

Living Boldly

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

Volume 3

Issue 1

A Newsletter for DC Seniors

January 2023



INTERIM DIRECTOR'S MESSAGE

*By Jessica Smith, Interim Director
DC Department of Aging and
Community Living*

Happy New Year! As we started to get back to “normal” in 2022, we had much to celebrate. We launched new programs, brought back some of your favorite events like Senior Fest and the Senior Symposium, tested our knowledge with the 5th Annual Senior Brain Games, and ended the year with joy, celebration, and well wishes at the Mayor’s 24th Annual Senior Holiday Celebration. I had the best time catching up and dancing with all of you! I couldn’t think of a better way for us to end the year.

With 2023 in front of us, we have so much to look forward to! One of the things I’m most excited about is the expansion of our popular Safe at Home program. As many of you know, Mayor Bowser first created Safe at Home in 2016, responding to the urgent need of older adults who were at risks for falls and other household accidents. And since we launched Safe at Home, we’ve been able to help more than 5,500 District residents safely remain in their homes. With Safe at Home 2.0, we get to further alleviate the risks of falls for older adults by including three additional prevention categories in our program: medication management, vision screenings, and balance and strength training. We’re super excited to give seniors like you more options to reduce the risks of falls and support you as you age the way you want and choose. To learn more about Safe at Home 2.0, reach out to us at 202-724-5626 or at dacl.dc.gov.

Before you know it, my favorite holiday of the year will be here! Valentine’s Day is right around the corner, and that means we’re gearing up for our 7th Annual Cupid’s Kids Initiative! We’re continuing our partnership with District public and charter schools to make handmade cards for our homebound seniors and any older adult who may want a card. This intergenerational project is a small gesture that makes a huge impact. It’s a reminder that human connection is something that we all need so much, especially during a season where some of us may be feeling lonely and isolated. So, if you want to receive a card or even just a call to talk, please reach out to us at 202-724-5626.

Thanks for helping make 2022 a great year for DAACL. I can’t wait to see what’s in store for us in 2023. As always, if you have ideas or thoughts, feel free to reach out. We’d love to hear from you!

Jessica Smith

Thanks for Attending Mayor Bowser’s 24th Annual Senior Holiday Celebration!

Together, we rang in the holidays at the 24th Annual Senior Holiday Celebration! Thanks to everyone who celebrated with us. To view photos from the event, please visit dacl.dc.gov and click on Photo Gallery.





Mayor Bowser Announces Safe at Home Expansion

After thousands of seniors came together at the 24th Annual Senior Holiday Celebration, Mayor Muriel Bowser and the Department of Aging and Community Living (DACL) announced the expansion of the District's Safe at Home Program, which helps older adults live and age safely in their homes by funding modifications that reduce the risk of falls.

Beginning in January 2023, Safe at Home 2.0 will allow participants to voluntarily participate in vision screenings, medication management, and evidence-based balance and strength training classes offered by Home Care Partners and American University. Classes will take place virtually and in-person at all six senior wellness centers across the District, accommodating a variety of abilities. To learn more, call 202-724-5626 or visit dacl.dc.gov.



During the "Home for the Holidays" campaign, the Department of Human Services (DHS) is working with community partners to connect 900 families and individuals experiencing homelessness to permanent housing.

DHS manages the Home for the Holidays campaign, which spans from November 21 through February 28. Home for the Holidays first launched in 2017, and more than 2,000 total households have moved into permanent housing as a result of the campaign. Through this campaign, the District is seeking to partner with local housing providers to identify approximately 2,500 new apartment units in the next three months. Community members can also support Home for the Holidays by donating new and gently used houseware to households.

Housing providers who are interested in partnering with the District, or residents who have items to donate, should email homefortheholidays@dc.gov for more details.

To learn more about the Home for Holidays campaign, visit dhs.dc.gov/page/home-holidays.

CHRISTMAS TREES & HOLIDAY GREENERY COLLECTION

JANUARY 3, 2023 - MARCH 3, 2023

Pickup locations have changed!

This year collection will take place curb side. Christmas tree and holiday greenery collection services will begin January 3, 2023, through March 3, 2023, for all DPW-serviced residences.

Two convenient drop-off locations are available for all District residents:

- Benning Road Transfer Station - 3200 Benning Road NE
- Guy Mason Recreation Center - 3600 Calvert Street NW

Trees and greenery collected or dropped-off by March 3, 2023, will be composted

DPW.DC.GOV

GOVERNMENT OF THE DISTRICT OF COLUMBIA
MURIEL BOWSER, MAYOR

Join DACL and our Senior Service Network's Upcoming In-Person and Virtual Events!

Join us for a variety of in-person and virtual activities and events at daclevents.splashthat.com.

Questions? Email dacl.communications@dc.gov



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MURIEL BOWSER, MAYOR

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