

Living Boldly

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

Volume 5 Issue 2 A Newsletter for DC Seniors February 2025



DIRECTOR'S MESSAGE

By Charon P.W. Hines

Dear Seniors,

Winter is in full swing, and though it has been a cold season, we are reminded of the warmth and resilience of our community. Many of you have braved these freezing temperatures, and we hope you are staying safe and warm. Despite the extreme winter weather we have experienced this season, we are still a community that lifts up one another and always lends a helping hand.

Speaking of lending a helping hand, I want to thank our sister agencies, the Department of Public Works, Office of Unified Communications, the Mayor's Office of Community Affairs, and Serve DC, for their incredible efforts to keep our city safe and functional during winter weather emergencies. Their dedication makes a difference; from snow removal to ensuring essential services remain available and that streets are safe and clear, they have been pivotal in keeping us safe this winter.

Additionally, I would like to commend the team at DACL, who made sure seniors like you received much-needed services despite the snow. Your commitment to supporting our seniors during challenging times is inspiring. If you need DACL services during a snow emergency, please call our Information and Referral Assistance Unit at 202-724-5626, and they will be happy to service you.

Although it is cold outside, February is the month of love, and our hearts are filled with warmth as we prepare to celebrate Valentine's Day! It brings me great joy to invite you to the Second Annual Red, White, and You Celebration! This event is a testament to the love, community, and togetherness that bind us together. Join us for food, fun, dancing, and laughter on Friday, February 14, 2025, from 11:30 a.m. to 2:00 p.m. To make it even more accessible, we are hosting this celebration at two locations:

- Deanwood Recreation Center (1350 49th St., NE)
- Edgewood Recreation Center (300 Evarts St., NE)

We look forward to seeing you at the celebration, so grab your friends and loved ones and join us for a love-filled day.

- To RSVP for Deanwood, visit: tinyurl.com/rwydeanwood25
- To RSVP for Edgewood, visit: tinyurl.com/rwyedgewood25

While love is in the air, romance scams continue to rise. Romance scams are one of the most costly and devastating types of fraud. They can happen to anyone but often target older adults, taking advantage of their trust and emotions. According to the DC Department of Insurance, Securities, and Banking (DISB), in 2023, 38 District residents reported falling victim to romance scams, collectively losing nearly \$622,587.

DISB has identified some things to look out for and ways to protect

See **DIRECTOR'S MESSAGE**, page 19

MLK Day Parade

DACL joined DC residents from all eight wards to honor the legacy of Dr. Martin Luther King Jr. at the 20th Annual MLK Holiday DC Peace Walk & Parade. Seniors had an amazing time commemorating Dr. King's life and legacy.



Director's message

From page 18

yourself so you won't get scammed.

Red Flags to Watch For:

- Excuses to avoid in-person or video meetings.
- Request for money, gift cards, or cryptocurrency.
- Quick declarations of love or affection.
- Inconsistent stories that don't match their profile.

Tips to Protect Yourself:

1. Talk to trusted friends or family members about the situation.
2. Slow down communication with the person if something feels off.
3. Cut off all contact — block their number and report their profile.
4. Never send money or personal information, no matter how

convincing the story may seem.

For more tips on staying safe, or if you believe you have been targeted, do not hesitate to contact the DC Department of Insurance, Securities, and Banking (DISB) at 202-727-8000 for additional resources.

Thank you for being an essential part of our community. We are committed to ensuring that every senior in the District has access to resources, support, and opportunities to thrive in every season. Stay warm and safe, and we look forward to seeing you at our second annual Red, White, and You celebration!

In Service,

Charon P.W. Hines
Director, Department
of Aging and
Community Living

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

DACL GOVERNMENT OF THE DISTRICT OF COLUMBIA
MURIEL BOWSER, MAYOR

Living Boldly

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

Living Boldly is published by the Information Office of the DC Department of Aging and Community Living for DC senior residents. Advertising contained in the *Beacon* is not endorsed by the DC Department of Aging and Community Living or by the publisher.

Director Charon P.W. Hines	Editor Amanda Washington	Photographer Estefani Legge
--------------------------------------	------------------------------------	---------------------------------------

500 K St. NE, Washington, DC 20002 | (202) 724-5626 | www.dacl.dc.gov





AVOID ❄️ SPOT ❄️ TREAT

Frostbite & Hypothermia

AVOID

When the weather is extremely cold, try to stay indoors. If you must go outside, dress properly and know who is at high risk for hypothermia or frostbite.

Know who is at high risk:

 <p>Older adults without proper food, clothing or heating</p>	 <p>People who drink alcohol in excess or use illicit drugs</p>
 <p>People who stay outdoors for long periods (homeless, hikers, hunters, etc.)</p>	 <p>Babies sleeping in cold rooms</p>

DC HEALTH
GOVERNMENT OF THE DISTRICT OF COLUMBIA

GOVERNMENT OF THE DISTRICT OF COLUMBIA
MURIEL BOWSER, MAYOR

PLEASE JOIN THE DEPARTMENT OF AGING AND COMMUNITY LIVING FOR:

Love

Red, White & You

A VALENTINE'S DAY CELEBRATION

Join us to celebrate love and community with food, fun, dancing, and more!

Friday, February 14, 2025

11:30am - 2:00pm

LOCATIONS:

<p>Deanwood Recreation Center 1350 49th St., NE Washington, DC 20019 tinyurl.com/rwydeanwood25</p>	<p>Edgewood Recreation Center 300 Evarts St., NE Washington, DC 20002 tinyurl.com/rwyedgewood25</p>
--	---

DPR

DACL
LIVE BOLDLY

GOVERNMENT OF THE DISTRICT OF COLUMBIA
MURIEL BOWSER, MAYOR