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| |  |  | | --- | --- | | |  | | --- | | https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/50a41f85-4bc4-a616-25f6-9c8642377bdc.jpg | |  |  |  | | --- | --- | | |  | | --- | | October 27, 2021 | |  |  |  | | --- | --- | | |  | | --- | | **Booster Shots, Highly Recommended** https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/8a806d26-27d9-419a-9642-16100404940b.jpg  Boosters are available for all three vaccines. For individuals who received a Pfizer-BioNTech or Moderna COVID-19 vaccine, the following groups are eligible for a booster shot at six months or more after their initial series:   * 65 years and older * Age 18+ who live in [long-term care settings](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html#long-term-care) * Age 18+ who have [underlying medical conditions](http://cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html) * Age 18+ who work or live in [high-risk settings](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html#HighRisk)   For individuals 18 and older who received the Johnson & Johnson COVID-19 vaccine, booster shots are recommended for those who were vaccinated two or more months ago.  Boosters are available at select locations including Giant, Safeway, Walmart, Walgreen, CVS, Harris Teeter, and many other locations, click this link,  or visit [vaccines.gov](https://www.vaccines.gov/), enter your zip code to find locations near you. | |  |  |  | | --- | --- | | |  | | --- | | **Join us for Tai Chi/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.  **Today, October 27th @ 5:00pm.**   **Mental Health Awareness During COVID** https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/a9020907-b935-1bc5-fc1f-47ce6798e1f9.jpg TODAY, Wednesday 10/27 @ 7 p.m. – Mental Health Awareness during COVID. Sponsored by Sibley Hospital in partnership with New Morning Star Baptist Church, join the Zoom session here  <https://jhjhm.zoom.us/j/97713170260>    **Avoiding Scams**  **https://mcusercontent.com/f61152ebe49ab669a704e18bf/_compresseds/fe997be9-d167-51ed-6df0-4844a43f80ed.jpg** Thursday, October 28, 2021 at 1:00 PM Empowering Villages: Avoiding Scams, Presented By Foggy Bottom West End Village.  Join the Federal Trade Commission and the Consumer Financial Protection Bureau for a co-presentation with members from Villages speaking about cyber scams, how to recognize a scam and what to do if you get scammed.  Join Zoom Meeting https://us02web.zoom.us/j/81112173816?pwd=M0JpbEFCQjVNcGZlYWVNU3UvT2ZwQT09  Meeting ID: 811 1217 3816 Passcode: 181903  https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/568232cb-647f-0788-e095-ee56762e64ca.jpg Join Zoom Meeting Volunteers, we need to hear from you.  If you have not done so, please confirm your attendance for our Volunteer Orientation Session scheduled, for 7:00 pm, next Thursday, October 28th. **Orientation Session, 7:00 pm, Thursday, October 28**    https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/7fccdcae-0da1-8822-ca50-7faab2bb9cbe.jpg **Don't Forget to Fall Back 1 Hour! Mark Your Calendar Sunday, November 7th, 2:00am**    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's between 9:00am - 10:00am. | |  |  |  | | --- | --- | | |  | | --- | | **KCSV Walkers** | |  |  |  | | --- | --- | | |  | | --- | | https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/7ddfe28e-ec51-9a93-b37f-ee3c1ba3a9c3.jpg | |  |  |  | | --- | --- | | |  | | --- | | **Come On, Walk With Us!** 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! **DC Members, request a free Lyft Ride to participate!!** | | |
| |  |  | | --- | --- | | |  | | --- | | 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 Carroll 10/30 - Richard Carthorne | |  |  |  | | --- | --- | | |  | | --- | | 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. | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/7e68975e-57d0-8179-181d-b2d8f225a748.jpg Aging: What’s Art Got To Do With It? "Continued"**  **Art’s Positive Effects** Gene Cohen, MD, PhD, director of the Center on Aging, Health & Humanities at George Washington University in Washington, DC, and the first researcher to conduct a national longitudinal study on the quality of life, found that the arts have a positive effect on health and illness as we age.  Clinicians and healthcare workers in the field of aging recognize and applaud the importance of Cohen’s work. Although the final results from his groundbreaking study initiated in 2001 are not yet tabulated, positive significant outcomes continue to be documented. As a board-certified art therapist with graduate degrees in art therapy, psychology, and gerontology who designs programs, teaches expressive arts therapy at the university level, and conducts individual and group sessions with older adults, including those with Alzheimer’s and Parkinson’s disease, I can attest to the significance, efficiency, and effectiveness of expressive art activities. Such activities offer a wide range of benefits, including the following:   * helping individuals relax; * providing a sense of control; * reducing depression and anxiety; * assisting in socialization; * encouraging playfulness and a sense of humor; * improving cognition; * offering sensory stimulation; * fostering a stronger sense of identity; * increasing self-esteem; * nurturing spirituality; and * reducing boredom.   Additionally, expressive art exercises constitute innovative interventions to promote self-expression and improve communication with others.  “A picture is worth a thousand words” became a reality when a stately gentleman diagnosed with Parkinson’s disease showed his peers at the day care center a collage he had made from small scraps of colored construction paper that were then glued onto a larger piece of construction paper in an expressive arts session. Prior to that experience, he would silently sit in the back of the art room, observing and listening as others shared their work. When asked whether he wanted to say anything about the collage he had made or whether he wanted to give it a title, he told the group members that the title said it all: “A Scattered, Shattered Life.” Group members nodded in validation, quietly expressing their empathy.  Anne, aged 91 and diagnosed with Alzheimer’s disease, resided in a small group home when her daughter could no longer care for her. The daughter contracted an art therapist to visit Anne once a week in the home to do art with her—something her mother had always wanted to do but, for whatever reason, had not done. In their weekly sessions, she and the art therapist painted, listened to music, and laughed together. Anne regained some of her lost sense of humor, which became apparent when she coyly named a bright floral painting “Yellow, Yellow Catch a Fellow.” She completed three other exuberant acrylic paintings before she died. The paintings now serve as a cherished legacy for her daughter. The daughter used one of the paintings to create a card in remembrance of her mother, which she sent out to friends and family.  John, recently diagnosed with mild cognitive impairment and early Alzheimer’s disease, had previously enjoyed painting watercolors, filling his home with beautiful landscapes.  After receiving the diagnosis, he had become depressed and gave up painting. His wife contacted an art therapist who came to their home to assist him with painting again.  At first, John was reluctant to respond to the therapist. The fact that his verbal skills were affected by dementia didn’t help the situation. After a slow start that included trying different approaches, as well as getting John’s medications regulated, he and the art therapist eventually settled into a collaborative creative process. During the sixth session, he drew the entire simple composition on the paper, choosing and mixing his colors, and painted the picture by himself. During that session, the art therapist noticed that he was holding his brush differently and making a variety of brush strokes on the paper to create texture and depth. His hand and arm were remembering how to move, how to paint.  That particular art class provided a breakthrough for John. Rather than his wife inquiring when the art therapist could return, as she always did at the end of each session, John asked the question himself. Prior to that session, John had been enduring the sessions for his wife but not really for himself. Later, he admitted that he had tolerated the classes because his wife thought they helped. But his experience changed, and he recognized that it had. He was painting and once again experiencing pleasure in the creative process.  In addition, he said artistic pursuits provided a good reason to get up each morning.  These three examples are indicative of some of the ways that art can be implemented in working with older adults. Expressive art exercises are not designed simply to fill a time void. Finding meaning and purpose is important at any age but even more so as we become older. In a parish workshop on expressive art, the leader asked why art is important. An older woman responded firmly and succinctly, “Art keeps us going.” When designed and directed by a trained individual, the interventions provide meaningful and purposeful activities, with specific objectives to address the needs of an individual or a group. | | |  |  |  | | --- | --- | | |  | | --- | | https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/3a0dabb4-ddd9-94c2-f387-5f8d4e0b928c.jpg  **Today, @ 5:00pm – Tai Chi/Qigong**                                              **Terence Nicholson, Instructor**  **Thursday, October 28, 2021 @ 9:30AM  - KCSV Walkers**  **Thursday, October 28, 2021 @ 1:00 PM - Empowering Villages: Avoiding Scams. Presented By Foggy Bottom West End Village.  Thursday, October 28th @ 1:00PM - Meditation and Mindfulness Session  Presented By Sibley Memorial Hospital.  Thursday, October 28th @ 5:00PM - Community Yoga Presented By Sibley Memorial Hospital  Thursday, 28th  @ 7:00pm – KCSV Volunteer Orientation                                                 Kathy Pointer, Director  Friday, October 29th @ 10:00AM - Morning Stretch Presented By Sibley Memorial Hospital.  Friday, October 29th @ 1:00pm - SHAKE, RATTLE & ROLL-** | |  |  |  | | --- | --- | | |  | | --- | | **One Moment Please!** | | |