

Living Boldly

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

Volume 2 Issue 8 A Newsletter for DC Seniors August 2022



INTERIM DIRECTOR'S MESSAGE

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

Dear Seniors,

It's been an incredible time to be at the forefront of the great things happening at DACL! Since DC "reopened," we've been able to connect with all of you in ways that we couldn't imagine during the public health emergency. Over the last few months, we've brought back some of your favorite events like the Ms. Senior DC Pageant and the Mayor's Annual Senior Symposium — both of which were sorely missed these past two years. At our senior wellness centers and community dining sites, many of you have joined us for group trips to places like the Dutch Market, Arena Stage and the Kennedy Center. And, while you're there, you've continued to connect with one another, which we know is such a vital part of our health and wellbeing. All of these things are what makes summertime with DACL so great.

What's also been great this summer is having the opportunity to learn from you all. You may recall us launching an initiative back in January called the Future of Aging Project. Since we've launched, we have spoken to over 300 seniors. We've asked you for your insights, feelings and experiences, and how you want to redesign systems and programs. We have learned so many valuable things from you and how you want to engage with us and other District agencies. Over the past three months, we've heard the same sentiment — you want to be respected for your experience, wisdom and knowledge. Older adults want to be treated as individuals who have strong minds and have agency over how they choose to age, and we plan to continue to do just that.

We've also learned that while DC has some of the best senior services, we need to do a better job at advertising them and making sure older adults in every corner of the city know about our programs. We've heard over and over that transportation is one of your biggest concerns, and that support with getting around is critical to you aging in your homes and communities.

Over the next few months, we'll take what we've heard and turn it into actionable ideas to improve how we serve you. Together, we'll continue to create systems and a customer service experience we can all be proud of. To learn more about how you can get involved with Future of Aging, please call 202-715-7534 or email us at futureofaging@dc.gov.

As always, if you need general assistance, you can call our Information and Referral Assistance line at 202-724-5626.

Enjoy the rest of your summer,
Jessica

Congratulations to Bernice Fonteneau Senior Wellness Center – 2022 Pride Makeover Winners



In honor of PRIDE month, DACL sponsored the Pride Makeover Contest. All of our senior wellness centers worked with their participants to decorate the entrance, parking lot, or other exterior and public-facing area to make them warm, inclusive and fabulous destinations. While all

of our centers worked very hard to make their spaces as welcoming and as inclusive as possible, the LGBTQ Advisory Committee selected **Bernice Fonteneau Senior Wellness Center** as the 2022 Pride Makeover Contest Winner! Congratulations again BFSWC!

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Join us at the RFK Open Air Farmers & Flea Market

RFK Open Air Farmers & Flea Market

THE FIELDS LOT 6

2615 Benning Rd, NE
Washington, D.C.

Follow us on Facebook
RFK OPEN AIR FARMERS
& FLEA MARKET

The Market participates in
the Senior Farmers'
Market Nutrition Program

Every Saturday
7:00am to 3:00pm

Mayor Bowser Announces Launch of 988 Suicide and Crisis Lifeline

tinyurl.com/988Lifeline

On July 16, Mayor joined jurisdictions nationwide in launching the three-digit 988 suicide prevention or crisis services lifeline. Anyone experiencing a mental health, substance use or suicidal crisis can dial 9-8-8 to be connected to locally-operated crisis centers. This three-digit number, launching nationwide, makes it easier for people in crisis to access lifesaving support.

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Join DACL and our Senior Service Network's Upcoming In-Person and Virtual Events!

Join us for a variety of in-person and virtual activities and events at daclevents.splashthat.com.

Questions? Email
dac1.communications@dc.gov



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Monkeypox: What You Need to Know

GET VACCINATED FOR
MONKEYPOX IN DC!

You can if
you are:

A District of Columbia resident 18 years of age or older

AND

Gay, bisexual, and other men who have sex with men and have had multiple or anonymous sexual partners in the last 14 days;

OR

Transgender women and nonbinary persons assigned male at birth who have sex with men;

OR

Sex workers (of any sex);

OR

Staff (of any sex) at establishments where sexual activity occurs (e.g., bathhouses, saunas, sex clubs)

Proof of residency required prior to vaccination. Includes:

- Identification card with DC address
- Utility bill or other mail with your name and a DC address
- A current DC lease or mortgage with your name on it

DC HEALTH

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Residents can learn more and pre-register for a vaccination appointment at preventmonkeypox.dc.gov.

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) 374-9573 or email dac1.communications@dc.gov if you know a DC resident who has celebrated, or will celebrate their 100th birthday by July 31, 2022.

Please send the name, date of birth, contact information, and a bio for each individual that you are registering. Registration ends August 1, 2022.

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