Living Boldly

News and notes brought to you by the DC Department of Aging and Community Living

Volume 4 Issue 8 A Newsletter for DC Seniors August 2024

DIRECTOR'S MESSAGE

By Charon P.W. Hines

Dear Seniors,

Last month, I had the privilege of attending the US Aging Conference in Tampa, FL, for the second time. This experience was profoundly enriching and inspiring. The US Aging Conference is known for its peer-to-peer learning, insights into federal policy and national trends, and tremendous networking opportunities. For me, it continues to be instrumental in building my capacity as the Director of the Department of Aging and Community Living (DACL). From July 8th through 11th, I, along with three members of my senior leadership team and three of our agency's managers, joined professionals from across the country to advance the cause of aging well in our nation.

This year, it was crucial not only for me to enhance my DACL toolkit but also for those on the forefront of our work to do the same. These are the individuals who support our teams at DACL day in and day out. I witnessed firsthand how the workshops and seminars sharpened their skills and knowledge, enabling them to share this new expertise with Team DACL and better serve District seniors each day.

I also had the opportunity to connect with regional colleagues engaged in similar work. We explored how we can leverage each other's knowledge to make our communities the best places to age. Many workshops I attended covered topics we at DACL have already shared with our seniors, such as scam and fraud prevention and healthy aging. Hearing these issues discussed nationally reinforced that we are on the right track here in the District. We are committed to ensuring you can continue to live boldly in the communities you know and love and equipping you with every tool needed to enjoy your daily lives.

We made lasting relationships nationwide that can be utilized to bring about positive change in our city. Attending this conference has added fuel to the flame that supports all our seniors each day. My team and I are excited to be back and work towards a better future for all of you.

As we gear up for September, we are excited to celebrate National Centenarian Day, honoring our older residents aged 100 and over. Last year, we hosted nearly 40 of the District's centenarians and celebrated their life accomplishments. This year will be no different. If you have a loved one who will be 100 years old by August 15, 2024, I invite you to register them for Mayor Bowser's 38th Annual Centenarian Salute.

To register, call (202) 724-5626 or email dacl.communications@dc.gov. Please send the name, date of birth, contact information, and bio for everyone you are registering. Registration ends August 15, 2024. I look forward to celebrating all of DC's centenarians next month.

In Service,
Charon P.W. Hines

Fourth of July Parade

DACL joined in on the 4th of July fun by participating in the 58th Annual Palisades Parade!

Commission on Aging Swearing In

Congratulations to our newly sworn-in Commission on Aging members. The DC Commission on Aging aims to make positive changes among seniors in all eight wards!

USAging Conference

Last month, Director Hines, together with six senior leadership team members and agency managers, represented Washington, DC at the USAging 49th Annual Conference & Tradeshow in Tampa, Florida.

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Celebrating DC Centenarians

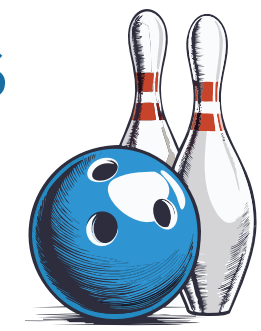
Mayor Bowser and the Department of Aging and Community Living are seeking District residents, age 100 years or older, to celebrate.

Call **(202) 724-5626** or email **dacl.communications@dc.gov** if you know a DC resident who has celebrated, or will celebrate their 100th birthday by July 31, 2024.

Please send the name, date of birth, contact information, and bio for each individual that you are registering. Registration ends August 15, 2024.

DACL LIVE BOLDLY — GOVERNMENT OF THE DISTRICT OF COLUMBIA MURIEL BOWSER, MAYOR

Senior Wellness Center Bowling Tournament



Last month, DC seniors competed in the inaugural Senior Wellness Center Bowling Tournament! Model Cities Senior Wellness Center took home the trophy, winning the tournament. A special shout out to all the Senior Wellness Centers for participating!