

Spotlight on Aging

VOLUME XXXII, ISSUE 12

A newsletter for D.C. Seniors

December 2020



DIRECTOR'S MESSAGE

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

Happy Holidays! Normally, around this time of year, my entire team is preparing to welcome you to the D.C. Armory for a day of festivities — celebrating all the extraordinary things that you've accomplished and the many ways you show us how to live boldly. But these days are anything but normal. Instead of getting together for fellowship, dancing and sharing a holiday meal, we've had to put our annual celebration on hold to keep each other safe and help flatten the curve.

This year has been challenging in so many ways — not being able to see your grandchildren, spend time with friends and family, or even hang out at one of our wellness centers. Like many of you, I'm tired. I miss seeing my family and friends. I miss seeing your faces out in the community or at one of our many events throughout the year. I miss dancing with you and learning new things about our great city from the many talks we'd have in person. But even though it's been a hard year, I know some of you can remember a time where things were much harder. And through those hard times, you managed to remain resilient, find joy and stay hopeful.

Today, we look to you as our example for what resilience means, for finding joy and for having hope. And during these challenging times, you continue to remind us of who we can be — individually and together. You've raised families at a time when our country was in turmoil and our city was struggling. You've weathered through crises, recessions and hardships, showing us how to keep ourselves and our communities strong and healthy. You've rebuilt communities, served our country, and instilled our D.C. values into generations of Washingtonians. You've seen this city through its highs and lows, and managed to make it the Washington, D.C. we all know and love today.

Because of your faith, strength and joy, I'm hopeful. I'm hopeful for what 2021 has in store for all of us. And it's going to be new and bright for so many reasons. We have a new president coming to the White House, making history with the first woman and woman of color as our vice president-elect, Senator Kamala Harris. We have a possible COVID-19 vaccine coming, helping us get closer to putting an end to this pandemic. And we have the opportunity to continue to learn new and exciting ways to connect with each other — and that's a real gift!

Sometimes, when we're forced into situations like the ones we've experienced this year, we learn something really powerful — we learn the power we have within ourselves and the power we have through our connection with others. And as 2020 comes to a close, I can truly say what I'm most grateful for is my connection to you. That makes my world so much brighter.

Thank you for being a part of my world. Have a safe and prosperous new year.

With gratitude,
Laura Newland



From now until January 31, 2021, the D.C. Department of Public Works (DPW) will be collecting leaves twice in each D.C. neighborhood. Rake your leaves to the curb or into the tree box at the front of the residence. To find your collection date, visit <https://bit.ly/DCleaf> or download the MyDPW app on your mobile device.

Coronavirus Teletown Hall

Staying Safe Amid the Surge



Dr. Shelly McDonald-Pinkett
Chief Medical Officer
Howard University Hospital

**Wednesday,
December 3
11 am**



Dr. Heather Stowe
Clinical Director
D.C. Department of Aging
and Community Living

**Call-in Number:
877.229.8493
Pin: 116460**

AARP
District of Columbia

Volunteer to Serve DC Seniors During the Holidays!

DACL is seeking volunteers to provide holiday cheer to DC Seniors

Roles may include:

- Friendly phone calls
- Meal deliveries
- Friendly visits
- Sending notes and cards

To sign up, visit: <https://bit.ly/dacsvolunteer>




#HolidayCheer



DACL
LIVE BOLDLY



WE ARE WASHINGTON
GOVERNMENT OF THE
DISTRICT OF COLUMBIA
DC MURIEL BOWSER, MAYOR

Nutrition Corner: Food Jokes for your Holiday Calls

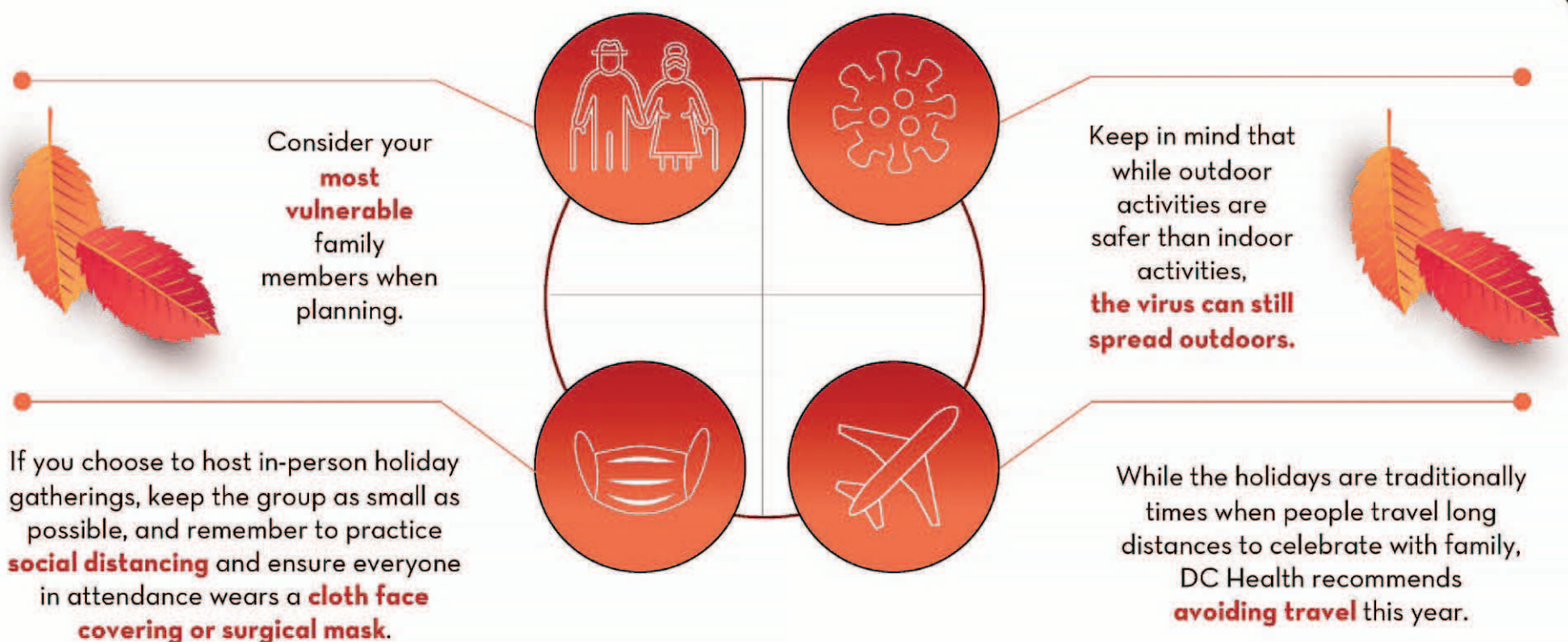
Because COVID-19 has made it difficult to visit with friends and family, many people have felt lonely this year. Reaching out to loved ones via phone calls or emails is more important now than ever before.

It may seem tough to come up with something interesting to talk about, since the majority of us are staying inside most of the time. This holiday season, try one of these jokes about food to lighten the mood:

1. What do you call blueberries playing the guitar? A jam session.
2. Why do watermelons have fancy weddings? Because they cantaloupe.
3. What should you do if your soup is too hot? Add a chilly pepper.
4. How should you best enjoy a hotdog? With relish.
5. Why did the man stare at the orange juice? Because it said "concentrate."
6. What do you call someone else's cheese? Nacho cheese.
7. What do you call a fake noodle? An impasta.
8. Why couldn't the sesame seed leave the gambling casino? Because he was on a roll.
9. When potatoes have babies, what are they called? Tater tots.
10. Why did the skeleton go to the barbeque? To get another rib.

If you want to try one of these jokes out on someone besides your family or friends, you can join DACL's Call and Talk line at 202-724-5626 Monday through Friday, from 8:30 A.M. to 4:30 P.M.

Celebration Basics



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DC HEALTH
GOVERNMENT OF THE DISTRICT OF COLUMBIA

GOVERNMENT OF THE
DISTRICT OF COLUMBIA
MURIEL BOWSER, MAYOR

Spotlight on Aging

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Take the COVID-19 Vaccine Survey

DC Health would like to hear from you about an eventual COVID-19 vaccine. Please complete a 2-minute survey to let the District know your thoughts. Together, we can stop the spread of COVID-19.

To take the survey, please visit

https://www.surveymonkey.com/r/C19_Survey_

