|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|

|  |  |
| --- | --- |
|

|  |
| --- |
| https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/8d66f977-4434-5ec3-ba8a-d0fd058a7874.png |

 |

|  |  |
| --- | --- |
|

|  |
| --- |
| **Name our Newsletter Contest Winner**Our newsletter has a name - **Village Vibes**.  Congratulations Ms. Barbara Hair!  Look to hear more in an upcoming edition. |

 |

 |
|

|  |  |
| --- | --- |
|

|  |
| --- |
| **DC HEALTH EXPANSION OF IN-HOME VACCINATION PROGRAM**Last week, DC Health announced that the District has expanded their at-home vaccination program. Previously, the program was only for residents who were unable to leave their homes. Now, any resident who prefers to get vaccinated at home – for whatever reason – can call 1-855-363-0333 to schedule a free at-home vaccination.**https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/a609039a-632b-0bac-3e8b-1f5dd71aa567.pngNew Volunteers!**We welcome two (2) new volunteers, Angela Harrison-Mitchener and Cedric Griffin.  **Volunteers - The More, the Merrier!**We still need more volunteers.  Help us reach our goal of 40 by 10/1/2021 - only 3 weeks to go!, Everyone knows someone!!  Were moving slowly but surely.  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\_for](https://kingdomcare.helpfulvillage.com/volunteer_infos/application_form)**New Area Code for DC**Area code 202 is the District. It has been our area code since 1947. Like many good things, however, we are running out of it. The North American Numbering Plan Administration has determined that we will run out of numbers in area code 202 in the middle of 2022. As a result, starting November 9, we will begin to see a new area code,771 in DC.  No numbers currently with a 202 area code will be changed by this. However, one significant change, even when calling within the 202 area code, beginning in October, you will have to dial all 10 digits (area code and telephone number), when making calls. **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/3fb5e0a5-4ba0-ba84-3ae9-b8d30d7351ef.jpgNeed Technical Support?**KCSV wants to make sure you receive technical support when you need it to operate your electronic devices - we all rely on our devices to communicate, access websites for information, connect with our family/friends and to conduct our business. To assist, KCSV is testing a partnership with “24/7 Techies”, a company that provides technical support 24 hours/day, 7 days/week.  **This partnership is on a trial basis, we will try it for a week to see if it’s of benefit and value to you, our members.**How do you use the service?  It’s simple: (1) you have a problem (2) dial 775-800-4178 (3) hold to be connected to a technician who will help you with your problem.**We hope you will use the service and please let us know what you think!** |

 |

|  |  |
| --- | --- |
|

|  |
| --- |
| https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/dbc99755-1fcb-d931-9783-88f867fe77cd.jpg**Happy Birthday to those born in the month of SEPTEMBER!** 9/1 - Betty Baten9/22 - Delores Clay9/26 - Patricia BoBo9/26 - Guleford BoBo |

 |

|  |  |
| --- | --- |
|

|  |
| --- |
| https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/2d37f73e-cfe7-7bd1-55de-e0e90ad5ea58.jpgComplete 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: Continued****7 Common Diseases of Aging and How to Lower Your Odds of Getting Them**The normal aging process is comprised of a multitude of subtle physical changes. You may notice that your hair is turning grey, you don't see as well as you used to, your skin is getting more wrinkled, and you often forget details like where you left your car keys. These types of changes are normal and are no cause for alarm.However, getting older also makes people more susceptible to more serious medical issues. For example, common elderly health problems include hearing impairments and high blood pressure. But you don't have to accept poor health as the inevitable result of aging. In many cases, age-related diseases can be prevented by maintaining a healthy lifestyle. You keep healthy when aging by exercising regularly, eating a well-balanced diet, managing stress, and avoiding cigarettes and alcohol.Some of the most common diseases of old age are arthritis, diabetes, flu, heart disease, cancer, [dementia](https://www.greatseniorliving.com/health-wellness/dementia), and osteoporosis. Here are more details on each one, along with what you can do to protect yourself:**Arthritis**Arthritis is a blanket term for a variety of disorders that involve inflammation in the joints. The condition can cause pain, stiffness, and decreased range of motion. The [Centers for Disease Control and Prevention](https://www.cdc.gov/arthritis/data_statistics/arthritis-related-stats.htm) (CDC) says arthritis affects about half of all adults over age 65.**How to reduce your risk**: Be kind to your joints by using proper lifting techniques and keeping your arms and legs well supported when you sit. Eat foods rich in antioxidants, such as herbs and fresh fruits. Maintain a healthy weight to help take any strain off your knee and hip joints. And participate in regular exercise that includes strengthening routines and low-impact aerobic activities (such as swimming or [yoga for seniors](https://www.greatseniorliving.com/articles/yoga-for-seniors)) to help you stay strong and flexible.**Diabetes**Diabetes is a condition that occurs when you have excess levels of blood sugar. Type 2 diabetes, in which cells cannot use insulin properly, commonly affects older adults. According to the [American Diabetes Association](https://www.diabetes.org/resources/statistics/statistics-about-diabetes) more than 14 million Americans over the age of 65 suffer from diabetes.**How to reduce your risk:*** Keep extra pounds off, especially around your waistline.
* Eat a healthy diet that includes a variety of vegetables and fruits and stay away from foods and beverages high in added sugar.
* Try to make a habit of going for a brisk walk—being physically active can lower your chances of getting diabetes.

**Flu and pneumonia**Respiratory illnesses like flu and pneumonia are common in old age and cause body aches, fatigue, sore throat, cough, and chills. While anyone can come down with flu or pneumonia, older adults have weaker immune systems that make them more vulnerable to these illnesses. Seniors are also at high risk of developing serious complications from such conditions.**How to reduce your risk:*** Steer clear of people who are ill.
* Wash your hands frequently with warm soapy water.
* Try not to touch your nose, eyes, or mouth.
* Get a flu shot each year; if you're over 65, ask your healthcare provider about the high-dose flu vaccine or adjuvanted flu vaccine, which can provide stronger protection.
* Consider getting a pneumococcal vaccine to protect yourself against pneumonia and meningitis.

**Heart disease**Heart disease refers to a range of conditions that interfere with the heart's normal functioning, from clogged arteries to disturbances in the heart's rhythm. According to a [National Vital Statistics System](https://www.cdc.gov/nchs/data/nvsr/nvsr68/nvsr68_06-508.pdf) report, heart disease is the number one cause of death among Americans over age 65.**How to reduce your risk:*** Eat a balanced diet that includes lots of vegetables.
* Limit your alcohol intake.
* Avoid foods with high amounts of sugar and saturated fat.
* Be physically active.
* Do not smoke.
* Keep your blood pressure under control.
* Aim to maintain a healthy weight and watch your waistline—excess fat around your middle can raise your odds of developing heart disease.
* Learn about [safe weight loss for seniors](https://www.greatseniorliving.com/articles/losing-weight-after-60) if your doctor thinks you need to shed some pounds.

**Cancer**As you age, your risk of developing cancer increases, even if you have no family history of the disease. Breast, skin, prostate, and stomach cancers all become more common as people get older. [More than 85 percent](https://www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/annual-cancer-facts-and-figures/2018/cancer-facts-and-figures-2018.pdf) of cancers diagnosed in the U.S. are in people who are at least 50 years old.**How to reduce your risk*** Get at least half an hour of physical activity each day.
* Avoid cigarettes and try to limit your exposure to secondhand smoke.
* Base your diet around vegetables, fruits, and whole grains.
* Stick to moderate alcohol consumption.
* Protect your skin from the sun.
* Make sure you see your healthcare provider for regular screening tests, such as colonoscopies or mammograms.

[Dementia](https://www.greatseniorliving.com/health-wellness/dementia)Our brains take longer to process information as we get older, and momentary lapses of memory are perfectly normal. But dementia refers to a set of symptoms that impair cognitive abilities to the extent that they interfere with day-to-day life. Such symptoms are not a normal part of the aging process. Alzheimer's disease is the most common type of dementia, but there are others. The [National Institute on Aging](https://www.nia.nih.gov/health/what-dementia-symptoms-types-and-diagnosis) notes that up to 50 percent of adults over age 85 may suffer from some form of dementia.**How to reduce your risk**:* Adopt a regular [exercise routine](https://www.greatseniorliving.com/health-wellness/senior-exercise) that includes activities like swimming, walking, or [yoga](https://www.greatseniorliving.com/articles/yoga-for-seniors).
* Maintain your weight within a healthy range.
* Eat plenty of fruits and vegetables.
* Limit your intake of alcohol.
* Don't smoke.
* Keep both your blood pressure and stress level under control.
* Stay [socially active](https://www.greatseniorliving.com/health-wellness/social-well-being) and stimulate your brain by pushing yourself to learn new things.

**Osteoporosis**Osteoporosis is a disease in which the bones lose mass or density and become brittle and weak. People often have no symptoms until they fracture or break a bone (typically in the spine, hip, or wrist). People can get osteoporosis at any age, but it's much more common in older adults, particularly postmenopausal women.**How to reduce your risk**:* Engage in resistance or weight-bearing exercises like [yoga](https://www.greatseniorliving.com/articles/yoga-for-seniors), [tai chi](https://www.greatseniorliving.com/articles/tai-chi-for-seniors), weight lifting, or water aerobics to keep your bones strong.
* Get plenty of vitamin D and calcium.
* Don't smoke or drink heavy amounts of alcohol.
* Check with your healthcare provider to see if a bone density test would be appropriate for you.

Stay Tuned - Next weeks topic "4 Tips on Aging in Place" |

 |

|  |  |
| --- | --- |
|

|  |
| --- |
| **UPCOMING EVENTS**KCSV - Fun Day ( Cheer Up Wellness, Inc) - ZoomThursday, September 16th - 3:00pmMedical 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- ZoomTuesday, September 28th - 3:00pmKCSV Helpful Village Website Training with Director - Kathy PointerWednesday, September 29th - 3:00pm |

 |

|  |  |
| --- | --- |
|

|  |
| --- |
| **Stay Tuned!** |

 |

 |