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| **Welcome New Member**Ms. Patty Eldridge. Ms. Eldridge heard about KCSV from an article in the Capitol News, newsletter.  She likes movies, plays and bingo!  Her favorite colors are blue and pink.  Help us welcome Ms. Eldridge!!  |

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| **https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/f5d30b93-576d-b8a2-0d96-2aeb21252112.jpg**KCSV MEMBERS AND VOLUNTEERS CELEBRATION!**UPDATE: New Date, Time and Location**Saturday, October, 9yh \* 1:00 - 4:00 pmSouthminster Presbyterian Church7801 Livingston Road \* Oxon Hill, MD 20745Plan to join us for an afternoon of fun, and of course food!**RSVP required** -- Contact Ms. Mary Moses, 240-351-9350 by 12:00 Noon, Friday, Sept. 24.Need Transportation?  Let us know.We are limited to 50 in attendance – if you have not already, please contact Ms. Mary Moses immediately to RSVP, 240-351-9350.  **Must be vaccinated and masks are mandatory.** **NEXT WEDNESDAY, 9/29 @ 3:00 pm – JOIN US FOR OUR WEBSITE TRAINING**Come learn about our new member and volunteer Website through Helpful Village.  We want to show you around so you can access and register for events, read current news, pay dues, review our vetted service providers and so much more.  Hope to see youhttps://mcusercontent.com/f61152ebe49ab669a704e18bf/images/10327afe-a35d-54c2-c9b5-63579a857572.jpg**Volunteers – We Have One More Volunteer! WELCOME Dominic Williams**We’re getting closer but still need more volunteers.  Our goal is 40 by 10/1/2021, will you help us? 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://kingdomcarevillage.us6.list-manage.com/track/click?u=f61152ebe49ab669a704e18bf&id=09556a5aaa&e=1dcd9049c9)**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. **HURRY! 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.  anyone who purchased a hearing aid from June 1, 2018-September 30, 2021 can be reimbursed up to $500. For more information or to complete an application, please visit [https://dchealth.dc.gov/service/hearing-aid-assistance-program](https://kingdomcarevillage.us6.list-manage.com/track/click?u=f61152ebe49ab669a704e18bf&id=99ca87a26f&e=1dcd9049c9). **https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/3fb5e0a5-4ba0-ba84-3ae9-b8d30d7351ef.jpgWE’RE WAITING ON YOUR CALL - Technical Support IS JUST A CALL AWAY?**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 two weeks to see if it’s of benefit and value to you, our members and volunteers.**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.** **DC HEALTH EXPANSION OF IN-HOME VACCINATION PROGRAM**DC is still providing in-home COVID vaccinations.  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. |

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| 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 |

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| 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) |

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| **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. |

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| **Aging in Place: Continued****4 Tips on Aging in Place**If you're like most people, you'd like to stay in your own home for as long as you possibly can. Here are four tips to help you age in place successfully:1. **Decide exactly where you want to live.**

The ultimate aim of aging in place is to maintain your independence and avoid moving into an assisted living facility. For most people, that means staying in their current home. But if your home has too many stairs, or you live far from public transit, or you're located too far from emergency help, consider another solution. Ideas might be to move to a different home within the same community or take up residence in an adult child's in-law suite or granny house. After all, isolation is a major issue for older adults, and maintaining [social connections](https://www.greatseniorliving.com/health-wellness/social-well-being) should be a priority when considering where you will spend your golden years. Weigh your options carefully.If you do opt to stay put, you may want to look into joining a senior "village." Villages are membership organizations in which older residents within a geographic area band together to provide services that members need to age in place, from yard work and spring cleaning to home repairs and transportation. The idea is to enjoy the benefits of a group environment while staying in your own home. Each village member pays an annual membership fee, and other able-bodied members or approved contractors provide the services. You can check for villages in your area on the [Village to Village Network website](https://vtvnetwork.clubexpress.com/). 1. **Adapt your home.**

Once you've chosen a place to live, you need to make sure it will be suitable for you. After all, a safe environment is critical to healthy aging. Home modifications can easily make a living space more accessible and comfortable for older adults. However, you need to plan ahead so that the modifications will already be in place when you need them.For instance, you might want to:* + Install [shower grab bars](https://www.amazon.com/s?k=shower+grab+bars&_encoding=UTF8&tag=gsl082019-20&linkCode=ur2&linkId=6547c52e3161a9a34e0aa01573caeacb&camp=1789&creative=9325) and [tall toilets for elderly people](https://www.greatseniorliving.com/articles/tall-toilets).
	+ Replace the tub with a walk-in shower that includes a [bench or fold-down seat](https://www.amazon.com/s?k=shower+bench+or+fold-down+seat&_encoding=UTF8&tag=gsl082019-20&linkCode=ur2&linkId=b7a07e19a46509e85b2c880540571b0a&camp=1789&creative=9325).
	+ Widen doorways to accommodate [walkers](https://www.greatseniorliving.com/articles/best-walkers-for-seniors), wheelchairs, or [mobility scooters](https://www.greatseniorliving.com/articles/mobility-scooters).
	+ Build ramps.
	+ Add [floor treads](https://www.amazon.com/s?k=floor+treads&_encoding=UTF8&tag=gsl082019-20&linkCode=ur2&linkId=bd20bd386130b2b81b502cad01cc7d65&camp=1789&creative=9325) to prevent falls.
	+ Install sliding or pocket doors rather than swing-out doors.
	+ Remove area rugs as well as any unnecessary furniture.
	+ Replace round doorknobs with [levers](https://www.amazon.com/s?k=lever+door+handle&_encoding=UTF8&tag=gsl082019-20&linkCode=ur2&linkId=600f23cf74c9906b6a3072e0c3bca88b&camp=1789&creative=9325).
	+ Add [automatic lights](https://www.amazon.com/s?k=automatic+lights&_encoding=UTF8&tag=gsl082019-20&linkCode=ur2&linkId=9e98d1248bec8eeb9c4ec72529755cee&camp=1789&creative=9325) and [touch-activated lamps](https://www.amazon.com/s?k=touch-activated+lamps&_encoding=UTF8&tag=gsl082019-20&linkCode=ur2&linkId=781e521227226f08a703350bc8408d63&camp=1789&creative=9325).
	+ Set up an [automatic pill dispenser](https://www.greatseniorliving.com/articles/best-pill-dispenser-for-seniors) in the kitchen or bedroom.
	+ Replace low kitchen cupboards with [pullout shelves and drawers](https://www.amazon.com/s?k=pullout+shelves+and+drawers2&_encoding=UTF8&tag=gsl082019-20&linkCode=ur2&linkId=d09371b4f97a87f78c74984828037da5&camp=1789&creative=9325).
	+ Raise appliances and electrical outlets.
	+ Add a lower counter area where you can sit to do food prep.
	+ Put lights in all closets.
	+ Establish a master bedroom on the ground floor and make sure there is a bathroom on each level.
	+ Install [stair lifts](https://www.amazon.com/s?k=stair+lifts&_encoding=UTF8&tag=gsl082019-20&linkCode=ur2&linkId=488ed266bc89b86671ceade7ab7b22b3&camp=1789&creative=9325) or elevators.

You can get professional advice about how to modify your home by contacting a certified aging-in-place specialist (CAPS). CAPS professionals have specialized training in designing and crafting living spaces that meet the unique needs of seniors. They can assess your home environment and advise you about accessibility issues, remodeling projects, and costs. You can find CAPS professionals by calling the [National Association of Home Builders](https://www.nahb.org/Education%20and%20Events/Education/Designations/Certified%20Aging-in-Place%20Specialist%20CAPS) at 1-800-368-5242. 1. **Explore technology solutions.**

Technology can be a key tool to keep aging-in-place seniors connected with the wider world. One study found that elderly people who used the Internet could reduce their chances of developing depression by [over 30 percent](https://pubmed.ncbi.nlm.nih.gov/24671896/). And there are many [computers and tablets](https://www.greatseniorliving.com/articles/tablets-and-computers) suitable for older adults or that can be made more senior-friendly with a few adjustments.Voice-controlled assistive devices like [Google Home](https://support.google.com/googlenest/answer/7029281?hl=en-CA) and [Amazon Echo](https://www.amazon.com/All-new-Echo-4th-Gen-Twilight-Blue/dp/B085HK4KL6/?&_encoding=UTF8&tag=gsl082019-20&linkCode=ur2&linkId=661a57aea75af679a1f0a015cf74a9b2&camp=1789&creative=9325) can allow you to set medication reminders or control your home's temperature or lighting with simple verbal commands. Such devices can also place phone calls, read books aloud, or play music. Things like video doorbells that enable you to see whoever's at the door without opening it and sensor systems that can detect falls and alert emergency contacts can be very handy for older adults who live alone. 1. **Consider hiring a companion or in-home caregiver.**

Eventually, you will probably need extra support to remain in your home, such as help with household chores or personal care. [Companion care](https://www.greatseniorliving.com/articles/companion-care) can be a good solution for seniors who need more social interaction or require help with tasks like cooking, cleaning, getting to appointments, or shopping for groceries. And [home care services](https://www.greatseniorliving.com/living-options/home-care) can assist with bathing, dressing, taking medications, and more. Using these types of services can give you the support you need to remain in your home safely. **Plan for Your Future**Aging in place is all about optimizing your environment in a way that allows you to live where you want as long as you possibly can. Healthy aging doesn't necessarily mean avoiding physical challenges, but it does mean being prepared to deal with those challenges by making the necessary modifications to your lifestyle or living space. You can help ensure that you are well-positioned to enjoy your golden years in comfort by planning ahead. |

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| **UPCOMING EVENTS**Medical 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 |

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| **See You Next Week!** |

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