Living Boldly

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

Volume 4 Issue 2 A Newsletter for DC Seniors February 2024

DIRECTOR'S MESSAGE

By Charon P.W. Hines

Dear Seniors,

After weeks of cold winter air and beautiful snowfall, February is here with a multitude of exciting holidays and new experiences!

Despite those challenges, we hope you are staying safe and warm. Inclement weather can be rough, but I want to express our heartfelt appreciation to our sister agencies — the Department of Public Works, Office of Unified Communications, and the Mayor's Office of Community Affairs. Their exceptional efforts ensured prompt clearing of our streets, sidewalks, and pathways (Thank you, Serve DC Snow Team!). Also, thanks to DACL's Information and Referral Assistance Unit for their commitment and support during the inclement weather. Should you require assistance during a winter weather event, please be sure to give us a call at (202) 724-5626, and our team will support you!

February is not only about winter but also a time for giving and spreading love to those around you. It brings me immense joy to invite you to our inaugural Valentine's Day celebration, "Red, White, and You." This event guarantees an afternoon filled with fun, food, and community. This celebration will be an opportunity to come together, share laughter, and celebrate the bonds that connect us. For your convenience, the celebration will take place at two locations. Join us at the Deanwood and Edgewood Recreation Centers from 11:30 a.m. to 2:00 p.m. on Wednesday, February 14, 2024. To RSVP, simply give us a call at (202) 724-5626.

Speaking of hearts, this month also marks the observance of American Heart Month. I encourage you to collectively take a step towards wellness by incorporating small lifestyle changes, such as maintaining a heart-healthy diet, staying physically active, and scheduling regular check-ups if possible — all of which can significantly impact our cardiovascular well-being.

Moreover, February is dedicated to honoring the achievements and contributions of African Americans throughout history. Let's take this opportunity to learn, celebrate, and recognize the profound impact of African Americans on the District: Pioneers like Benjamin Banneker, who mapped out the streets of our Nation's Capital, or DC resident Carter G. Woodson, the Founder of the Association for the Study of African American History and Negro History Month, which later expanded to Black History Month. The history of empowerment and courage is all around us.

In the spirit of recognizing community strength and being a pioneer, I am thrilled to extend an invitation for you to make your mark on DC history as well. The application for Ms. Senior DC 2024 is now open! This awesome opportunity allows District women age 60 and older to showcase their talents, wisdom, and contributions to our city. The application deadline is Thursday, February 29, 2024, so don't miss your chance to be part of this empowering experience. To apply, please visit tinyurl.com/msseniordc24 or call (202) 724-5626.

Wishing you a month filled with love, laughter, and moments that warm the heart.

Best regards,
Charon P.W. Hines

Join DACL for a Valentine's Day Party: Red, White, and You

DACL invites you to be a part of our special celebration at the Red, White, and You event on Wednesday, February 14, 2024! This heartwarming gathering will take place at both the Deanwood Recreation Center and Edgewood Recreation Center, from 11:30 a.m. to 2:00 p.m., bringing District seniors together for a day of joy and togetherness. Want to RSVP? Give us a call at (202) 724-5626.

DACL Seniors joined Mayor Bowser in the 19th MLK Day Walk and Parade

Ms. Senior DC Pageant 2024

Are you a DC resident age 60 or older and interested in representing your peers as Ms. Senior DC 2024?

Are you actively involved in your community?

Consider becoming a contestant in the Ms. Senior DC 2024 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 2024.

Application Deadline:
Thursday, February 29, 2024

For information on how to apply:
tinyurl.com/msseniordc24
202-724-5626
dacl.communications@dc.gov

DACL GOVERNMENT OF THE DISTRICT OF COLUMBIA MURIEL BOWSER, MAYOR

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Congratulations to DACL's FY 2024 ADRD Grantees

Great news! Mayor Bowser and DACL have awarded $250,000 in grant funding to Genevieve N. Johnson Senior Day Care Center and Iona Senior Services for our Fiscal Year 2024 Alzheimer's Disease and Related Dementias (ADRD) program. This grant focuses on advancing programs that make a tangible difference in the lives of individuals and caregivers affected by Alzheimer's and other related dementias.

DACL PRESENTS
FY 2024
ADRD GRANTEES

CONGRATULATIONS

to the recipients of our FY 2024 Alzheimer's Disease and Related Dementias (ADRD) program grantees:

- **Genevieve N. Johnson Senior Day Care Center**
- **Iona Senior Services**

Genevieve N. Johnson Senior Day Care Center
Soaring To Create Moments of Joy For Our Seniors

IONA
Age Well. Live Well.

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

What To Do During a Cold Weather Emergency

DURING A COLD WEATHER EMERGENCY:

Call 311 or the Shelter Hotline at (202) 399-7093 to request accessible shelter transport for individuals in need

Check on vulnerable neighbors

Stay inside and cover up if you have to go outside

GOVERNMENT OF THE DISTRICT OF COLUMBIA MURIEL BOWSER, MAYOR