

August 3-7 2020

# Mac Brownell Adult Day Center

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

## Schedule of Virtual Programs

### Monday, August 3

**11:00am** - Morning Exercise  
**2:00pm** - Picture Association: Movie  
& TV Shows

### Tuesday, August 4

**11:00am** - Morning Exercise w/  
Leesburg ADC  
**2:00pm** - Sing-along w/ Lori  
(This program is hosted by Eastern  
Loudoun ADC program via Cisco  
WebEx)

### Wednesday, August 5

**11:00am** - Morning Exercise  
**2:00pm** - Race Across America

### Thursday, August 6

**11:00am** - Morning Exercise  
**2:00pm** - Carole on the Piano

### Friday, August 7

**11:00am** - Morning Exercise  
**2:00pm** - Would You Rather



### August 3 Happy Birthday Richard C!

Wishing you a great birthday and a memorable year!



### August 4 "Well, Hello Dolly" Day

Jazz singer and musician Louis Armstrong was born on this day in 1901. In 1963, Armstrong scored a huge international hit with his version of "Hello Dolly." Learn more about [Louis Armstrong](#), play some jazz music, and sing "[Hello Dolly](#)" today. Do you know what [other songs Louis Armstrong wrote or recorded?](#)

### August 5 Traffic Light Day

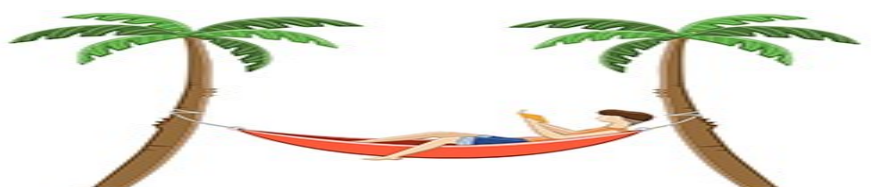
On this day in 1914, a lighting ceremony was held for the [first electric traffic lights](#) used to control the flow of traffic at the intersection of Euclid Ave and E. 105th St. in Cleveland, OH. The traffic signals were red and green lights on the street-corner poles, which were wired to a manually operated switch that was housed inside a control booth beside the road. A bell warned the drivers of color changes. Learn more about the [origin of the red, yellow, and green colors](#) used in traffic lights.

### August 6 Farmworker Appreciation Day

Celebrated each year on August 6, [Farmworker Appreciation Day](#) asks us to take the time to thank and support those hardworking men and women who till, plant, and harvest the crops that we eat every day. Support the farmworkers' labors by purchasing local produce!

### August 7 Purple Heart Anniversary

Following the Revolutionary War, George Washington wanted to honor soldiers for their courage during the conflict. He ordered the creation of the Badge of Military Merit (a cloth heart of purple color) on this day in 1782. The badge was reinstated on Washington's 200th birth anniversary, but its name was changed to the [Military Order of the Purple Heart](#). The Purple Heart is given to those who have been wounded or killed during combat. You can find those who have received the Purple Heart in the [Purple Heart database](#). Here are a list of [other famous people](#) who earned a purple heart.



### Nicole's Famous People in History Trivia

Use the clues to determine which famous person they match with.



1.
  - a. I set up a national banking system while president.
  - b. I was known as a gifted storyteller, and I also liked to tell jokes.
  - c. My wife came from a wealthy slave-owning company.
2.
  - a. I suffered from alopecia, and lost all the hair on my body.
  - b. I was founder of the Standard Oil Company.
  - c. Despite my wealth, I lived a very frugal lifestyle.
3.
  - a. I became a billionaire at the age of 18.
  - b. I dated both Ava Garner and Audrey Hepburn.
  - c. I suffered from severe OCD (obsessive compulsive disorder).
4.
  - a. I weighed 13.5 pounds when I was born.
  - b. My son was kidnapped and held for ransom.
  - c. I was born in Hoboken, NJ on December 12, 1915.
5.
  - a. I wanted to be a ballerina but became too tall to continue.
  - b. I was married to my distant cousin.
  - c. The train on my wedding dress was 25-feet long.

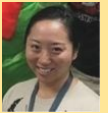


### ANSWERS:

1. Abraham Lincoln 2. J.D. Rockefeller 3. Howard Hughes 4. Frank Sinatra 5. Princess Diana

### Magie's Short Story

Enjoy this story I read few years ago on the side of a Chipotle bag!



#### The Cracked Pot

A water bearer had two large pots, each hung on each end of a pole which he carried across his neck. One of the pots had a crack in it, and while the other pot was perfect and always delivered a full portion of water at the end of the long walk from the stream to the master's house, the cracked pot arrived only half full.

This went on for many years with the water bearer delivering only one and a half pots full of water. The perfect pot was proud of it's accomplishments, perfect to the end for which it was made. But the poor cracked pot was ashamed of its own imperfection and miserable that it only accomplished half of what it had been made to do.

After years of what it perceived to be a bitter failure, it spoke to the water bearer one day by the stream. "I am ashamed of myself, and I want to apologize to you." The bearer asked, "What are you ashamed of?" The Pot replied, "For these past years I am able to deliver only half of my load because the crack in my side causes water to leak out." The water bearer felt sorry for the old cracked pot, and in his compassion, he said "as we return, I want you to notice the beautiful flowers along the path." As they went back, the old cracked pot took notice of the beautiful wild flowers on the side of the path. The bearer said to the pot, "Did you notice that there were flowers only on your side of the path, but not the other pot's side? That's because I have always known about your flaw, and I took advantage of it. I planted flower seeds on your side of the path, and every day while we walk back from the stream, you've watered them."

### Heather's Pina Colada Scented Sugar Scrub

Pineapple and coconut combine to make an Easy 10 minute to create sugar hand scrub.



#### Materials:

- 1 cup white sugar
- 1/2 cup coconut oil
- Pineapple fragrance oil
- Yellow food coloring (optional)
- Mason jar



#### Instructions:

- In a bowl, combine sugar and a few drops of food coloring (optional).
- Stir in coconut oil and a few drops of the pineapple fragrance oil. You can add more coconut oil if you like a more liquid consistency or more fragrance for a stronger scent.
- Once everything is thoroughly mixed, place in a mason jar. Your scrub is good for a few months.

## **Caregiver Support Resources**

### **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

### **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, August 5**.

### **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](mailto:erin.nesbitt@loudoun.gov). Each support group will be limited to 8 participants. The next virtual support group meeting will be held on **Saturday, August 15th**.

### **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](mailto: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](http://www.zoom.us) The next meeting will be held **Thursday, August 27th**.

### **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](mailto:lori.stahl@loudoun.gov) or via phone at 703-737-8741. Please check [www.loudoun.gov/aaa](http://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](mailto:jane.bretzin@loudoun.gov).

### **Alzheimer's Association Help & Support**

[alz.org](http://alz.org) - **National Capital Area Information and Resources**

[alz.org](http://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.

### **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](mailto: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>