



**Windy Hill Older Adults
Community News**
Week of May 15, 2020



Dear Friends at Levis Hill House,

I'm coming back soon!

In light of the Governor's Executive Order 62, I will be in the office only on Monday, Wednesday, and Fridays from 10 AM - 6 PM starting on Monday, May 18.

As much as I would love to give each of you a big hug, please remember that because of social distancing we have to stay six feet apart at all times. This means that no one will be allowed in the office, but we will be able to talk to each other through the inside office door.

You can help me plan for programs in June that we can do at home or from your doors. We hope you are enjoying the delivered lunches and starting next week, **we will move the free lunches to Monday, Wednesday, and Friday for the rest of May.** What has been your favorite meal so far?

COVID-19 Updates

- ◆ **Executive Order 62** - On May 12, Governor Ralph Northam issued Executive Order 62, allowing Loudoun County and others in Northern Virginia to delay easing restrictions on certain business operations that were put in place because of COVID-19. The Northern Virginia region has about a 25 percent COVID-19 positivity rate, while the rest of the Commonwealth is closer to 10 percent. On any given day, 70 percent of the Commonwealth's positive cases are from Northern Virginia. **Please continue to stay home as much as possible, avoid close contact with others, and wear a mask anytime you leave your apartment.**

Kale Chips

All you need is just three ingredients and a little time in the oven! You might even find yourself skipping potato chips in favor of these green alternatives.



Ingredients: (Serves: 6)

1. 1 bunch of kale
2. 1 tablespoon of olive oil
3. 1 teaspoon of seasoned salt (you can make your own by mixing salt, pepper, paprika, garlic powder, onion powder, and ground red pepper if you prefer)

Method:

Preheat the oven to 350°F
Tear the kale leaves from the thick stems and into bite-sized pieces. Wash the leaves, then drizzle them in olive oil and sprinkle in seasoning salt.
Bake for around 10-15 minutes.



It's too early for Cooling Assistance! Applications are accepted starting on June 15*

Contact:
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Staying Home Information



Friday's Feast is coming back! Please see Gwen to sign up or update your food allergies this week!



Feeding the Community

Are you on the list to get a monthly food box? If not, would you like to be? We will start back distributing boxes in June. Let Gwen know if you need to be added to the list.



Low Cost Pet Vaccinations - No Appointments Needed

Marshall Tractor Supply
4203 Old Stockyard Rd,
Marshall

- * Saturday May 16, 10 to 11:30am
- * Saturday May 23, 10 to 11:30am
- * Saturday May 30, 10 to 11:30am

Warrenton Tractor Supply
41 W. Lee Hwy,
Warrenton

- * Saturday May 16, 1 to 2:30pm
- * Saturday May 23, 1 to 2:30pm
- * Saturday May 30, 1 to 2:30pm

Saving Energy While Staying Home



Save Money by Degrees

- On cool days, keep the thermostat close to 68 degrees. On warm days, move it to 78 degrees.
- Switch to lower temperatures for all your laundry and rinse in cold water.
- If the weather is nice, open your windows for fresh air – instead of running your heat or air conditioner.
- Also, try to take shorter showers to save on water heating bills.

Stay Dry

- Save energy and money by combining your loads. Always wash and dry a full load of clothes to make the best use of your appliances and energy dollars.
- Clean the lint filter after every load of laundry. When it's full of lint, the dryer has to use more energy to dry items.

And, Finally, Lunch at Home... Again

- Use your microwave or toaster oven instead of your oven to save power.