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| |  |  | | --- | --- | | |  | | --- | | https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/50a41f85-4bc4-a616-25f6-9c8642377bdc.jpg | |  |  |  | | --- | --- | | |  | | --- | | December 1, 2021 | |  |  |  | | --- | --- | | |  | | --- | | **We Hope Each of You and Your  Family Had an Enjoyable  Thanksgiving!**  **We are truly thankful for each and**  **every one of you!** | |  |  |  | | --- | --- | | |  | | --- | | **KCSV Senior Network of Providers (SNOPs)**  In need of a service provider?  A plumber, electrician, handyman, lawncare, other?  Visit the KCSV website, [www.kingdomcarevillage.org](http://www.kingdomcarevillage.org/) and click the Preferred Service Provides tab.    KCSV is pleased to offer our Senior Network of Providers as a resource for our members.  Our SNOPs have agreed to provide services to our members at discounted prices.  Let us know if you need assistance accessing the list.   **Holiday Celebrations** https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/adb477da-a3d5-1a18-16ca-f310a6e4d2e4.jpg Join us for the following KCSV Holiday Celebrations!  \*\* 2nd Annual Christmas Musical – 7:00 pm, Friday, December 10th via Zoom (Zoom link will be provided)  \*\* KCSV Christmas Celebration– 12:30pm, Saturday, December 18th, Harmony Hall Arts Center, 10702 Livingston Road, Oxon Hill.  Due to COVID-19, RSVP required, can only accommodate 50 attendees– contact Ms. Mary or Estella Moses no later than Wednesday, December 8th.   Transportation will be provided from the Greater Fellowship Church, 814 Alabama Avenue – RSVP required as well. | |  |  |  | | --- | --- | | |  | | --- | | **COUNT DOWN UNTIL CHRISTMAS** https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/fce6024f-44cd-d4cf-fe72-a6641db6333d.jpg Activity: Make A Holiday Wreath  **Materials**   * 12″ metal ring * 72 feet of 1 1/2″ wired ribbon (24 inches of each pattern in Christmas colors)   **Instructions**   * Tie about 36 bows. * Put all bows on the metal ring but use bows made of different ribbons after each other. * Now you need only a hook to hang the wreath. | |  |  |  | | --- | --- | | |  | | --- | | **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.  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.   12/7/21 12/14/21 12/21/21 12/28/21 | |  |  |  | | --- | --- | | |  | | --- | | **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. | | |
| |  |  | | --- | --- | | |  | | --- | | https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/dbc99755-1fcb-d931-9783-88f867fe77cd.jpg **Happy Birthday to those born in the month of DECEMBER!**  12/5 - Estelle Oliver  12/8 - Bertie Bell 12/14 - Estella Moses 12/21- Joyce Ann Freeman 12/29 - Emma Tolar | |  |  |  | | --- | --- | | |  | | --- | | 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) | |  |  |  | | --- | --- | | |  | | --- | | **A Formula for Reducing Falls**  Not noticing a small patch of ice as he carried groceries on the way to his car, the 82-year-old man slipped and fell, shattering his pelvis. Forgetting that she had left her shoes in the darkened room, the 6-year-old woman tripped and fell over them, smashing her head on a table.  **According to the Centers for Disease Control and Prevention, one out of three older adults falls each year. Falls are the leading cause of both fatal and non-fatal injuries, sending millions of elderly people to emergency rooms and hospitals.**  Whether it’s due to the icy conditions outside, a cluttered home, or simply a result of old age, falls need to be avoided at all costs. As many as 30 percent of the elderly people who fall suffer moderate to severe injuries, including hip fractures and head traumas. And, even for those who are not seriously hurt, a fall can cause emotional trauma by forcing them to limit their activities and impacting on their independence.  Older adults can reduce their chances of falling by doing the following:  **• Going over your medications**  This would include discussing with a physician or pharmacist their prescription and over-the-counter medications and supplements and reviewing the side effects and interactions that may increase your risk of falling.  **• Having your eyes checked regularly**  This should be done at least once a year, with eyeglasses updated to maximize their vision.  **• Discussing with your doctor preventive things you can do**  This may involve going over any history you have of falling and the reasons for it, including dizziness, shortness of breath, lightheadedness, or joint pain. It may also include a discussion of specific things that can be done in the home to prevent falls – e.g. adding hand rails for the stairways, grab bars for the shower, a toilet seat with armrests, or extra lighting in certain areas of the home.  **• Being physically active**  Physical activity at any age can go a long way towards preventing falls. This includes walking, water workouts, tai chi, and weight bearing exercises. These exercises can help in improving strength, balance, coordination and flexibility. Any program, of course, first needs to be discussed with a physician.  **• Removing hazards in the home**  Putting an elderly person in a home strewn with obstacles is an accident waiting to happen. To make the home safe, remove boxes, newspapers, electrical cords and phone cords from walkways; secure loose rugs with double-faced tape, tracks or slip resistant backing (or remove the rugs altogether); repair any loosen wooden floor boards; apply non-skid floor wax; and use non-slip mats in the bathroom and shower.  **• Wearing sensible shoes**  This includes wearing properly-fitting shoes with non-skid soles, avoiding high heels, tying shoe laces, replacing slippers that are too loose, and never walking in stocking feet.  **• Using common sense**  This means staying home rather than venturing outside when there are snowy or icy conditions.  Should you fall, it’s important not to panic. You need to assess the situation and determine if you are hurt. Slide or crawl along the floor to the nearest couch or chair and try to get up. If you can’t, call for help. If you are alone, slowly crawl to the telephone and call 911 or relatives. Wearing a lifeline pendant around your neck at all times is a good way of preparing for the worse. | |  |  |  | | --- | --- | | |  | | --- | | https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/3a0dabb4-ddd9-94c2-f387-5f8d4e0b928c.jpg  Mon, 12/6: D.C., Transportation Workshop via zoom - 2:00pm  Mon, 12/6/21: Community Yoga - 5:00pm Sponsored By: Sibley Memorial Association via Zoom.  Tue, 12/7: Chair Exercise via zoom -3:00pm  Wed, 12/8: Funny Side of Musical Theatre via zoom - 1:00pm Sponosored By: Arts for the Aging  Thurs, 12/9: Members Walmart Shopping and Lunch - 10:00am 40 Drury Drive LaPlata, MD 20646  Fri, 12/10: 2nd Annual Christmas Musical featuring Levite Band via zoom - 7:00pm  Wed, 12/15: Tai Chi/Qigong via zoom - 5:00pm  Sat, 12/18/21: KCSV Christmas Celebration - 12:30pm Harmony Hall Arts Center 10702 Livingston Road Fort Washington, MD 20744  **Watch for upcoming events** | |  |  |  | | --- | --- | | |  | | --- | | **Until Next Time!** | | |