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| |  |  | | --- | --- | | |  | | --- | | MOVIE DAY! Join us Thursday, August 19th to see the Arethea Franklin movie, Respect.  Movie Start Time: 2:00 pm (if needed, transporation will depart 814 Alabama Avenue at 1:00 pm)  We've rented a private showing for 30 people, stil have a few slots available.  Contact Ms. Mary Moses if interested, 240-351-9350.  Hope to see you! | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **HELPFUL VILLAGE TRAINING** We remain excited about our move to the Helpful Village online platform. If you missed last week’s training, join us for 1 additional training at 3:00 pm on Zoom, Wednesday, August 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!!** We have received over 20 submissions. 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!** Help us reach our goal of 40 volunteers by 10/1/2021! Refer a friend and receive a $10 gift card.  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) | |  |  |  | | --- | --- | | |  | | --- | | **6 Ways For Seniors to Boost Psychological Health and Well-being.**  Although nearly 80% of older Canadians\* report good psychological health, says Statistics Canada, mental health conditions such as depression and anxiety affect many older adults and are often overlooked.   Addressing and treating these conditions–or acting early to prevent them–reduces emotional suffering, improves physical health, lessens disability and results in better quality of life\* for older adults and their families, says the American Psychological Association (APA).  Some transitions\*and issues that typically occur later in life such as physical health problems, caring for a spouse with dementia, grieving the death of a loved one\* and reduced independence and mobility can result in depression or anxiety, according to APA and the Canadian Coalition for Seniors’ Mental Health (CCSMH).   Providing strong social and psychological supports\* to help seniors cope better with these transitions can prevent and treat mental health problems, advises Mood Disorders Society of Canada.   Here are six ways to improve psychological health for seniors:  1. [Be physically active each day](https://chartwell.com/blog/2017/02/why-doing-activities-you-enjoy-can-boost-your-mind-body-and-mood)**.** Doing physical activity for 30 minutes three to five times a week\*—whether it’s walking, gardening or swimming— improves mood and reduces anxiety by releasing feel-good endorphins and taking your mind off worries, says Mayo Clinic.  2. [Calm your mind and body](https://chartwell.com/blog/2018/08/mindfulness-practices-offer-physical-and-emotional-benefits-for-healthy-aging)**.** Yoga, mindful meditation\* and breathing exercises\* can ease anxiety and depression, according to American Family Physician and Toronto’s CAMH.  3. **Build social supports.** Dealing with social isolation by getting support from family, friends, a self-help group or your community\* can be very helpful in overcoming depression, advises Mood Disorders Society of Canada.  4. **Join a community-based life skills program.** The Canadian Mental Health Association (CMHA) offers its eight-session “Living Life to the Full” workshops\* across the country. A pilot evaluation of Ontario workshops showed older participants reduced their anxiety and depression and improved quality of life.  5. [Help others, help yourself](https://chartwell.com/blog/2016/11/the-surprising-wellness-benefits-of-volunteering-for-seniors)**.** People who volunteer report lower levels of depression and increased life satisfaction,\* reported a BMC Public Health study.  6. **Try counselling or talk therapy.** Individual or family counselling\* from a trained professional, such as a social worker, psychologist, physician, nurse or psychiatrist, helps treat depression, the most common mental health problem in older adults, advises CCSMH. | |  |  |  | | --- | --- | | |  | | --- | | **UPCOMING EVENTS**  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  KCSV Music & Skits (Arts For The Aging Entitled, "CO-OPERA-TION"- ZOOM Tuesday, August 31st - 3:00pm - 4:00pm. | |  |  |  | | --- | --- | | |  | | --- | | **We'll Be Right Back!** | | |