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| October 12, 2021 |

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| **Join us tomorrow, Wednesday 10/13 for the first session of our Tai Chi/Qigong Wellness Program!**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. Hope to see you at 5:00 pm tomorrow on Zoom, Click on link below to join.<https://us02web.zoom.us/j/81594214673?pwd=YUdPdTMrV1B4T2hXN1RIU1I0NE1ZUT09>ID: 81594214673PASSWORD:426153  |

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| **Get in on the action with our new *Wellness Walkers* Group.** |

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|  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!**Volunteer Orientation Session, 7:00 pm, Thursday, October 28**Thank you volunteers! We look forward to seeing you on the 28th.  Please confirm your attendance if you have not already done so.  **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**or 202-421-0769.**  https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/a609039a-632b-0bac-3e8b-1f5dd71aa567.pngDelores ClaySharon CookRenee DennisPatty EldridgeDonald IsaacBeverly Roberson JacksonTanya JoynerRebecca MillardRuth PaigeMaria PowellTerry SeeneyGenevieve Stevenson**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 Meetinghttps://us02web.zoom.us/j/86541337808?pwd=UHRMcGVieGZSUnQrUThhb3JjS0xrdz09**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.   |

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| 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 Carroll10/30 - Richard Carthorne |

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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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| **Fall vs. Autumn: What Is the Difference?** After the dog days of summer, the heat finally starts to break, and the nights become longer. Farmers and gardeners harvest their fruits and vegetables, and the leaves begin to change colors and fall from the trees as we move into the fall season. Here in the Northern Hemisphere, fall starts with the autumnal equinox (the scientific name), which begins between September 21-24, and it ends with the winter solstice, which is between December 20-23 every year. But depending on where you are in the world, this season can have a different name. Here in the United States, it’s much more common to call it “fall.” However, you can use “fall” and “autumn” interchangeably. So why do we prefer to call the season “fall,” and is there a difference between fall and autumn?  Before the 16th Century, in England, it was actually referred to as “harvest”.  The season was referred to as “harvest” because people associated these months with the gathering of crops by farmers in preparation for winter storage—which typically occurred between August and November.  The word harvest is of Germanic origin and meant “picking,” “plucking, or “reaping,” all activities farmers would have been performing at this time of the year before winter.  People during this period were increasingly moving from rural farmland into larger metropolitan areas. For these city dwellers, the term “harvest” didn’t apply to their way of life. As you can imagine, it was possibly confusing given that the word harvest is also used for the act of harvesting crops. Subsequently, “autumn” and” fall” emerged as the popular terms for the season. ”Autumn” came from the Latin word “autumns”, and the Old French word “autompne” (“automne” in modern French), the origin of the word has connotations of “the passing of the year.” ”Fall” has Germanic roots and is found in Old English as “fiæll” or “feallan”, which both mean “to fall from a height.” ”Fall” became widely used in 16th Century England.By the 17th Century, English emigration to the British Colonies in North America was at its peak. The new settlers brought with them the English language, which included both the words ”fall” and ”autumn.” Since either term was used in Britain at this time, they both made it to our shores. While the exact reasons why aren’t completely clear, the term “fall” gradually fell out of favor for “autumn” in Britain, and by the time America won its independence, “fall” was primarily used by Americans. Although people use both names interchangeably in America, you’re much more likely to hear the word “fall.”Happy fall or autumn!  Which do you prefer? |

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| https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/3a0dabb4-ddd9-94c2-f387-5f8d4e0b928c.jpg**Tuesday, 12th @ 9:30am** – **KCSV Wellness Walkers**Meet at the Ice Skating Rink at Tucker Road1770 Tucker Road, Fort Washington, Md. 20744 **Wednesday, 13th @ 5:00pm** – **Tai Chi/Qigong – zoom**                                                 Terence Nicholson, Instructor **Tuesday, 19th @ 3pm – Chair Exercise – zoom**                                       Patricia Murphy- Curves & Gains **Thursday, 21st - @ 1:00pm – Dancing Away the Blues (Date Correction)**                                           Arts for the Aging **Wednesday, 27th -@-5:00pm – Tai Chi/Qigong –zoom**                                              Terence Nicholson, Instructor **Thursday, 28th -@- 7:00pm – KCSV Volunteer Orientation- Phone & zoom**                                                Kathy Pointer, Director |

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| **One Moment Please!** |

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