.gov/prcscreatingcommunity>

Tax Assistance **NEW******

Many in person Tax Aide sites operated by AARP on a no charge basis in Loudoun County have been closed during the coronavirus. For updates on their sites you go to their website at www.aarp.org/money/taxes/aarp_taxaide/ or call the tax aide line at 1-888-227-7669. AARP has a tax aide prep help form you can complete online for online/phone assistance at: www.aarp.org/forms/tax-prep-assistance-request.html.

Virginia state taxes were due June 1 but they are allowing an automatic 6 month extension with interest and penalties. Federal taxes are due **July 15**.

On the IRS webpage there is a listing of free online tax software services that you can use for certain income levels and ages. The website to use these free tax software programs are located at: www.irs.gov/filing/free-file-do-your-federal-taxes-for-free. For private for fee tax preparation services, you can do a general internet search on tax preparation in Loudoun County or use the White Pages. For questions or additional services you can call the Loudoun County Area Agency on Aging at 703-777-0257 or email us anytime at aaa@loudoun.gov