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| |  |  | | --- | --- | | |  | | --- | | https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/50a41f85-4bc4-a616-25f6-9c8642377bdc.jpg | |  |  |  | | --- | --- | | |  | | --- | | November 16, 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!   * Thursday, November 18 @ 2:00 pm   Join Zoom Meeting https://us02web.zoom.us/j/86541337808?pwd=UHRMcGVieGZSUnQrUThhb3JjS0xrdz0  **https://mcusercontent.com/f61152ebe49ab669a704e18bf/_compresseds/fe997be9-d167-51ed-6df0-4844a43f80ed.jpg Counting Down the Top Scams of 2021 targeting older adults in our communities. The Zoom session will be held on December 7th from 11am to 12pm.** Attendees will learn how to spot, avoid and report scams from Community Service Officers Dana Stroman and Demond Johnson from Montgomery County Police Department, and from Sergeant Andréa Sheehan from the Financial Crimes, Cyber Crime, and Pawn Unit of the Prince George’s County Police Department.   You must register attend -  [Register now online](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.smithlifecommunities.org_event_counting-2Ddown-2Dthe-2Dtop-2Dscams-2Dof-2D2021_&d=DwMFAw&c=euGZstcaTDllvimEN8b7jXrwqOf-v5A_CdpgnVfiiMM&r=02xtmo_tSrUWeCTQHN4dYASbmu_m3wQS8Pqs6Gr8pUk&m=emXzD3xFOszdyrAMOPPa3IiOai7CfJu0dU3lMhENm0M&s=JqoA5gblqvRL2J5p6sqfrdvw1-4WrOweaY_ZSlpPbtA&e=).  **https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/c5b09deb-26ab-76ad-6f4c-88bab7a8d2d2.png Learn more about the federal Emergency Broadband Benefit Confirm your eligibility today — no credit check required  To ALL Xfinity Internet customer's, we want to inform you that you may qualify to temporarily receive up to $50/month toward your Internet service and leased Internet equipment through the federal Emergency Broadband Benefit (EBB) program.**  It’s easy to check to see if you are eligible for EBB.   * Just complete the eligibility form with the federal National Verifier by clicking [here](https://emails.xfinity.com/pub/cc?_ri_=X0Gzc2X%3DAQpglLjHJlYQGjNNLELq7zcavvTfNOyze5AOdGPRUOGGzeWyhs2JwpzfryUgcFi7gpRoYvOVXtpKX%3DUUDSCDYY&_ei_=Eg6hiIRZ6IbTRQzpp7EgfWDv5wmb7wtZr_HKt4Y9565l73Y_PqZSaCEhvHs0mzNqB-gBgO3tuO3UzGxLd8-XUq76ZMc933xI6KE-OcN9i_7_vZ1nKFQzNpaL4RiL4mq9EVMPiKUuIvZ1-C7EueUx93j3AWdBkwiySvm3Wlrek5TbNSq4QlcqZ1RtgL7dRdv-9GS4g2s9eKdBqDRigKS--j9khwQCjoVISTs45HkTRVZmT6t9ujIg1GtchL_A5KVatmi9TfDyGrPphvF1UbjFM4fVDHUJfzFaws4gLm-YsFuzD7IBrFhQpgT4D1756YliTfTn3X6eLkQV4cUQFduIR-_BFKWm8jJxrgEMvaWCDCdLuBYspwsjd5E2hx9OFc1jx6KCvL7OLFUpKxahAkjjoWvdv3i3Zs5Le7_KUnPyc77ovbg2sJuX3txW2PCObZx0SXq7YQoY0W0rsC1agfhUR5Viy7IAAlUoN9hyuULy3NxhOaUWeocmQSD7Cc9K11ZuGbdbfMPEM5iQGVDp2YhLBOT2evnkpHHdxWFTUnWe4dpxziuc5wdve5vbJqMwqd6oUdiU6ffYWuFBp7MJ6prYMMGx8uZ4Cr9AL2Vjlp88a-2YtirBSGz42-ci-0RGEk5mKteK_ydxImK0gRNWpFIJA3euf8Ao9TSgAITNICBR2KbO7vONM4XGpUspPhpgU4sA2Y-TpswLgz-5zawJ.&_di_=cc1ck4inc48mvvgp0hnbvklc681ejf8o7fjqe142m0f8u7hr30p0). No credit check is required! * If you are eligible, please make sure you keep your National Verifier application ID number on hand – you’ll need this to enroll in EBB through Xfinity, which you can do by visiting [www.xfinity.com/ebb](https://emails.xfinity.com/pub/cc?_ri_=X0Gzc2X%3DAQpglLjHJlYQGjNNLELq7zcavvTfNOyze5AOdGPRUOGGzeWyhs2JwpzfryUgcFi7gpRoYvOVXtpKX%3DUUDSCDBY&_ei_=Eg6hiIRZ6IbTRQzpp7EgfWDv5wmb7wtZr_HKt4Y9565l73Y_PqZSaCEhvHs0mzNqB-gBgO3tuO3UzGxLd8-XUq76ZMc933xI6KE-OcN9i_7_vZ1nKFQzNpaL4RiL4mq9EVMPiKUuIvZ1-C7EueUx93j3AWdBkwiySvm3Wlrek5TbNSq4QlcqZ1RtgL7dRdv-9GS4g2s9eKdBqDRigKS--j9khwQCjoVISTs45HkTRVZmT6t9ujIg1GtchL_A5KVatmi9TfDyGrPphvF1UbjFM4fVDHUJfzFaws4gLm-YsFuzD7IBrFhQpgT4D1756YliTfTn3X6eLkQV4cUQFduIR-_BFKWm8jJxrgEMvaWCDCdLuBYspwsjd5E2hx9OFc1jx6KCvL7OLFUpKxahAkjjoWvdv3i3Zs5Le7_KUnPyc77ovbg2sJuX3txW2PCObZx0SXq7YQoY0W0rsC1agfhUR5Viy7IAAlUoN9hyuULy3NxhOaUWeocmQSD7Cc9K11ZuGbdbfMPEM5iQGVDp2YhLBOT2evnkpHHdxWFTUnWe4dpxziuc5wdve5vbJqMwqd6oUdiU6ffYWuFBp7MJ6prYMMGx8uZ4Cr9AL2Vjlp88a-2YtirBSGz42-ci-0RGEk5mKteK_ydxImK0gRNWpFIJA3euf8Ao9TSgAITNICBR2KbO7vONM4XGpUspPhpgU4sA2Y-TpswLgz-5zawJ.&_di_=2fqr4gppgp5h51f05sq0kirgdfftqobbcju7ktdk54b8h2kstj90).   Once your enrollment in EBB through Xfinity is confirmed, we’ll apply a bill credit toward your Internet service. Although the government has not yet announced a program end date, we’ll provide you with at least 30-days’ notice before the program concludes, at which point the regular monthly charge for Internet will resume, unless you choose to cancel your service.  **Need a Mobile Telephone or would like a Backup Phone?** Assurance Wireless provides free phones through a government-sponsored program. Quick and Easy sign-up and on-the-spot receipt of a new phone. 300 hours/month. To qualify: (1) Receive Federal Benefits (SSI, Medicaid or SNAP), (2) ID address must match your benefits address. Contact Sabrina Hopps (202-421-0769)  for more is interested.   **Program Coordinator and KCSV member, Ms. Gloria Baines. Ms Gloria - you will be missed, safe travels.** https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/45873c24-342e-e6aa-f431-c6df22a76454.jpg    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. | |  |  |  | | --- | --- | | |  | | --- | | **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.  **REMINDER - New Area Code** Area code202 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  last week, November 9th, a new area code,771 was put into use in DC.  No numbers with a 202 area code were changed by this. However, one significant change, even when calling within the 202 area code, starting last month, you will have to dial all 10 digits (area code and telephone number), when making calls. | | |
| |  |  | | --- | --- | | |  | | --- | | **KCSV LUNCH OUTING 11/21 IT WAS GREAT TO SEE YOU ALL! THANKS FOR COMING!!!!!** | |  |  |  | | --- | --- | | |  | | --- | | https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/217bfd79-8f5e-6e68-0f5b-b8be9f3386f0.jpg | | | |  | | --- | | https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/68dd37f8-88ce-939d-eeb6-bf65d5299d53.jpg |  |  | | --- | | https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/7947abeb-ca0e-798f-aa8b-cb3754073933.jpg | | | |  | | --- | | https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/16513a7a-e1aa-95d7-9bfc-e53b619fe3d8.jpg |  |  | | --- | | https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/80941162-f713-59b3-8ad2-1b789fa6b655.jpg | |  |  |  | | --- | --- | | |  | | --- | | https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/3ca2a939-8ec2-8a56-ed99-0c8d720bb8e0.jpg | | | |  | | --- | | https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/94fef076-7fda-c28b-1cab-022408e40e6c.jpg |  |  | | --- | | https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/012107c4-036f-4ef8-b7d0-deaef70e681f.jpg | | | |  | | --- | | https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/282c1c6f-0d5a-8867-b464-d10b34a9e1a1.jpg |  |  | | --- | | https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/c4be2018-f046-79f9-ecca-6e99344f1073.jpg | |  |  |  | | --- | --- | | |  | | --- | | https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/26a7441f-7361-90b1-69e6-67b2bdcffd7a.jpg | |  |  |  | | --- | --- | | |  | | --- | | 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) | |  |  |  | | --- | --- | | |  | | --- | | **8 Holiday Health Tips for Seniors** The holiday season is kicking into full-swing, which means time spent with family and friends, giving back, and great food. It can also be a season of over-indulgence and busy travel schedules, which ultimately could leave your waistline and health at risk. Don’t miss this essential list of holiday health tips for seniors:  **Keep Moving**  Whether you’re crashing on the couch after Thanksgiving dinner to enjoy some football or watching your favorite Christmas movie with the grandkids, it’s easy to find yourself frequently sitting down during the holiday season. You want to burn all the extra energy (calories) you are consuming, make sure to keep moving! That might mean taking a walk after a big dinner, taking stairs instead of elevators, and finding active things to do with family and friends, i.e. go to the local holiday parade and walk around instead of watching it on TV.  **Prevent Infection**  There are a handful of ways to fortify your immune system against infection during cold and flu season. These include getting appropriate vaccines in a timely manner (for influenza, pneumonia, etc.), as well as practicing above-and-beyond hygiene like washing hands frequently, disinfecting commonly-used surfaces like doorknobs, and taking hand sanitizer and tissues with you on the go.  **Avoid Excess**  It’s not just rich food and countless sweets that can pack on the pounds this holiday season, alcohol can also be a major culprit. You can still enjoy your favorite beverages, just be mindful of how alcohol consumption affects your body - it can dehydrate you, it puts added strain on your liver and kidneys, and it adds hundreds of unnecessary calories to your diet. Practice moderation, keep up with water intake while imbibing, and avoid high-calorie beers and drinks mixed with sugar-laden additives.  **Plan for Exercise**  It’s easy to let your workout routine get sidelined by holiday travel. Whether you’re visiting one of your children at their home or staying in a hotel, plan ahead to keep up with some form of physical activity (at least 30 minutes a day for 5 days a week) by scheduling daily walks, packing resistance bands to use at your destination, or taking advantage of the indoor hotel pool. Don’t forget to pack the aids which support healthy pain-free exercise too like a brace to manage knee swelling or compression stockings to promote good circulation.  **Hydrate Often**  Between alcohol consumption at holiday dinners and the cool, dry air outside pulling moisture out of your skin, this season can be a quick ticket to becoming dehydrated. Make sure you are drinking plenty of water throughout each day with smart tips like consuming a full glass of water each time you use the restroom, eating lots of water-rich foods like stews and soups, and carrying a reusable water bottle with you when you leave the house.  **Prevent Falls**  Getting out and about more during the holidays combined with inclement weather conditions like snow, ice, and sleet can spell disaster for seniors who are at a higher risk of falling. No matter where your holiday fun takes you, make sure you are guarding yourself against falls by utilizing mobility aids recommended by your doctor, asking for assistance when walking over ice or snow, and employing helpful transfer tools when getting in and out of the car (like swivel seats and car caddies).  **Stick with Your Sleep Schedule**  While it is fun to stay up late catching up with old friends or family, getting off of your regular sleep schedule can be dangerous. Not only has it been shown that even as little as a few nights of sleep deprivation can impair cognitive functioning, but lack of sleep has also been linked to dehydration, high blood pressure, and insulin resistance. As much as possible, stick with your routine bed and wake times and aim to get 7 to 9 hours of quality sleep a night.  **Make Healthy Cooking Choices**  Salty, sweet, buttery, crispy . . . the descriptions of holiday food, while enticing, also reveal some of the problems they can cause. Over-consumption of salty, sugary, fried, processed and fatty foods can exacerbate existing health conditions, amplify joint inflammation, and lead to unwanted weight gain. Make healthy cooking choices this holiday season by substituting saturated fats (like butter) for unsaturated fats (like olive oil), replacing salt with flavorful spices in savory dishes, and using sugar-free sweeteners like Stevia in your baked good. | |  |  |  | | --- | --- | | |  | | --- | | https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/3a0dabb4-ddd9-94c2-f387-5f8d4e0b928c.jpg  Tue, 11/16/21 @ 3:00pm KCSV Chair Exercise  Tue, 11/16/21 @ 3:00pm Allyship- The Power To Stamp Out Oppression Sponsored By: Sibley Senior Association  Wed, 11/17/21 @ 7:00pm Stroke Prevention Sponsored By: New Morning Star Baptist Church and Sibley Memorial Senior Association  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, 11/30/21 @ 11:00am Meditation and Wellness Sponsored By: Sibley Senior Association  Tue, 11/30/21 @ 5:00pm KCSV Tai Chi/Qigong | |  |  |  | | --- | --- | | |  | | --- | | **One Moment Please!** | | |