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| |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/8d66f977-4434-5ec3-ba8a-d0fd058a7874.png | | | | |  |  | | --- | --- | | |  | | --- | | **DC Villages Survey** Thanks to all who completed the DC Villages Survey; we appreciate your participation, candid responses and suggestions/recommendations for improvement.  As we plan for the remainder of the year and for next year, we will incorporate your feedback as best we can based on our capacity to respond and funding to do so.  Again, thank you - we look forward to continuing to be of service to you.  Interested in the survey responses?  Click here and click "Request Access" to view the report.  <https://docs.google.com/spreadsheets/d/12fYIhLFPrptjVVV9uKsvamISkyCNyfDf/edit#gid=1243679835>  **HAAP Ends 9/30/21** The DC Hearing Aid Assistance Program (HAAP)  will end on September 30, 2021 and was not renewed for next year.  The program team is working in overdrive to get the word out and try to get as many applications processed as possible before the funds expire. This includes funds for anyone who purchased a hearing aid from june 1, 2018-September 30, 2021. If the funds do not get used, they will disappear. For more information or to complete an application, please visit <https://dchealth.dc.gov/service/hearing-aid-assistance-program>.  Please be sure to spread the word!   https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/d0b19494-4701-e7bf-f332-064188238f33.jpg **The Votes are In!** Voting has ended to name our newsletter; we are excited and look forward to tallying the votes. The winner will be announced Friday, September 10th.    **https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/3fb5e0a5-4ba0-ba84-3ae9-b8d30d7351ef.jpg Need Technical Support?** KCSV wants to make sure you receive technical support when you need it to operate your electronic devices - smart phone, tablet, laptop, smart watch, or desktop - we all rely on our devices to communicate, access websites for information, connect with our family and to  conduct our business. To assist, KCSV is considering a partnership with 24/7 Techies, a company that provides technical support 24 hours/day, 7 days/week.  It's simple, (1) you have a problem (2) you call the telephone number we provide (3) a technician calls you and provides the help you need.  We are in the process of setting up the service on a trial basis to assess whether or not it would be of value to you, our members. Be on the lookout for more information in the next day or 2. | |  |  |  | | --- | --- | | |  | | --- | | **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 SEPTEMBER!**   9/1 - Betty Baten 9/22 - Delores Clay 9/26 - Patricia BoBo 9/26 - Guleford BoBo | |  |  |  | | --- | --- | | |  | | --- | | 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. | |  |  |  | | --- | --- | | |  | | --- | | **Aging in Place: What You Need to Know About Healthy Aging**  Aging in place means living in the home of your choice—safely and independently—as you get older. It's about living out your golden years in comfort. But it requires planning for how you will deal with any challenges that may arise. In essence, healthy aging involves creating the right environment and putting supports in place that allow you to meet your ongoing physical and emotional needs.  Did you know that American seniors are healthier today than they have been in years past? One study found that older adults were [14 percent more likely](https://jamanetwork.com/journals/jamainternalmedicine/article-abstract/2653447) to say they were in excellent or very good health in 2014 than in 2000.  Successful aging is influenced by a range of factors, including diet, lifestyle, and genetics. The reality is that you can be healthy at 50 or any other age by adopting a lifestyle that features regular exercise and a well-balanced diet. Of course, staying healthy and safe may require adapting your home to accommodate your changing needs, which you can read more about below.  This article outlines how the definition of successful aging has evolved over the past few decades. It also describes some common diseases that often come with age and explains what you can do to reduce your chances of being affected by them. And it provides practical tips on how to successfully age in place.  **What Is Successful Aging? Changing Definitions**  How do you measure success when it comes to aging? There isn't one simple answer to this question. Over the years, social scientists have proposed a myriad of models to explain how people age.  **Psychosocial theories**  There are three major psychosocial theories about the [aging process](https://www.greatseniorliving.com/articles/aging-process): the disengagement, activity, and continuity theories.  Elaine Cumming and William E. Henry came up with the **disengagement theory** in 1961. The functionalist perspective on aging is expressed through this theory. It holds that older adults naturally and willingly withdraw from people and activities as they get older and begin to anticipate death. This withdrawal process is important, as it allows the social system to remain stable by providing for the orderly passing of productive social roles from elderly people to younger generations. Cumming and Henry suggested that aging successfully means accepting and going along with the natural process of disengagement. In more recent decades, the disengagement theory has been widely criticized for its negative view of aging and its assumption of universal decline. Gerontologists have largely dismissed it.  By contrast, the **activity theory** is based on the premise that older adults who remain active in retirement tend to be healthier and have higher life satisfaction levels. Developed by Robert J. Havighurst as a counter to the disengagement theory, the activity theory suggests that you age successfully by continuing to engage in meaningful activities that interest you. However, critics point out that this theory fails to account for economic or health factors that prevent individuals from participating in such activities.  **Continuity theory** is centered around the notion that as people age, they preserve the same beliefs, relationships, and behaviors from earlier in their lives. First proposed by Robert Atchley, the continuity theory posits that older adults are guided by internal frameworks that remain constant throughout their lifespans. Therefore, aging successfully involves drawing on past experiences to adapt to the changes that occur later in life. However, this theory does not account for the physical challenges that frequently develop with age.  **The biomedical model**  According to a widely accepted biomedical model developed by John Rowe and Robert Kahn, there is a difference between *usual aging* (which involves significant physical decline) and *successful aging* (which does not). [Rowe and Kahn's model](https://pubmed.ncbi.nlm.nih.gov/9279031/) suggests that the components of successful aging are:   * Being free of disability and disease. * Maintaining good physical and mental functioning. * Staying engaged in activities.   However, a high percentage of people will not meet all three of these conditions. After all, the process of aging is often characterized by at least some degree of physical deterioration. If an 80-year-old person's activities are curtailed by disability, for example, does that mean he or she has failed to age successfully?  Not necessarily, according to many older adults. In fact, in one study, [more than 30 percent](https://academic.oup.com/gerontologist/article/42/6/727/671748) of seniors over age 65 felt they had successfully aged even though they were dealing with functional difficulties and chronic conditions. In their eyes, success was not predicated on the absence of illness or disease.  Some people would like to replace the word "successful" with "optimal." So, what is optimal aging? Simply put, it is being able to maximize your capabilities and life satisfaction regardless of your state of health. Optimal aging involves making the necessary lifestyle and activity adjustments so that you can enjoy your life to the fullest.  Stay Tuned - We will continue this conversation next week! | |  |  |  | | --- | --- | | |  | | --- | | **UPCOMING EVENTS**  KCSV Member Meeting - Zoom Friday, September 10th - 3:00pm  KCSV Chair Exercise Session- Zoom Tuesday, September 14th - 3:00pm  KCSV - Fun Day ( Cheer Up Wellness, Inc) - Zoom Thursday, September 16th - 3:00pm  Medical Alert Systems: How To Choose The Right One For You (Sponsored by Foggy Bottom West End Village).  Thursday, September 23rd - 2:00pm - 3:00pm **Registration is required.**[**Click here to register**](https://r20.rs6.net/tn.jsp?f=001lDp_oLlYlBc5p9984w9uKBTtD2seYDIewd2CoML575jGOXFsM2_BK0IgBUAnms7a7_4I1yOvGDvj-2GJIXXgvEdheT0xbLlxfkOmCQf6KEXuFZBNGahxHtyX0D5yvAFA_8pYANwSudXN2DVvsJ5_H6qiZxmlACEcd1uwbJqIdlHAf0F-MpdslP458NS6zzMDizbCtumt4KginzZ3zA-6nUBRhCshCaO8nkN3cVK0unI=&c=z98nM0rj9sAWghhzOT5kmNhoAcjYpJJU106176NXwBGFtyWz0gQ__Q==&ch=N7kSgZGlsUqNonXhhbdSQ3F3A22SjmRSbYwM9_ALcC2QzrJxhEudRg==)**.** Click the "**REGISTER NOW**" button in the gray box to the right of the screen. **A zoom link will be sent to you the morning of the program.**  KCSV Exercise Session- Zoom Tuesday, September 28th - 3:00pm  KCSV Helpful Village Website Training with Director - Kathy Pointer Wednesday, September 29th - 3:00pm | |  |  |  | | --- | --- | | |  | | --- | | **See You Next Week!** | | | |