



Shreveport Ridge Community News

February 2021



Hello and goodbye. This month, welcome Gwen Murugu to Shreveport Ridge. Gwen has provided Resident Services for individuals and families in Fauquier County and Middleburg and some of you may remember her from times she has worked at Shreveport Ridge in the past.



Cassandra Hawkins will be moving to serve older adults throughout Loudoun and Fauquier County from our offices in Middleburg, and she will continue to come back to Shreveport once a week.

New This Month



February is American Heart Month, which is a great time to take control of our heart health by simply adjusting our daily routine. **Join us at the Community Share**

Table on Tuesday, February 9 @ 4:00 pm. Grab a heart healthy bag of fruit and a list of easy ways to get healthy.

- **Health Insurance 101**—Do you know how your insurance works? Co-pays, deductibles, in-network - it can be very confusing! Get answers during our virtual meeting on **Friday, February 12 @ 6:30 pm**

- **Virtual BINGO Night**—Join neighbors from Shreveport Ridge and beyond for Community Virtual Bingo on **Friday, February 26 @6pm.**



Contact:
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Community Resources

Rent and Utility Assistance -

If you are having trouble paying rent, water, or electricity bills:

1. Please first contact Lisa and complete a Windy Hill Foundation Exchange of Information Form.
2. Reach out to these potential resources:
 - **Cassandra Hawkins at 540-687-3273 between 10 am and 6 pm Mon-Fri or email chawkins@clrserv.org**
 - Tree of Life Ministries at 540-441-7920 or email info@tolministries.org
 - Loudoun Cares and Catholic Charities at 703-669-5040
 - Loudoun County's Coordinated Entry Program at 703-777-0420

Food Resources

- LCPS offers free Breakfast, Lunch, Snack, and Supper to go. Meet the LCPS School Bus when it visits Shreveport Ridge at 11:45-11:55 AM or 12:30-12:40 PM on Mondays, or pick up food from 10 am to 2:30 pm at Rock Ridge or any other LCPS High School.
- Community Food Share Table outside the Rental Office. Table is frequently restocked with food items, including Panera Bread donations each Tuesday afternoon and daily snacks for children.
- Free "To-Go" Meals every Tuesday 5:30-6:30pm at Crossroads Baptist Church, 850 Edwards Ferry Rd., NE, Leesburg. First Come, First Served



Important Dates this Month

- February is Black History Month
- February 2—Groundhog Day
- February 7—Superbowl Sunday
- February 12—Chinese New Year
- February 14—Valentine's Day
- February 15—Presidents Day, Loudoun Schools Closed; Resident Services Office Closed




What's Happening

Ongoing Programs

- **Daily Snacks** continue this month for all school-aged children. 3:30-4:00 pm Monday - Friday. 
- Families—**Family Friday kits** are delivered each Friday afternoon. This month will feature kits focused on February events like Superbowl Sunday, Valentine's Day and more. Let Gwen know if you want to join in the fun! 
- **Teen Night Kit**—Delivery of our January Teen Kit was rescheduled to this month on February 19. Keep an eye out for your "Movie Bucket on Us"! Teens—let Gwen know if you wish to receive a bucket.

Community Bingo Night


February 26—Join us at 6pm for Virtual Zoom Bingo! Prizes will be awarded to winners and delivered the first week of March. The first 2 households to log onto the Zoom will win a giant 1.2 Gallon jug of laundry detergent! Sign up with Gwen by Monday, February 22 to make sure you get the Bingo boards and Zoom link delivered to you. All ages welcome. Hope to see you for a fun night of BINGO!



Kindness Week

February 14-20 is Random Acts of Kindness Week. Take a moment to spread kindness around our community and beyond! Wear a mask & help a stranger carry their groceries at the store. Mail a card to a local nursing home. Video call a loved one. Pick up trash in your neighborhood. Hold the door open for someone. How will you spread kindness?

Covid-19 Updates

- Residents aged 65 or older can now sign up for COVID 19 vaccines. If you live in Loudoun County, call 703-737-8300 between 9:00 A.M. and 5:00 P.M. The hotline is open seven days a week, so if you don't get through the first time, call back again or visit <https://www.surveymonkey.com/r/LoudounCOVIDVaccinePrescreen>
- Updates on all things Covid can be found at: <https://covid.virginia.gov/>
- We need you to stay healthy, please wear a mask anytime you leave your home. This includes walking your dog, coming and going to your car. 

Black History Month



February is Black History Month. Take some time this month to explore some of the activities here:

- Virtually explore the National Museum of African American History & Culture and journey through one of their online exhibits, such as "Defending Freedom, Defining Freedom" - found at <https://nmaahc.si.edu/explore/exhibitions/defending-freedom-defining-freedom>
- Attend the Black History Month Virtual Festival at www.asalh.org/festival
- Many streaming services have sections dedicated to



ASSOCIATION FOR THE STUDY OF AFRICAN AMERICAN LIFE AND HISTORY® THE 2021 BLACK HISTORY MONTH **VIRTUAL FESTIVAL**

CELEBRATING THE 95TH ANNUAL BLACK HISTORY THEME
The Black Family: Representation, Identity, and Diversity

Black stories. Netflix—"Black Lives Matter"; Amazon Prime—"Black Voices"; Hulu "Black Stories" and Disney+ "Celebrate Black Stories". Choose a few films and programs to discover and discuss with your household. 