

Spotlight on Aging

VOLUME XXXII, ISSUE 4

A newsletter for D.C. Seniors

April 2020



DIRECTOR'S MESSAGE

By Laura Newland, Director
D.C. Department of Aging and
Community Living

I hope everyone is staying safe and healthy as all work together to stop the spread of COVID-19. I know it's been a trying time, and we're all still adjusting to this new normal. Know that the Department of Aging and Community Living is still here for you. Even though we're working a little differently these days, our commitment to you remains the same.

Thanks to Mayor Muriel Bowser's leadership during this difficult time, we've been able to react quickly and close all of our dining sites and senior wellness centers where many of our seniors gathered daily for lunch and conversation. We've converted these services to meal delivery, virtual programming on Channel 16 and through AroundTownDC.org, and regular reassurance calls — minimizing potential exposure.

Our Information and Referral line also remains open Monday to Friday, 8:30 a.m. – 4:30 p.m. Please reach out to us at 202-724-5626 if you're in need of services and supports. My team is standing by and ready to connect with you.

We're also excited to provide a Call & Talk line. We're working with staff, grantees and community volunteers to contact seniors on a regular basis — just to chat! We normally hold more than 200 outreach events during the year, but since we can't see you in person, DACL's Call & Talk gives us a chance to connect directly with you.

You can talk about anything! From sports to movies, from DC neighborhoods to music — whatever you feel like talking about during the call. We want to make sure you can still make meaningful connections and stay engaged, even from your home.

If you're interested in signing up for our Call & Talk line, please call us at 202-724-5626, and we'll set up a good time for you to have a call. We can't wait to talk with you!

Following guidance from D.C. Health and the Center for Disease Control, I want to emphasize how critical it is for you to do everything possible to minimize your exposure to COVID-19. Please stay home as much as possible. If you need to go out, please maintain a safe social distance of at least six feet. Keep away from others who are sick and practice good hygiene — wash your hands for at least 20 seconds several times a day, and wipe down frequently used surfaces, such as countertops and handles.

If you've been in an area affected by COVID-19 or in close contact with someone with confirmed COVID-19 in the past two weeks and you develop symptoms, call your doctor before going to a healthcare facility. Symptoms may include fever and shortness of breath and may appear 2 to 14 days after exposure.

For the latest information and resources on COVID-19, please visit coronavirus.dc.gov.

Just as the Mayor continues to remind us, we're all in this together and we'll get through this together. So even though we're not holding outreach events in the community right now, our commitment is the same — we're here for you when times are great, and when times are not so great. Reach out to us at 202-724-5626.

Be well, be safe, and let's stay connected.

Thank You Volunteers



A special thanks to the religious institutions and volunteers that came out to help DACL deliver meals to the homes of frail and vulnerable adults since the beginning of the COVID-19 Public Health Emergency. Thanks for answering the call to serve.



Tax Filing Deadline Extended

Mayor Muriel Bowser and Chief Financial Officer Jeffrey DeWitt announced that the deadline for taxpayers to file and pay their 2019 District of Columbia individual income tax returns (D-40, D-41, and D-40B), is extended to July 15, 2020. This means taxpayers will have an additional 90 days to file and pay from the original deadline of April 15, 2020.

The Office of Tax and Revenue (OTR)

encourages taxpayers who are able to file their returns electronically to do so.

Walk-in centers are closed, OTR is still processing tax returns, refunds and helping taxpayers through the Customer Service Center, at (202) 727-4TAX (4829), Monday through Friday from 8:15 a.m. to 5:30 p.m.

Taxpayers are encouraged to use OTR's online portal, MyTax.DC.gov, for their tax matters.

Stay active!

Visit www.aroundtowndc.org for online activities, lectures and physical activities.

Stores Opening Early for Seniors

Stores with Dedicated Shopping Hours for Vulnerable Populations



Dollar General

Regular store hours:
8 AM – 9 PM

For Seniors only
8 AM – 9 AM



The Fresh Market

Regular store hours:
8 AM – 9 PM

For Seniors only
8 AM – 9 AM, Monday – Friday



Safeway

Regular store hours:
5 AM – 12 AM

For Seniors only
Tuesdays and Thursdays
7 AM – 9 AM



Whole Foods

Open during the first
hour of shopping

*Store opening hours vary - check your local Whole Foods for hours of operation



Giant

Regular store hours:
6 AM – 12 AM

For Seniors only
6 AM – 7 AM



Walmart

Regular store hours:
7 AM – 8:30 PM

For Seniors only
7 AM – 8 AM, Every Tuesday



Target

Open each Wednesday during
the first hour of shopping

*Store opening hours vary - check your local Target for hours of operation



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GOVERNMENT OF THE
DISTRICT OF COLUMBIA
MURIEL BOWSER, MAYOR

CORONAVIRUS.DC.GOV

CORONAVIRUS (COVID-19) INFORMATION FOR HIGH RISK RESIDENTS AND SENIORS

Older adults and people who have serious chronic medical conditions are at higher risk for serious illness from COVID-19. If you are in this higher-risk population, the CDC recommends you:



Stay home as much as possible to further reduce your risk of being exposed.



Avoid crowds as much as possible.



When you go out in public, keep away from others who are sick, limit close contact, and wash your hands many times a day.



Stock up on supplies, including prescription and over-the-counter medicines.



Take everyday precautions to keep space between yourself and others.



Avoid cruise travel and non-essential air travel.

CORONAVIRUS.DC.GOV



DC HEALTH
GOVERNMENT OF THE DISTRICT OF COLUMBIA

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MURIEL BOWSER, MAYOR

FILL OUT THE CENSUS NOW!

#GetCountedDC

The COVID-19 Public Health Emergency has slowed down the hustle and bustle of everyday lives. In March, you received a mailing about the 2020 Census. This is a great time to fill out your census.

The census will ask basic information such as name, age, sex, Hispanic origin, race and ethnicity, relationship of household members, and homeownership status.

Only one person in a household needs to complete the form. The person completing the census form should include information about every person living in the household.

ONLINE — Use the unique Census ID in your mailing and visit www.2020census.gov. Your Census ID is located in the box in the middle of your letter and has 12 characters (letters and numbers).

BY MAIL — Fill out the questionnaire you receive by mail in **black or blue ink** (do not use pencil) and return the question-

naire in the return envelope.

BY PHONE — call toll-free 1-844-330-2020.

REMEMBER:

By law, the Census Bureau cannot release any identifiable information about you, your home, or your business, even to law enforcement agencies. That's protected under Title 13 of the U.S. Code.

The Census Bureau will never ask you for:

Your full Social Security number.
Your bank account or credit card numbers.

Anything on behalf of a political party.

Money or donations.

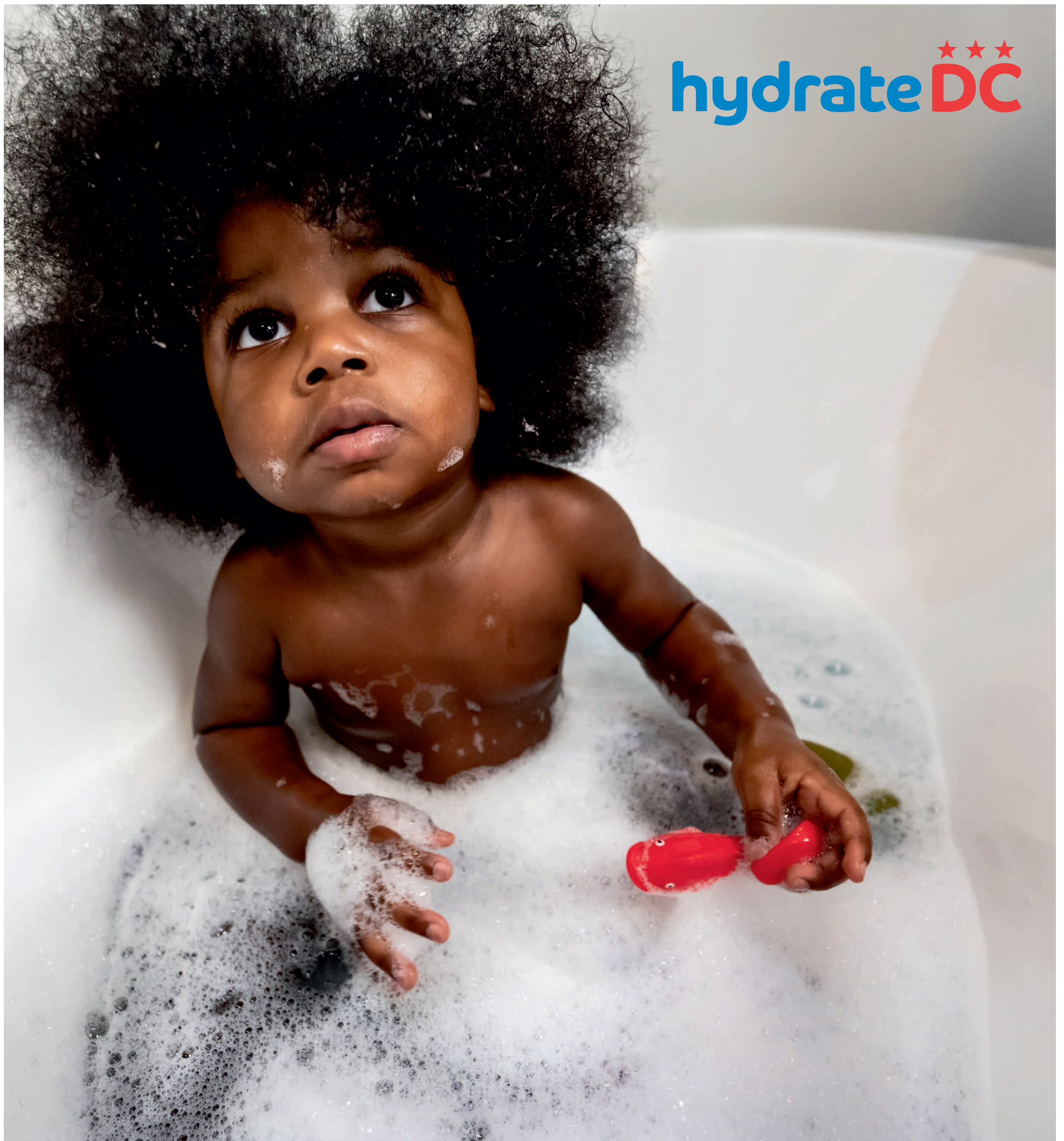
Please complete the 2020 Census today and do your part to ensure the District of Columbia receives federal funds to support public safety, education, meals and other programs for older residents and so much more.



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hydrateDC

Where there's bath time, there's DC Water.

Join DC Water in hydrating the community.
Visit the Hydrate DC Hub to learn more.

www.HydrateDC.org
#HydrateDC

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