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| |  |  | | --- | --- | | |  | | --- | | https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/50a41f85-4bc4-a616-25f6-9c8642377bdc.jpg | |  |  |  | | --- | --- | | |  | | --- | | November 10, 2021 | |  |  |  | | --- | --- | | |  | | --- | | **Join us Today at 5:00pm for Tai Chi and Qigong** 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://us02web.zoom.us/j/81594214673?pwd=YUdPdTMrV1B4T2hXN1RIU1I0NE1ZUT09 ID: 81594214673 PASSWORD: 426153 | |  |  |  | | --- | --- | | |  | | --- | | **KCSV Members Meeting at Golden Corral - Tomorrow!!!** **https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/86953860-068b-89ab-4de0-e79955c3c252.png** In this busy world, togetherness helps in the peace of mind and food removes the hunger, hence let’s make this day special as we invite you to join us at Golden Corral!  For those of you who are riding on the bus, we ask that you be at Greater Fellowship Full Gospel Baptist Church no later than 10:45am. The bus will depart from the church at 11:00am sharp!   2800 Crain Hwy, Waldorf, MD 20601   **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!   * Thursday, November 18 @ 2:00 pm   Join Zoom Meeting https://us02web.zoom.us/j/86541337808?pwd=UHRMcGVieGZSUnQrUThhb3JjS0xrdz0  **THANK YOU KCSV VOLUNTEERS!!!** https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/ac71b50a-0e93-682a-663d-9424430b36d3.jpeg https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/bb5a1bd5-75c9-f3a0-c5e8-41006d56750f.jpeg  *Everybody can be great. Because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and your verb agree to serve...You don't have to know the secod theory of thermodynamics in physics to serve. You only need a heart full of grace. A soul generated by love.*-- Martin Luther King Jr.     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 between 9:00am - 10:00am.   **Compassion and Caring Presentation will be rescheduled - watch for a new date and time.** https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/d578e0bf-58e1-63a7-4e45-c65532abf412.png A discussion as we all face the reality of aging and the need to prepare for the future. | |  |  |  | | --- | --- | | |  | | --- | | **KCSV Wellness Walkers - Come on and walk with us!** | |  |  |  | | --- | --- | | |  | | --- | | As the weather has changed, we’ve moved Wellness Walking to an inside facility!  Join us at Southern Regional Sports Complex 7007 Bock Road.  DC residents, no transportation worries, request a free Lyft ride.  **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 NOVEMBER!**  11/2 - Jacalyn Lashley Ward. 11/8 - Agnes Holt 11/14 - Patty Eldridge 11/28 - Deborah Spriggs | |  |  |  | | --- | --- | | |  | | --- | | 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. | |  |  |  | | --- | --- | | |  | | --- | | **Stress, depression and the holidays: Tips for coping**  *Stress and depression can ruin your holidays and hurt your health. Being realistic, planning ahead and seeking support can help ward off stress and depression.*  The holiday season often brings unwelcome guests — stress and depression. And it's no wonder. The holidays often present a dizzying array of demands — cooking meals, shopping, baking, cleaning and entertaining, to name just a few. And if coronavirus disease 2019 (COVID-19) is spreading in your community, you may be feeling additional stress, or you may be worrying about your and your loved ones' health. You may also feel stressed, sad or anxious because your holiday plans may look different during the COVID-19 pandemic.  But with some practical tips, you can minimize the stress that accompanies the holidays. You may even end up enjoying the holidays more than you thought you would.  **Tips to prevent holiday stress and depression**  When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past.   1. **Acknowledge your feelings.** If someone close to you has recently died or you can't be with loved ones for other reasons, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season. 2. **Reach out.** If you feel lonely or isolated, seek out community, religious or other social events or communities. Many may have websites, online support groups, social media sites or virtual events. They can offer support and companionship.   If you're feeling stress during the holidays, it also may help to talk to a friend or family member about your concerns. Try reaching out with a text, a call or a video chat.  Volunteering your time or doing something to help others also is a good way to lift your spirits and broaden your friendships. For example, consider dropping off a meal and dessert at a friend's home during the holidays.   1. **Be realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children or other relatives can't come to your home, find new ways to celebrate together, such as sharing pictures, emails or videos. Or meet virtually on a video call. Even though your holiday plans may look different this year, you can find ways to celebrate. 2. **Set aside differences.** Try to accept family members and friends as they are, even if they don't live up to all of your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression, too. 3. **Stick to a budget.** Before you do your gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts.   Try these alternatives:   * + Donate to a charity in someone's name.   + Give homemade gifts.   + Start a family gift exchange.  1. **Plan ahead.** Set aside specific days for shopping, baking, connecting with friends and other activities. Consider whether you can shop online for any of your items. Plan your menus and then make your shopping list. That'll help prevent last-minute scrambling to buy forgotten ingredients. And make sure to line up help for meal prep and cleanup. 2. **Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity. If it's not possible to say no when your boss asks you to work overtime, try to remove something else from your agenda to make up for the lost time. 3. **Don't abandon healthy habits.** Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt.   Try these suggestions:   * + Have a healthy snack before holiday meals so that you don't go overboard on sweets, cheese or drinks.   + Eat healthy meals.   + Get plenty of sleep.   + Include regular physical activity in your daily routine.   + Try deep-breathing exercises, meditation or yoga.   + Avoid excessive tobacco, alcohol and drug use.   + Be aware of how the information culture can produce undue stress, and adjust the time you spend reading news and social media as you see fit.  1. **Take a breather.** Make some time for yourself. Find an activity you enjoy. Take a break by yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.   Some options may include:   * + Taking a walk at night and stargazing   + Listening to soothing music   + Reading a book  1. **Seek professional help if you need it.** Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.   **Take control of the holidays**  Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown. With a little planning and some positive thinking, you can find peace and joy during the holidays. | |  |  |  | | --- | --- | | |  | | --- | | https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/3a0dabb4-ddd9-94c2-f387-5f8d4e0b928c.jpg Tue, 11/9/21 @ 3:00pm Compassion and Caring - You Still Have Choices. A discussion as we all face the reality of aging and the  need to prepare for the future.   Wed, 11/10/21 @ 5:00pm KCSV Tai Chi/Qigong  Thu/ 11/11/21 @ 12:00pm KCSV Members Meeting at Golden Corral Waldorf, Maryland  Thu, 11/11/21 @ 1:00pm Meditation and Mindfulness Session Sponsored By: Sibley Senior Association  Thu, 11/11/21 @ 5:00pm Community Yoga Sponsored By: Sibley Senior Association  Mon, 11/15/21 @ 9:30am KCSV Wellness Walkers  Mon, 11/15/21 @ 5:00pm Community Yoga Sponsored By: Sibley Senior Association  Tue, 11/16/21 @ 9:00am KCSV Food Pantry  Tue, 11/16/21 @ 11:00am Meditation and Mindfulness Sponsored By: Sibley Senior Association  Tue, 11/16/21 @ 3:00pm KCSV Chair Exercise  Thu, 11/18/21 @ 9:30am KCSV Wellness Walkers  Thu, 11/18/21 @ 1:00pm Mediation and Mindfulness Sponsored By: Sibley Senior Association  Thu, 11/18/21 @ 2:00pm KCSV Helpful Village Training ( Members and Volunteers)  Thu, 11/18/21 @ 5:00pm Community Yoga Sponsored By: Sibley Senior Association  Mon, 11/22/21 @ 9:30am KCSV Wellness Walkers  Mon, 11/22/21 @ 5:00pm Community Yoga Sponsored By: Sibley Senior Association  Tue, 11/23/21 @ 11:00am Meditation and Mindfulness Sponsored By: Sibley Senior Association  Mon, 11/29/21 @ 9:30am KCSV Wellness Walkers  Mon, 11/29/21 @ 5:00pm Community Yoga Sponsored By: Sibley Senior Association  Tue, 11/20/21 @ 9:00am KCSV Food Pantry  Tue, 11/30/21 @ 11:00am Meditation and Wellness Sponsored By: Sibley Senior Association  Tue, 11/30/21 @ 5:00pm KCSV Tai Chi/Qigong | |  |  |  | | --- | --- | | |  | | --- | | **One Moment Please!** | | |