|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | | |  | | --- | | https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/50a41f85-4bc4-a616-25f6-9c8642377bdc.jpg | |  |  |  | | --- | --- | | |  | | --- | | October 19, 2021 | |  |  |  | | --- | --- | | |  | | --- | | https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/08a01e85-329d-cd7e-4a22-c134a6f565fa.png  **Helpful Village Website Training (for Members and Volunteers)** Come learn about our member and volunteer Website through Helpful Village.  Let's us show you around so you can access and register for events, read current news, pay member dues, accept volunteer requests, review our vetted service providers and so much more.  Hope to see you!   * Wednesday, October 20 @ 3:00 pm * Thursday, November 18 @ 2:00 pm   Join Zoom Meeting https://us02web.zoom.us/j/86541337808?pwd=UHRMcGVieGZSUnQrUThhb3JjS0xrdz0 | |  |  |  | | --- | --- | | |  | | --- | | **All About Medicare and Medicaid  Next  Monday, October 25 on Zoom from 3 - 5 P.M.** What is covered by Medicare? What is Medicaid and how do you qualify for it? What is the difference between a Medicare Advantage Plan and a Supplemental Plan? What is Part D? What changes are there to Medicare and Medicaid for 2022? What changes can you make during Medicare Open Enrollment from October 15 to December 7?  At Dupont Circle Village’s October "Live & Learn" program, Chris DeYoung, from the D.C. Department of Aging and Community Living, will answer your Medicare and Medicaid questions.   You ***must***register by ***Sunday night, October 24***. [Registration link here](https://capitolhillvillage.us7.list-manage.com/track/click?u=9bfe44a14b406ac0bb75ef5fe&id=4170fcdf53&e=ce23f70719).   This program is sponsored by Dupont Circle Village, who have extended an to KCSV members.  For questions, contact Ann V. Talty, 202-436- 5252 or admin@dupontcirclevillage.org | |  |  |  | | --- | --- | | |  | | --- | | **KCSV Walkers** | |  |  |  | | --- | --- | | |  | | --- | | https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/7ddfe28e-ec51-9a93-b37f-ee3c1ba3a9c3.jpg | |  |  |  | | --- | --- | | |  | | --- | | **Magnificent Monday Walk!  Come on, walk with us.** Join in every Monday and Thursday as weather permits.  Walking increases strength, brain health, helps regulate blood pressure, diabetes and generally promotes a healthy mind, body, and spirit.  Contact Ms. Estella Moses, 202-277-1144 for more information.  Don’t miss this! **DC Members, request a free Lyft Ride to participate!!** | |  |  |  | | --- | --- | | |  | | --- | | **https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/42f8e728-d098-3230-9ddc-53a5fb24fc04.jpg** **Welcome new volunteer, Linda Williams!  Orientation Session, 7:00 pm, Thursday, October 28** Volunteers, we need to hear from you.  If you have not done so, please confirm your attendance for our Volunteer Orientation Session scheduled, for 7:00 pm, next Thursday, October 28th. Join Zoom Meeting https://us02web.zoom.us/j/87003331132?pwd=UlV5MDlUYjRvdSs1SlVyby9OMFA2UT09 Call-In: 301-715-8592 Meeting ID: 870 0333 1132 Passcode: 365441  https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/7fccdcae-0da1-8822-ca50-7faab2bb9cbe.jpg **Don't Forget to Fall Back 1 Hour! Mark Your Calendar Sunday, November 7th, 2:00am**  **Join us for Tai Chi/Qigong Wednesday, October 25th @ 5:00pm.** https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/e457224c-f899-d946-85be-377f1102e3ea.jpg Want to Increase your strength and help areas of stiffness and arthritis? The Program will focus on developing strength, balance, coordination and mental relaxation through the use of the traditional practice of Tai Chi and Qigong.  Tai Chi dates back 450 years and Qigong over 5 centuries - both forms of Chinese wellness focus on energy and movement.  Our instructor, Sifu Terence Nicholson,  is a 4th Duan Disciple of the Wudang Longmen (Dragon’s Gate) Kung Fu Lineage and has been competing and training since 1994. In 2018, he won The World Championship in Internal Martial Arts while representing the United States  https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/5cb99c04-7632-d4c0-7588-8c63a4215abe.png **Kingdom Care Senior Village Food Pantry.** Need food? Come by the food pantry every Tuesday's between 9:00am - 10:00am.  **Have a story or an article to share,  information you’d like to share with our KCSV family, a great joke or a tasty recipe?  If so, contact Sabrina Hopps our newsletter administrator,**[Sabrina.hopps@ymail.com](mailto:Sabrina.hopps@ymail.com)**or 202-421-0769.**  **New Area Code**  **Area code 2**02 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. | | |
| |  |  | | --- | --- | | |  | | --- | | https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/dbc99755-1fcb-d931-9783-88f867fe77cd.jpg **Happy Birthday to those born in the month of OCTOBER!**  10/12 - Sharon Cook  10/25 - Patricia Carroll 10/30 - Richard Carthorne | |  |  |  | | --- | --- | | |  | | --- | | 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. | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/7e68975e-57d0-8179-181d-b2d8f225a748.jpg Aging: What’s Art Got To Do With It?**  **By Barbara Bagan, PhD, ATR-BC** *Creative art pursuits provide older adults with multiple benefits, not the least of which is enhanced cognitive function.* Throughout history, artists have known that art provides benefits for both the creator and viewer. Current studies in the fields of art therapy, music therapy, and other creative modalities confirm that art can affect individuals in positive ways by inducing both psychological and physiological healing. We know that, in general, exercising our creative selves enhances quality of life and nurtures overall well-being. We all are creative—not just a select few.  Less well known is the effectiveness of incorporating expressive arts into programs for older adults and patients who are diagnosed with Alzheimer’s disease, Parkinson’s disease, and other chronic degenerative diseases. Recent clinical research validates what some professionals and others who work with older adults have known for years—that making art is an essential, vital component of activities that offer a wide range of health benefits. Several studies show that art can reduce the depression and anxiety that are often symptomatic of chronic diseases. Other research demonstrates that the imagination and creativity of older adults can flourish in later life, helping them to realize unique, unlived potentials, even when suffering from Alzheimer’s or Parkinson’s disease.  Erik Erickson’s eighth and last stage of psychological development culminates in an integration of the individual’s past, present, and future to confront the conflict between integrity and despair. The result can be either despair or wisdom. When older adults pursue activities that are based in meaning, purpose, and honesty, they can attain the wisdom and integrity about which Erickson writes rather than experiencing longing and despair. Therapeutic art experiences can supply meaning and purpose to the lives of older adults in supportive, nonthreatening ways.   Neurological research shows that making art can improve cognitive functions by producing both new neural pathways and thicker, stronger dendrites. Thus, art enhances cognitive reserve, helping the brain actively compensate for pathology by using more efficient brain networks or alternative brain strategies. Making art or even viewing art causes the brain to continue to reshape, adapt, and restructure, thus expanding the potential to increase brain reserve capacity.  According to Bruce Miller, MD, a behavioral neurologist at University of California, San Francisco Medical Center, while brains inevitably age, creative abilities do not necessarily deteriorate. Actually, the aging brain responds well to art by allowing the brain’s two hemispheres to work more in tandem. This ability to use one’s creativity throughout a lifetime and the impact of crystallized intelligence gained from the years of accumulated knowledge and life experiences, help to cultivate the aging, creative brain.    **Stay Tuned: Next Week Art’s Positive Effects** | | |  |  |  | | --- | --- | | |  | | --- | | https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/3a0dabb4-ddd9-94c2-f387-5f8d4e0b928c.jpg  **Wednesday, 20th @ 3:00pm - Helpful Village Website Training  Thursday, 21st  @ 1:00pm – Dancing Away the Blues**                                            Arts for the Aging   **Monday, 25th  @ 3:00pm - 5:00pm -  All About Medicare and Medicaid**  **Wednesday, 27th @ 5:00pm – Tai Chi/Qigong**                                               Terence Nicholson, Instructor   **Thursday, 28th  @ 7:00pm – KCSV Volunteer Orientation- Phone & zoom**                                                 Kathy Pointer, Director | |  |  |  | | --- | --- | | |  | | --- | | **Before the ink dry!** | | |