

Living Boldly

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

Volume 5

Issue 1

A Newsletter for DC Seniors

January 2025



DIRECTOR'S MESSAGE

By Charon P.W. Hines

Dear Seniors,

Happy New Year! As we enter 2025, I'm filled with gratitude and excitement for all that lies ahead. This year is particularly special as the Department of Aging and Community Living (DACL) celebrates 50 years of serving and supporting seniors across the District. It's a time to reflect on our journey, celebrate our progress, and honor the resilience and accomplishments of DC seniors every single day.

This month also marks 10 years of Mayor Muriel Bowser's leadership in the District. We are proud of the incredible impact her commitment has had on DC seniors.

Together, we've made remarkable strides to ensure DC remains the best place to age with dignity, safety and independence.

- **Safe at Home Program:** Created and expanded to help seniors age safely at home. Providing over 6,000 seniors with necessary in-home adaptations.
- **Connector Card Program:** Providing affordable, accessible transportation for over 3,800 seniors to travel independently.
- **Senior MedExpress:** Offering free, non-emergency rides to health care appointments — over 60,000 rides annually since 2016.
- **Senior Food Programs:** Ensuring more than 13,000 seniors receive reliable, balanced nutrition year-round.
- **Alzheimer's Disease and Related Dementias (ADRD):** Just last year, over 1,700 seniors benefitted from ADRD programming, positively impacting their daily lives.

At DAACL, our daily mission is to support District seniors — helping you live boldly, stay connected and thrive. We ended 2024 on a high note with Mayor Bowser's 26th Annual Senior Holiday Celebration, where over 3,000 seniors came together to laugh, dance and celebrate the season. What a joyous time it was!

As colder temperatures and potential snowfall approach, your safety remains our top priority. If you're a homeowner aged 60 or older, you may be eligible for free snow removal assistance through Serve DC's Volunteer Snow Program. This program pairs volunteers with senior residents to help clear snow after winter storms. To learn more or to sign up, call 202-727-7925 today.

I encourage you to prioritize your health, well-being and staying connected this winter. Stay active by participating in programs at one of our six senior wellness centers or join activities at your local Department of Parks and Recreation (DPR) site. Staying social is just as important — explore everything DAACL has to offer by visiting our website or downloading the DAACL mobile app to stay updated on events and resources in your community. For more information, feel free to call us at 202-724-5626. Wishing you a happy, healthy and connected 2025!

In Service,
Charon P.W. Hines

Mayor Bowser's 26th Annual Holiday Celebration





Cupid's Kids 2025



As Valentine's Day approaches, District of Columbia Public Schools (DCPS) students are gearing up for the 9th Annual Cupid's Kids Initiative. Organized by the Department of Aging and Community Living (DACL), Cupid's Kids connects the younger generation with seniors who may feel

isolated, especially during holidays.

This effort makes a significant impact on the lives of homebound DC seniors, bringing love and joy through hand-made Valentine's Day cards that will be distributed to homebound seniors along with their home-delivered meals. These personal letters not only brighten the

seniors' Valentine's Day, but also remind them that they are cherished and remembered by their community.

For those interested in participating in making a difference, the process is as simple as reaching out to your local library branch or contacting Darneesha Polee, DACL's

Special Project Coordinator, at darneesha.polee1@dc.gov. Whether you are a student, a parent, or a community member, this is an opportunity to contribute to a meaningful cause. Join the Cupid's Kids Initiative to make this Valentine's Day special for our homebound seniors.



Government of the District of Columbia
Department of Human Services



HELP

BRING THOSE EXPERIENCING **HOMELESSNESS** IN THE DISTRICT
IN FROM THE COLD...



SHELTER HOTLINE

202.399.7093

OR **311**

Financial Empowerment Resources for DC Seniors

Are you 65 or older and looking to improve your finances? The DC Department of Insurance, Securities and Banking (DISB) offers online resources to help seniors avoid financial scams, understand insurance options (homeowner's, renter's and flood), learn about reverse mortgages and foreclosure pre-

vention, plan your estate, and more.

If you feel a financial institution has mistreated you, file a complaint with DISB. They will investigate or refer your case to the proper regulator.

Contact DISB: Phone:202-727-8000
Email: disb@dc.gov | 1050 First St NE, Suite 801, Washington, DC 20002

Ms. Senior DC Pageant 2025

Are you a DC resident aged 60 or older and interested in representing your peers as Ms. Senior DC 2025?

Are you actively involved in your community?

Consider becoming a contestant in the Ms. Senior DC 2025 Pageant!

Contestants are judged on their:

- Personal Interview
- Philosophy of Life
- Talent Presentation
- Evening Gown Presentation

The winner will represent the District and compete in the Ms. Senior America Pageant in 2025.

Application Deadline:
Friday, February 28, 2025

For information on how to apply:
tinyurl.com/msseniordc25
202-724-5626
dacl.communications@dc.gov





GOVERNMENT OF THE DISTRICT OF COLUMBIA
MURIEL BOWSER, MAYOR



DC DEPARTMENT OF INSURANCE, SECURITIES AND BANKING

FINANCIAL EMPOWERMENT RESOURCES FOR DC SENIORS

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