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Join Zoom Meeting  https://us02web.zoom.us/j/88482745548?pwd=a3M0SEh5cG5ZbGlMYmZ1RUZoUmo5UT09.   Dial in: 301-715-8592 Meeting.  ID: 884 8274 5548 and Passcode: 374153 | | | | |  |  |  |  | | --- | --- | --- | | |  | | --- | | https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/85442bc1-370e-b743-258a-c02704970ea8.jpg |  |  | | --- | | https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/11034ef0-408d-edd8-1b68-a1e76902a506.png | |  |  |  | | --- | --- | | |  | | --- | | **One More Week to Help Us Name Our Newsletter!** Submit all entries to Sabrina Hopps (Sabrinahopps@ymail.com) or Kathy Pointer (Kepointer@aol.com) on or before 9/1/2021. Voting will begin on September 2nd - be on the lookout for the form and be sure to cast your vote. The winner will receive a $50 gift card.     **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) | |  |  |  | | --- | --- | | |  | | --- | | **Online Shopping & Delivery with SNAP/EBT Benefits**  Use your EBT Card to shop online at many local stores such as Aldi, Walmart and Amazon Fresh (no membership required for Amazon) and have your grocery delivered to your door. Select your store, visit the website and create an online shopping account. Add your grocery items to your online shopping cart and check out using your EBT card. Need assistance? Let us know. | |  |  |  | | --- | --- | | |  | | --- | | **7 Steps to Maintain Brain Health for Seniors** We’ve all heard the saying, “Use it or lose it,” regarding the need for physical exercise to keep our bodies fit and healthy. But as it turns out, the same can be also said for our minds.  Today, Alzheimer’s disease and other forms of dementia affect more than five million seniors in the U.S. And as a result, the need for older adults to focus on brain health has never been greater.  The good news for seniors is that there is growing evidence that older Americans can preserve their brain function and safeguard their memory by adopting specific healthy lifestyle activities.  **The Value of Brain Healthy Habits for Seniors**  **Colleen Dwyer, RN, NHA, Executive Director and Administrator of Bryn Mawr Terrace**in Bryn Mawr, PA, says. “As experts in brain health explain it, our aging brains can lose some of their functional capabilities over time if they do not receive proper stimulation. A lack of stimulation can cause a gradual decline in our cognitive ability and lead to health and safety issues such as memory loss and falls – the leading cause of serious injury and death among persons over age 65.  “However, by participating in brain-healthy activities, seniors can keep their minds sharp and also reduce their risk of cognitive decline and dementia as they age. Most importantly, brain health specialists offer valuable advice on which activities are most helpful to older adults.”  **7 Brain Healthy Activities That Can Sharpen Your Mind and Boost Your Memory**  Both the **Harvard Health**article, “[**Six steps to cognitive health**](https://www.health.harvard.edu/mind-and-mood/six-steps-to-cognitive-health)**,**” and the **Alzheimer’s Association®**section on **“**[**Brain health**](https://www.alz.org/help-support/brain_health)**”**provide excellent examples of activities that can keep your brain sharp and protect it from decline and memory loss.  Recommended activities include:  1.  **Get moving**– Regular physical activity and exercise benefits both mind and body for seniors. It has been shown that cardiovascular activity such as a brisk walk increases both heart rate and blood flow, which in turn promotes the growth of brain cells.  **2.   Never stop learning**– “Lifelong learning” has becomean importantstaple for long-term brain health. Brain health experts say continued education of any kind can help to reduce seniors’ risk of cognitive decline and Alzheimer’s disease. Therefore, consider taking a class at a local college, community center or online, or teach yourself a new subject.  3.  **Be wise and socialize**– Research on the brain health of older adults has proven that those who are regularly engaged in social interaction maintain their brain function and reduce their risk of depression and dementia. To increase your social engagement, consider volunteering at a local hospital or animal shelter, meeting friends regularly for lunch or joining a club that gives you a sense of purpose.  4.  **Give your brain a workout**– According to the **National Institutes of Health**, practicing mental exercises during the senior years can improve brain health and help maintain the thinking skills that are needed as our brains age. They advise that activities such as reading, board games, crossword puzzles, learning a second language, painting, increasing your exposure to classical music and acquiring new skills can be highly valuable.  5.  **Eat smart!**– A healthy, balanced diet that is lower in fat and higher in vegetables and fruit can also help seniors reduce their risk of cognitive decline. **The Harvard Health**article, “[**Foods linked to better brainpower**](https://www.health.harvard.edu/mind-and-mood/foods-linked-to-better-brainpower?utm_source=delivra&utm_medium=email&utm_campaign=WR20190125-CognitiveFitness&utm_id=1201719&dlv-ga-memberid=10867842&mid=10867842&ml=1201719)**,”**provides a variety of brain-healthy food choices that you can incorporate into your meals.  6.  **Catch enough ZZZs**–Not getting sufficient sleep at night due to insomnia, sleep apnea or other medical conditions can result in problems with memory and thinking. Research has proven that sleep is an essential ingredient for healthy brain functioning in seniors and other segments of the population. For a good night’s rest, sleep experts say to make sure your sleep environment is quiet, dark and cool enough.  **7.   Manage your stress**–Getting older can add stress to our lives.Physical ailments, the passing of family members and friends and changes in our ability to do things that used to come easy can all add to our level of anxiety. Stress causes reduced cognitive functioning and can also lead to serious emotional health issues such as mental exhaustion and depression.  Fortunately, there are several proven stress-reduction activities that you can try. Consider walking, yoga, tai chi, gardening, meditating and spirituality. These brain-healthy activities can create a calmer living environment that also supports healthy brain functioning.  Colleen adds, “By incorporating these brain-healthy tips into your normal routine, you can stay mentally sharp as you age and also reduce your chances of cognitive decline and dementia. And remember, it’s never too early or too late to get started!” | |  |  |  | | --- | --- | | |  | | --- | | **UPCOMING EVENTS** 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  A Sneak-Peek Of The Arena   Monday, August 30th - 12:30pm ZOOM - Meeting ID: 673 156 7942, Password: 20024 Sponsored By: Waterfront Village  KCSV Music & Skits (Arts For The Aging Entitled, "CO-OPERA-TION"- ZOOM Tuesday, August 31st - 3:00pm - 4:00pm. | |  |  |  | | --- | --- | | |  | | --- | | **Until Next Time!** | | |