|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| |  |  | | --- | --- | | |  | | --- | | https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/8d66f977-4434-5ec3-ba8a-d0fd058a7874.png | |  |  |  | | --- | --- | | |  | | --- | | **MOVIE DAY, MOVIE DAY, MOVIE DAY!!!**   **Thursday, August 19 RESPECT: Aretha Franklin Movie**  **Departing from Greater Fellowship Full Gospel Baptist Church** **814 Alabama Ave SE**  **Transportation will depart from the church at 1:00pm and will return approximately at 4:45pm/5:00pm.** **Contact Ms. Mary Moses if interested, 240-351-9350.** | | |
| |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **We remain excited about our move to the Helpful Village online platform. If you missed last week’s training, join us for 2 additional trainings at 3:00 pm on Zoom, Wednesday, August 11th, and 25th.**   Zoom Link – Click to join: https://us02web.zoom.us/j/88482745548?pwd=a3M0SEh5cG5ZbGlMYmZ1RUZoUmo5UT09 Meeting ID: 884 8274 5548; Passcode: 374153; Call-In: 301-715-8592 **Our website address remains the same,**[www.kingdomcarevillage.org](http://www.kingdomcarevillage.org/)**.  Through Helpful Village our Members have easy access to the calendar of events, our preferred providers list, request for volunteer support, pay membership fees, and more. Our Volunteers have access to a wealth of information as well. We look forward to showing you around the site –** | | | | |  |  |  |  | | --- | --- | --- | | |  | | --- | | https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/85442bc1-370e-b743-258a-c02704970ea8.jpg |  |  | | --- | | https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/11034ef0-408d-edd8-1b68-a1e76902a506.png | |  |  |  | | --- | --- | | |  | | --- | | **Don’t Miss Out; Join the Party!** Help us name our Newsletter. The winner will receive a $50 gift card. We have received several suggestions – we want to hear from you! Submit all entries to Sabrina Hopps ([Sabrinahopps@ymail.com](mailto:Sabrinahopps@ymail.com) ) or Kathy Pointer ([kepointer@aol.com](mailto:kepointer@aol.com)) on or before 9/1/2021.   **Kingdom Care Senior Village Needs Volunteers!** We welcome 3 new volunteers Pamela Johnson, Marquita Hampshire and Hope Pointer (clap, clap!!). You too can  BECOME A VOLUNTEER TODAY or of you know someone, please pass this on.  Contact LaKeisha Pointer, 202-561-5594 our Community and Member Engagement Specialist or click here for more information <https://kingdomcare.helpfulvillage.com/volunteer_infos/application_form> | |  |  |  | | --- | --- | | |  | | --- | | https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/dbc99755-1fcb-d931-9783-88f867fe77cd.jpg  Happy Birthday to those born in the month of AUGUST!   8/15 - Susie Cunningham 8/16 - Dorothy Millard 8/24 - Betty Boyd (correction from last week) 8/24 - Louis Flythe 8/27 - Thomas Price | |  |  |  | | --- | --- | | |  | | --- | | https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/2d37f73e-cfe7-7bd1-55de-e0e90ad5ea58.jpg Complete this form to request free Lyft Transportation (Only DC residents are eligible) [Request for Free Lyft Transportation](https://docs.google.com/forms/d/e/1FAIpQLSccuiP0HcHntvZqAhZibXP1duw74surMvOBHBK6e8R-YjNC5g/viewform?vc=0&c=0&w=1&flr=0&usp=mail_form_link). Free transportation service for DC residents available through a KCSV partnership with the DC Villages for COVID-19 vaccine, medical appointments, Health & Wellness program activities, Food or Prescription Pick-up or Personal Care activities. Complete the form 24 hours in advance to request service.  [FILL OUT FORM](https://docs.google.com/forms/d/e/1FAIpQLSccuiP0HcHntvZqAhZibXP1duw74surMvOBHBK6e8R-YjNC5g/viewform?vc=0&c=0&w=1&flr=0&usp=mail_form_link) | |  |  |  | | --- | --- | | |  | | --- | | **Senior Wellness: Six Common Concerns**  With over 36 million Americans older than 65, a surge of healthcare problems may soon face older adults.  According to the American Psychological Association’s [Resolution on the 2005 White House Conference on Aging](https://www.apa.org/about/policy/white-house-aging.pdf), about 25 percent of older adults suffer from some form of mental disorder, which can impede physical health and independence. Fortunately, a variety of treatments are effective in improving mental and behavioral health problems in later life.  Along with mental health, a host of issues related to our aging population must be addressed. From healthcare and insurance changes to family and community support, the elderly and those who care for them face a number of challenges.  Here are six common concerns facing this population and a few tips on how to address them:  **Isolation** — This could be from peers, family and/or community. Feelings of worthlessness plague the elderly when they are not able to participate in everyday activities or when they are deliberately excluded. Loss of motivation and purpose increase this feeling of isolation.  *Helpful Tip*: Include the elderly in as many family activities as you are able to decrease the isolation. Tap into your community resources for support and activity ideas, such as day centers or church facilities.  **Loss of Independence**— Having to wait for someone else to do something for them further increases feelings of helplessness, isolation and depression. Not being able to do daily activities is something we often take for granted.  *Helpful Tip*: Even when a person moves slowly or is unable to do something for himself or herself, they should still be asked to do some small part of the chore or task if they are able. Acknowledge their contribution and let them know it is valued.  **Physical Limitations** — Many people face a progressive deterioration of their health. Feelings of worthlessness, helplessness and being overwhelmed can prevail. Not being able to handle a situation or circumstance of life increases frustration and often causes depression. Ongoing pain, fears of falling and other safety concerns are paramount with the elderly. Unreported health concerns go unreported more with this population than any other.  *Helpful Tip*: Encourage them to ask questions and share any concerns about their health, medications and any physical limitations. Be sure to check with their insurance plan to access valuable physical therapy benefits. Continue to include them in as much activity as possible with others. Let them handle as much as is feasible and appropriate, even if they can’t do it fully.  **Loss of Spouse and Friends** — Loss of a spouse or significant other is often unmanageable for the elderly. Allow them time to grieve, mourn and vent their feelings. This requires patience and acceptance. Similarly, loss of same-age friends is difficult at any age. With the elderly, these events are magnified because it brings them face-to-face with their own pending mortality.  *Helpful Tip*: Go through old pictures of better times with them, allow them some time to reminisce, acknowledge their pain and let them know it’s okay to feel as they do. Allow them to grieve. Be patient.  **Loss of Appreciation and Consideration by Others**— This can manifest itself when someone makes decisions for an older person without getting their input or consent. It is presumptuous and imposing, no matter how well-meant.  *Helpful Tip*: If they are able to participate in the decision-making process, let them do so. Don’t assume you know what it is they want or what’s best for them.  **Condescending Attitudes of Others**— Assuming that the person is not intelligent or capable just because they’re elderly is disrespectful and rude. Ignoring the value of their wisdom and experience is a mistake.  *Helpful Tip*: Remind yourself that this elderly man or woman once had an active, meaningful life too. The wisdom of their experience is always valuable to our society, even if “things have changed.” As much as society has seen myriad changes and new technology, people are still basically the same. Give them the courtesy that you would extend to any other person. | |  |  |  | | --- | --- | | |  | | --- | | **UPCOMING EVENTS**  Helpful Village Website Training - Zoom Wednesday, August 11th - 3:00pm  Summer Jazz Music Series: Elijah Jamal Balbed's JazzMob Friday, August 13, - 5:30pm Sponsored By: Neighborhood Group Open to all.  KCSV Chair Exercise - Zoom Tuesday, August 17th - 3:00pm - 4:00pm  Coping With Medicare Wednesday, August 18th - 1:00pm Sponsored By:  Northwest Neighbors Open to All.   Legal Counsel For Elderly Presentation On Home Ownership Thursday, August 19th - 3:00pm - 4:00pm Sponsored By: Foggy Bottom West End Village  Summer Jazz Music Series: Dante Pope Friday, August 20th - 5:30pm.  Sponsored By: Neighborhood Group Open to all  Louis Flythe 94th Birthday Celebration (Drive - By) Tuesday, August, 24th - 11:00am - 12:00pm.  Helpful Village Website Training - Zoom Wednesday, August 25th - 11:30am  African American Artist W/ Chi Chi Lovett Wednesday, August 25th - 12:30pm - 1:30pm Sponsored By: Foggy Bottom West End Senior Village | |  |  |  | | --- | --- | | |  | | --- | | **Have a Great Week!** | | |