

Spotlight on Aging

VOLUME XXXII, ISSUE 8

A newsletter for D.C. Seniors

August 2020



DIRECTOR'S MESSAGE

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

I hope everyone is keeping cool and staying safe. So much has changed for all of us over the past several months, but no matter what, the Department of Aging and Community Living is still here for you! DACL continues to provide critical resources, programs and activities to keep our community healthy, safe, and engaged.

Stay Active

We're social distancing, but that doesn't mean you need to be socially distant. This month, fill up your calendar with activities you can join from the comfort of your own living room. Check out our virtual events site at daclvirtualevents.splashthat.com. Wherever you are, you can join aerobics class live on Zoom, trade gardening tips with friends on a conference call, learn to paint, or join the DC Public Library for their weekly Lunchtime Literature program.

Stay Cool

During the hottest month of the year it's so important to be proactive and take precautions to avoid illness from exposure to excessive heat and humidity. We want to make sure you can StayCool at home while you're enjoying these virtual activities. So, we've joined the Department of Energy and Environment to launch our Seniors StayCool Air Conditioning Pilot Program this month! Income-eligible residents, age 60 and older, may qualify to have your window air conditioning unit or HVAC unit repaired or replaced at no cost to them. To learn more about this new program, give us a call at 202-236-2657.

Remember to also keep these tips in mind:

Drink plenty of liquids, such as water or fruit or vegetable juices. Stay away from drinks containing alcohol or caffeine. If your doctor has told you to limit your liquids, ask what you should do when it is very hot.

If you live in a home or apartment without fans or air conditioning, try to keep your house as cool as possible. Limit your

use of the oven. Keep your shades, blinds, or curtains closed during the hottest part of the day. Open your windows at night.

If your house is hot, try to spend time during mid-day some place that has air conditioning—the District provides several cooling centers where you can seek relief from the heat and where strict social distancing measures are in place—don't forget your mask! To locate a cooling center near you, dial 311.

Dress for the weather. Some people find natural fabrics, such as cotton, to be cooler than synthetic fibers.

Don't try to exercise or do a lot of activities outdoors when it's hot.

Keep Our Community Safe

Even through the Public Health Emergency, our hotlines are operating around the clock! If you or someone you know has been the victim of any kind of abuse, please reach out to us. We're here for you 24 hours a day, seven days a week. We can make our community safer for everyone.

If you suspect the abuse, neglect, or exploitation of a vulnerable adults, call DACL's Adult Protective Services team at 202-541-3950.

Keep children safe during the public health emergency by reporting suspected child abuse and neglect to the Child and Family Services Agency at 202-671-SAFE (7233).

Contact the DC Victim Hotline at (844) 4-HELP-DC (844-443-5732) or online chat at www.dcvictim.org for free confidential, around-the-clock information and referrals for victims of ALL CRIME in the District of Columbia.

It's true that DC doesn't look exactly the way it did six months ago, and our programs look a little different, but our commitment to you is stronger than ever. These are unprecedented times, and we've all been challenged in different ways, but as the Mayor says, we're in this together, and we'll get through this together. I hope to see or hear you at one (or several!) of our virtual events. Stay active, stay cool, and stay safe!

Mayor Bowser Extends the Public Health Emergency



On Thursday, June 18, Director Laura Newland joined AARP DC's State President, Rev. Kendrick Curry, to discuss Mayor Bowser's FY 2021 Budget. As Director Newland shared, "while the financial impact of

COVID-19 requires us all to make sacrifices, the Mayor's priority is to maintain the critical services our residents expect." To watch the full interview, head to AARP DC's Facebook Page, <https://www.facebook.com/aarppdc/>.

Wear a mask. Save lives. Stop the spread.



Under the new Mayor's Order on masks, people must wear a mask when they leave their homes if they are likely to come into contact with another person for more than a fleeting moment. Exceptions are listed in the Mayor's Order, and common exceptions include: children under the age of three; a person who is in an

closed office that no one else is allowed to enter; a person who is actively eating or drinking; and a person who is engaged in vigorous outdoor exercise and is maintaining social distance of at least six feet from other people.

The full Mayor's Order on masks can be found at coronavirus.dc.gov/maskorder.

Join our Senior Service Network's Upcoming Virtual Events!

Are you a District senior looking for a virtual space to hang out or do you know a senior that is? Well, share our event hub with them <https://daclvirtualevents.splashthat.com/>! Here, seniors can find out about, and participate in, upcoming virtual events Monday – Friday. If you have any questions, please contact daclcommunications@dc.gov.

Here, seniors can find out about, and participate in, upcoming virtual events Monday – Friday. If you have any questions, please contact daclcommunications@dc.gov.

This summer, join in on the fun right at home! Take part in virtual activities daily by visiting our events hub, daclvirtualevents.splashthat.com.

If you have any questions, please contact daclcommunications@dc.gov.




DACL Partners with DOEE to Launch the Senior StayCool Program

STAY COOL DC SENIORS!

The Department of Aging and Community Living is proud to partner with the Department of Energy and Environment to launch the Senior StayCool Program. This program repairs or replaces window air conditioning unit(s) and inoperable heating, ventilating, and air conditioning (HVAC) centralized units for income-eligible seniors.

You may qualify if:

- You are a District resident
- At or below 60% SMI
- At 60 or over

Call (202) 236-2657 or visit dacl.dc.gov/service/senior-staycool for more information!




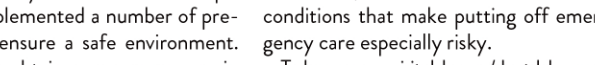

Don't Delay Care Initiative

Don't press pause on your health.

Don't press pause Your health is OUR priority. DC hospitals are here to safely care for you.

Don't press pause on your health. The District of Columbia Hospital Association encourages you to receive the care you need when you need it. Their hospitals have implemented a number of precautions to ensure a safe environment. Continue to obtain emergency care in person when medical attention is needed, especially if you have pre-existing or chronic conditions, such as cardiovascular disease, diabetes and other medical conditions that make putting off emergency care especially risky.

To learn more, visit dcha.org/dontdelaycare.

Need a Test? Get a test: Updated Testing Schedule

NEED A TEST? GET A TEST. THEN STAY HOME.

If you have symptoms or think you were exposed to COVID-19 you should:

- 1 Call your health care provider
- 2 Get tested
- 3 Quarantine

Testing and quarantining go together. While you wait for your results, protect our community by staying home.

CORONAVIRUS.DC.GOV July 22, 2020 DC HEALTH

For the rest of the summer, the Anacostia, UDC-CC Bertie Backus campus, and Judiciary Square testing sites will operate from 8 a.m. to noon, Monday through Friday. (If the heat index hits 100 degrees, these sites will close.) Firehouse testing sites will continue to operate from 4 to 8 p.m., Monday through Friday, and from noon to 4 p.m. on Saturday.

Residents are reminded: If you do not feel well or believe you have been exposed to COVID-19, you should call your healthcare provider, get tested, and, then stay home while you wait for your results to come back. Staying home while you wait for your results protects our community and will help stop the spread of the virus. Testing should not be used as a replacement for staying home.

Find a schedule of public testing sites at <https://coronavirus.dc.gov/testing>.

Help Keep Everyone Safe In Our Community

Even during a public health emergency, we're here for you 24 hours a day, 7 days a week!

APS Hotline



If you suspect abuse, neglect, or exploitation of vulnerable adult, call the Department of Aging and Community Living's Adult Protective Services (APS) team at (202) 541-3950.



Help Keep Everyone Safe in Our Community

While our city continues to work together to stop the spread of COVID-19, DACL wants to remind you of critical resources. Even during the public health emergency, our hotlines are answered around the clock.

The safety of our seniors and their families is one of our top priorities. If you or someone you know has been a victim of any kind of abuse, please contact us at 202-541-3950. Remember, we are all in this together, and we will get through this together.

Spotlight on Aging

Spotlight On Aging is published by the Information Office of the D.C. Department of Aging and Community Living for D.C. senior residents. Advertising contained in the *Beacon* is not endorsed by the D.C. Department of Aging and Community Living or by the publisher.

Director
Laura Newland

Editor
Darlene Nowlin

Photographer
Richard Williams

500 K St. N.E., Washington, D.C. 20002
(202) 724-5626 | www.dcoa.dc.gov