Mayor Muriel Bowser’s
11th Annual Senior
Symposium

Ballou Senior High School
June 28, 2022
Greetings
11th Annual Senior Symposium

June 28, 2022

It is my pleasure to extend greetings to attendees and organizers of the 2022 Senior Symposium!

This year’s Senior Symposium marks the eleventh of its kind – for over a decade now, our symposiums have offered an opportunity to hear from one another, celebrate the progress we have made, and look toward the work that needs to be done in order to build a more Age-Friendly DC. And, after two years of connecting virtually, I am thrilled to join you in person for this year’s symposium, and its theme Support, Inspire, Love is a true testament to all that you do for our city.

District seniors serve as our most seasoned role models, leading our communities toward success, reminding us of our DC Values, and sharing with us informed experiences to navigate today’s world. As we continue to manage the safety of our city by getting our Covid-19 vaccinations and booster shots, I want you to know that I will remain committed to the wellbeing and equity of our senior population. With a new senior wellness center coming to Ward 8 and an increase in senior investments across all eight wards, I am excited about all of the ways seniors can connect with one another in the future.

As Mayor of Washington, DC, I would like to thank you for your participation today, for making DC the best city in the world to age, and for always reminding us how to Live Boldly. I wish you an enjoyable and successful event!

Muriel Bowser
Mayor, Washington, DC
Message from Interim Director, Jessica Smith

Welcome to the Mayor’s 11th Annual Senior Symposium! We are excited to welcome you back in-person for the first time since 2019!

Our theme this year is “Better Together: Support – Inspire – Love,” and it’s all about celebrating community and the opportunity to be together again. What we’ve learned, especially over the past two years, is just how much we need each other. We are meant to live together in our communities.

I invite you to fully engage in our programming today—whether it’s enjoying a delicious meal with new friends, visiting with our vendors in the exhibit hall, or engaging in one of our small group workshops, today is a celebration of friendship, community, and most of all, you!

I hope that you will take this opportunity to reconnect with DACL, our sister agencies, and community partners and learn more about the ways we are working together to help you continue to live boldly in DC!

Jessica Smith
Interim Director
DC Department of Aging and Community Living
SYMPOSIUM AT-A-GLANCE

8:30 AM  Registration & Continental Breakfast  YMCA Fit & Well Seniors, Main Stage

9:30 AM  Welcome/Greetings, Main Stage

  Host/Emcee Introduction  
  Shawn Perry, Executive Producer and Host  
  The Senior Zone

  Jessica Smith, Interim Director  
  DC Department of Aging and Community Living

  Guleford Bobo, Chair  
  DC Commission on Aging

  Vanella Crawford  
  Ms. Senior DC 2021

  Vené LaGon  
  Ms. Senior DC 2022

10:00 AM - 12:00 PM:  Entertainment, Music, & Performances, Main Stage

10:00 AM - 10:50 AM:  Workshop Session 1

11:00 AM - 11:50 AM:  Workshop Session 2

12:00 PM - 1:30 PM:  Lunch Service

12:10 PM - 12:30 PM:  Greetings from Mayor Muriel Bowser

12:30 PM - 1:30 PM:  Johnnie Steele, Steele4Real  
  Live Entertainment

1:30 PM - 2:20 PM:  Workshop Session 3

2:30 PM - 3:00 PM:  Symposium Close
WORKSHOPS

All workshops will be presented three times at the following times:
10:00 AM – 10:50 AM | 11:00 AM – 11:50 AM | 1:30 PM – 2:20 PM

Support Workshop
Be A Good Neighbor – Serve DC Volunteer Opportunities
Alexis Squire, Chief Service Officer, Serve DC
In this workshop, seniors will learn everything they need to know about community service and what it means to serve and volunteer in their community. Attendees will also learn about volunteer opportunities that will help them empower those in their community.

Inspire Workshop
Paint & Sip
Darnell Goldsmith, Senior Wellness Instructor, Hayes Senior Wellness Center
In this workshop, led by a professional artist, seniors will participate in an engaging painting activity. They’ll learn about painting for beginners, different styles of painting, and enjoy sparkling water/cider amongst one another.

Love Workshop
Love Boldly & Proudly
Dr. Imani Woody, President and CEO, Mary’s House
In this workshop, Dr. Imani Woody will lead seniors in an open discussion on aging in the LGBTQ community and give strategies on how our neighbors can become allies.
EXHIBIT HALL

Lead Agencies
Lead Agency Wards 1, 2, & 4 – TERRIFIC, Inc.
Lead Agency Ward 3 – Iona Senior Services
Lead Agency Wards 5 & 6 – Seabury Resources on Aging
Lead Agency Wards 7 & 8 – East River Family Strengthening Collaborative
Capitol Hill Village
DC Villages

Local Government Services
Age-Friendly DC
DC Board of Elections
DC Department of Aging and Community Living
DC Department of Consumer & Regulatory Affairs
DC Department of Disability Services
DC Department of Energy & Environment
DC Department of Health – Rodents & Vector
DC Department of Health – Snap ED Program
DC Department of Health Care Finance & Bill of Rights
DC Department of Health Care Finance – Durable Choice program chairs
DC Department of Housing & Community Development
DC Department of Insurance, Securities, & Banking
DC Department of Parks and Recreation
DC Department of Transportation
DC Deputy Mayor of Health & Human Services

DC Homeland Security & Emergency Management
DC Housing Authority Navigators
DC Lottery & Charitable Games
DC Metropolitan Police Department
DC Office of the Fire Marshall
DC Office of Human Rights
DC Office of the Peoples Counsel
DC Office of the Tenants Advocate
DC Office of Tax & Revenue
DC Office of Unified Communications
DC Public Library – Deanwood
DC Public Library – Woodridge
DC Public Service Commission
DC State Health Insurance Assistance Program (DACL)
DC Sustainable Energy Utility
Fit and Well Seniors
Future of Aging
Mayor’s MOLA | MOCRS | MORC OCTO

Federal Government Services
AARP Staff Attorney Probate & Estates
AARP – Tenant Advocacy
Alzheimer’s Association
Bankers Life Insurance Company
Capitol Caring Health
Comcast
DC Center for Independent Living
DC Developmental Disabilities Council
DC Hunger
DC Ombudsman Program
DC Relay
DC Water & Sewer
East River Family Strengthening Collaborative – Senior Deaf & Hard of Hearing Program
Edenbridge Health
GHUCCTS
Legal Counsel for the Elderly
Lincoln Heritage Funeral Advantage
Metro Access
Medstar Washington Hospital Center – (MWHC) Colorectal Cancer Prevention in the Neighborhood
My Active Senior
United Health Care
United Health Care – Durable Choice
PEPCO
Qualicare Medical Supplies
Potomac Medical Supplies
United Planning Organization

Providers: Profit and Non-Profit
YMCA Fit & Well Seniors

Beauty and Wellness
Mary Kay Cosmetics
Prince Hall Shriners of the Ancient Egyptian Arabic Order Nobles Mystic Shrine of North & South America (AEAONMS)

Health Screenings
Cedar Hill Urgent Care Center
Fire/EMS Blood Pressure & Glucose Screening
Fire/EMS Hands On Heart
Dr. Joseph Melancon, Transplant Surgeon, GWUH
Dr. Zhaid Vahora – Hepatologist, GWUH
Kidney Screening – GW Ron and Joy Paul Kidney Center
GW Liver & Pancreas Institute for Quality – Liver Disease
GW Kidney Transplant Institute – Kidney Disease
Howard University College of Dentistry
Prevention Of Blindness Glaucoma Screening
WRTC: Washington Regional Transplant Community (Organ Donation)
FLOOR PLAN

BALLOU SENIOR HIGH SCHOOL

Mayor Muriel Bowser’s 11th Annual Senior Symposium
NEED INTERPRETATION SERVICES?

English
If you require language interpretation services, please reach out to dacl.communications@dc.gov.

Español
Si requiere servicios de interpretación a su idioma de preferencia, por favor escriba un correo electrónico a dacl.communications@dc.gov.

中国人
如果您要求语言翻譯服務,請聯絡 dacl.communications@dc.gov

Tiếng Việt
Nếu quý vị cần thông dịch, hãy liên hệ dacl.communications@dc.gov

한국인
통역 서비스를 원하시면, dacl.communications@dc.gov 로 연락주세요

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ACKNOWLEDGEMENTS

THANK YOU!

We would like to thank the Department of Aging and Community Living’s staff, volunteers, exhibitors, and speakers for a phenomenal job connecting and engaging with District seniors at Mayor Bowser’s 11th Annual Senior Symposium.

FOLLOW US ON SOCIAL MEDIA!

@DACL_DC

Use the hashtag #SeniorSymposium22 to connect with us on social media.

Thank you to Starbucks for their in-kind donation of beverage stations for participants!