

# Spotlight on Aging

VOLUME XXXIII, ISSUE 2

*A newsletter for D.C. Seniors*

February 2021



## MAYOR'S MESSAGE

*By Muriel Bowser, Mayor  
District of Columbia*

Dear Seniors:

I want to start by saying how much I miss seeing you at events and gatherings across D.C. I also want to thank you for the sacrifices you continue to make in order to protect yourselves and our community.

While we must stay vigilant and continue to take measures to stop the spread of the virus — by wearing masks, social distancing, and practicing good hygiene — there is reason to have hope. We should have hope because, finally, we have a safe and effective vaccine that provides us a path out of this pandemic.

I know many of you are eager to get the COVID-19 vaccine. You are eager to see your families, hug your grandchildren, and be out and about with friends and neighbors. And we are working hard to make that possible.

Our goal is to make sure the vaccine is available promptly as supply comes in from the federal government, and to ensure an equitable distribution of the vaccine across all eight wards. By now, it is clear that demand for the vaccine far outpaces the supply we are receiving from the federal government. So, I continue to advocate for D.C. to receive more doses so that we can meet the demand for it and protect the lives of our most vulnerable residents.

At the moment, appointments are being released every Thursday at 9 a.m. to eligible residents in priority Zip codes. Priority Zip codes include areas of our city where residents have been hit hardest by the virus.

We also release additional appointments every Friday at 9 a.m. that are open to anyone who is eligible, regardless of Zip code. The best way to secure one of these appointments is through the website [vaccinate.dc.gov](http://vaccinate.dc.gov) (where you can also find a step-by-step guide on how to make an appointment).

If you do not have internet access, you can also call the District's coronavirus hotline at 1-855-363-0333 at 9 a.m. on days when appointments open. In addition to these appointments, hospitals and healthcare centers across D.C. have limited doses of the vaccine and are working to vaccinate eligible patients.

If you are nervous to take the vaccine, I want to assure you that it is safe and effective. Scientists have been researching how to make vaccines like this one for years.

Most of us weren't talking about coronaviruses before 2020, but because of other coronaviruses like SARS and MERS, doctors and scientists had a head start on developing the COVID-19 vaccine. Furthermore, millions of Americans have already taken the vaccine — including myself, Dr. LaQuandra Nesbitt, and members of our community like Mrs. Cora Masters Barry, former U.S. Attorney General Eric Holder, former Mayor Sharon Pratt, former Councilmember Carol Schwartz, and current Councilmembers Anita Bonds, Mary Cheh, Vince Gray, and Chairman Phil Mendelson. We each got vaccinated because we know that this is the best way to protect ourselves, our loved ones, and our city.

Once again, thank you for all you have done to keep our community safe during the pandemic. With this vaccine, there is a light at the end of the tunnel, and a sense of hope that we will soon be able to come back together again.

Stay safe, and remember: We are in this together, and we will get through it together.

Mayor Muriel Bowser

**DC, learn when it's your turn!**

Sign-up for District vaccine updates at [coronavirus.dc.gov/vaccinatedc](http://coronavirus.dc.gov/vaccinatedc)

**#GetVaccinatedDC**

DC HEALTH  
GOVERNMENT OF THE DISTRICT OF COLUMBIA  
MURIEL BOWSER, MAYOR



**#SeniorSocialInfluencers,** Clockwise from left, Councilmember Anita Bonds, Council Chair Phil Mendelson, and Former Attorney General Eric Holder take the COVID-19 vaccine for the first time.

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

**Director**  
Laura Newland

**Editor**  
DACL External Affairs

**Photographer**  
Richard Williams

500 K St. N.E., Washington, D.C. 20002  
(202) 724-5626 | [www.dacl.dc.gov](http://www.dacl.dc.gov)

## D.C. Cameo Club



This past holiday season, the ladies of the DC Seniors Cameo Club continued their 15-year tradition of bringing joy to District children and families in need. The ladies hosted a socially distant “grab and go” event, giving more than 100 families warm coats and gift cards.

Sandra Bears, Ms. Senior D.C. 2005 and Ms. Daisy J. Savage, Ms. Senior D.C. 2002 chaired the event together and expressed their happiness for the way the Cameo Club members helped to make this a safe event for all. “I am very proud and thankful for the team that worked with us, and [that] the kids were very satisfied with their gifts,” said Ms. Bears. “Everybody worked hard to make it happen and Daisy and I were very pleased with the way it turned out.”

# Join us for National Wear Red Day®!

February is American Heart Month. On Friday, February 5, we invite you to join us and Americans across the country in wearing red, to help spread awareness of heart disease and stroke. To learn more about National Wear Red Day and American Heart Month, visit the American Heart Association at [www.heart.org](http://www.heart.org).



## Maintaining Your MENTAL HEALTH

Need someone to talk to; we're here to help! Certified clinicians are available for you 24/7. Call the Department of Behavioral Health mental health hotline: 1-888-793-4357.

### Tips for Reducing Anxiety:



Reach out for help; your mental health is important.



Exercise regularly.



Limit time spent in public places.



If working from home or in self-quarantine, arrange your space so it's calming. Make sure you shower and get dressed like you're going to work.



Moderate news intake.



Practice deep breathing exercises or other methods of meditation.

## Eat Well, Live Better!

### SENIOR NUTRITION PROGRAM



Eat Well, Live Better! Senior Nutrition Program provides access to healthy supplemental food for low-income DC residents who are 60+ years old with a chronic illness.

If eligible, participants will receive:

- Monthly delivery of two boxes of supplemental food, such as vegetables, fruits, and grains
- Virtual meetings with a nutritionist
- Chronic illness care management
- Assessments and referrals to other resources

**Call today to learn if you are eligible.**  
**Caroline Casey**  
**(202) 921-2150**

