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| |  |  | | --- | --- | | |  | | --- | | https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/50a41f85-4bc4-a616-25f6-9c8642377bdc.jpg | |  |  |  | | --- | --- | | |  | | --- | | November 3, 2021 | |  |  |  | | --- | --- | | |  | | --- | | https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/7fccdcae-0da1-8822-ca50-7faab2bb9cbe.jpg **Don't Forget to Fall Back 1 Hour! Sunday, November 7th, 2:00am.  https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/a609039a-632b-0bac-3e8b-1f5dd71aa567.png** Welcome new member: Jacalyn Lashley Ward.   **https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/42f8e728-d098-3230-9ddc-53a5fb24fc04.jpg**  We welcome KCSV member Ms. Patricia (Pat) Carroll as a Volunteer as well!    **Thank You!** 15 of our Volunteers attended the orientation session last week! Look forward to you helping support our KCSV members.  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. | |  |  |  | | --- | --- | | |  | | --- | | **Compassion and Caring - You Still Have Choices.** https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/d578e0bf-58e1-63a7-4e45-c65532abf412.png  A discussion as we all face the reality of aging and the need to prepare for the future. | |  |  |  | | --- | --- | | |  | | --- | | **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/590dab36-3595-c23e-e045-34e70b76eae5.jpg |  |  | | --- | | https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/50eed88b-7acd-8d07-57f5-e3a07e4ab6e4.jpg | | | |  | | --- | | https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/7a509c79-0bca-f11b-5e23-c6a833e43fd9.jpg |  |  | | --- | | https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/7d341066-475e-23c1-46ed-3fac595a2dcd.jpg | |  |  |  | | --- | --- | | |  | | --- | | **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 and 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.   https://us02web.zoom.us/j/81594214673?pwd=YUdPdTMrV1B4T2hXN1RIU1I0NE1ZUT09 ID: 81594214673 PASSWORD: 426153 | | |
| |  |  | | --- | --- | | |  | | --- | | 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) | |  |  |  | | --- | --- | | |  | | --- | | **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. | |  |  |  | | --- | --- | | |  | | --- | | **9 Things To Be Thankful For as We Age  Tis the season to be thankful! As Thanksgiving approaches, we shift to a space of reflection and practice gratitude for all that has happened this year. Like all things, the process of aging can present its fair set of challenges, but the positive aspects of old age drastically outweigh the negatives. American Standard highlights things to be thankful for this season and year round. From the financial perks like senior discounts and Medicare to the wonderful knowledge that can only come with decades of experience, there is a multitude of things to be thankful for as we age.**  **Top Advantages of Old Age**  **1. Wisdom (From Learned Experience). The saying, “experience is the best teacher” exists for a reason. That’s because experience brings about wisdom that can’t be learned otherwise. You learn more from things that happen to you in real life than you ever will from studying things that happen to other people. Along with the wisdom that comes from learned experience, another advantage of old age is the ability to empathize. Empathy is sensing other people’s emotions and imagining what someone else might be thinking or feeling. 2. A Happier Outlook. Perspective has a way of showing you that ultimately, life always works out. In fact, researchers are beginning to uncover the biological and developmental underpinnings of gratitude that suggest it may be easier to feel grateful as we grow older. Neuroscientists have suggested**[older people have a sunnier outlook](https://www.theglobeandmail.com/life/health-and-fitness/health/gratitude-levels-increase-with-age-research-shows/article26751433/)**because the amygdala, an area of the brain involved in emotional attention and memory, becomes less active in response to the negative information. At the same time, older individuals maintain or even increase their reactivity to positive information.  3. Opportunity to Pursue Lifelong Dreams. Many aging adults have reached the age of retirement. Not working gives retirees 40+ hours of free time back every week which can be dedicated to pursuing other lifelong passions and dreams.  4. Financial Perks. One of the obvious positive aspects of old age is the opportunity to money. Governmental programs include guaranteed minimum income for seniors supported by**[Medicare](https://www.medicare.gov/)**and**[Social Security](https://www.ssa.gov/)**. There are also an abundance of**[senior discounts](https://imiprodamstand.wpengine.com/senior-deals-need-taking-advantage/)**, including those specific to**[travel](https://imiprodamstand.wpengine.com/10-solo-senior-travel-tips/)**, dining, and shopping. 5. More Time for Loved Ones. More free time usually translates to more time to spend with those who really matter. Which brings us to our next advantage of old age… 6. Grandchildren. What’s better than your own children? Grandchildren. The experience of raising your own children makes you value your grandchildren that much more. They offer the love and fulfilling relationship, with a less responsibility. 7. More Stable Friendships and Relationships. By the time you’ve reached old age, you’ve likely been able to filter through toxic friendships and relationships that suck the life out of you. Having and maintaining quality friendships and relationships contribute to companionship, which is a huge**[factor for longevity](https://www.healthline.com/nutrition/13-habits-linked-to-a-long-life#section10)**.   8. Good Stories to Tell. Who doesn’t appreciate a good story? The longer you live, the more experiences you have, which translates to more good stories to tell. Fond memories, whether kept to yourself or told to someone else, are a huge advantage of old age.   9. A Greater Sense of Self. The older you are, the more you know WHO you are. Having a greater sense of who you are allows you to be less influenced by outside opinion and less bound by cultural restraints. When you have a greater sense of self, decision making is easier. Knowing yourself allows you to be yourself, and no one can say you’re doing it wrong! Now that you have plenty of things to be grateful for, let’s look at fun ways to practice that gratitude!** | |  |  |  | | --- | --- | | |  | | --- | | https://mcusercontent.com/f61152ebe49ab669a704e18bf/images/3a0dabb4-ddd9-94c2-f387-5f8d4e0b928c.jpg  **Thurs, 11/4/21 @ 9:30am KCSV Wellness Walkers**  Thurs, 11/4/21 @ 1:00pm Meditation and Mindfulness Session Sponsored By: Sibley Senior Association  Thurs, 11/4/21 @ 5:00pm Community Yoga Sponsored By: Sibley Senior Association  Fri, 11/5/21 @ 1:00pm KCSV Shake, Rattle & Roll  Mon, 11/8/21 @ 5:00pm Community Yoga Sponsored By: Sibley Senior Association  Tue, 11/9/21 @ 9:00am KCSV Food Pantry  Tue, 11/9/21 @ 11:00am Meditation and Mindfulness Session Sponsored By: Sibley Senior Association  Tue, 11/9/21 @ 3:00pm Compassion and Caring - You Still Have Choices. A discussion as we all face the reality of aging and the  need to prepare for the future.   Wed, 11/10/21 @ 5:00pm KCSV Tai Chi/Qigong  Thu, 11/11/21 @ 9:30 KCSV Wellness Walkers  Thu/ 11/11/21 @ 12:00pm KCSV Members Meeting at Golden Corral Waldorf, Maryland  Thu, 11/11/21 @ 1:00pm Meditation and Mindfulness Session Sponsored By: Sibley Senior Association  Thu, 11/11/21 @ 5:00pm Community Yoga Sponsored By: Sibley Senior Association  Mon, 11/15/21 @ 9:30am KCSV Wellness Walkers  Mon, 11/15/21 @ 5:00pm Community Yoga Sponsored By: Sibley Senior Association  Tue, 11/16/21 @ 9:00am KCSV Food Pantry  Tue, 11/16/21 @ 11:00am Meditation and Mindfulness Sponsored By: Sibley Senior Association  Tue, 11/16/21 @ 3:00pm KCSV Chair Exercise  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, 11/20/21 @ 9:00am KCSV Food Pantry  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!** | | |