Living Boldly

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

Volume 4 Issue 7 A Newsletter for DC Seniors July 2024

DIRECTOR'S MESSAGE

By Charon P.W. Hines

Hello Seniors,

Happy Summer! Last month, we PROUDLY celebrated the vibrancy of Pride Month, showering our LGBTQ+ community with support. This show of living boldly is a clear example of resilience and living how one wants and chooses. Thank you to all seniors that joined us on the Senior Pride Trolley as we celebrated together at the Capital Pride Parade.

It was also a pleasure to see all of your faces at Mayor Bowser's 13th Annual Senior Symposium. Having the symposium during Elder Abuse Awareness Month was a must! This year's theme, "Empowerment through Awareness," highlighted elder abuse and fraud prevention. You engaged in panel discussions, a resource fair, and received a warm welcome from Mayor Bowser! We hope you took away key points and facts to help better safeguard yourselves from scams and fraud. Your protection is our number one priority at all times. If you or someone you know is experiencing fraud or a scam, please call the Adult Protective Services (APS) Hotline at (202) 541-3950, available 24-hours 7-days a week.

The kick-off to this summer has been particularly hot already, and we want to ensure you are protected during a heat emergency. When the forecasted temperature or heat index in the District is 95 degrees or higher, the District Government implements the Heat Emergency Plan and activates cooling centers for community members to seek relief. If you find yourself in need of cooling down in hot temperatures, please visit: heat.dc.gov, to see where a cooling center near you may be located. If you or someone you know needs free, accessible transportation to a cooling center, please dial 311.

As we continue to stay cool, here are some tips on how to beat the heat this summer.

- Stay Indoors: Find places in the shade or with air conditioning to seek relief from the heat.
- Check on Your Neighbors: Young children, older adults, and those with disabilities or other access and functional needs are the most vulnerable in our community.
- Hydrate: Drink plenty of water and avoid liquids that contain alcohol, caffeine, or large amounts of sugar.
- Dress Appropriately: Wear lightweight, loose-fitting, light-colored clothing and use SPF 15 or higher sunscreen.
- Never Leave Children or Pets in Vehicles: Vehicles can reach dangerous temperatures within 10 minutes. Pet and service animal owners should keep animals indoors, walk them early in the morning, and give them plenty of water.

We have also often seen seniors suffer from heat exhaustion during heat emergencies. Here are some tips to identify the signs of Heat Stroke and Heat Exhaustion.

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Thanks for Riding Along the Senior Pride Trolley

During June, we celebrated Pride Month with enthusiasm and joy! We kicked off the month by participating in the Capital Pride Parade! Every year, DACL invites seniors to join the Pride Trolley, and this year was no exception. Our team transformed the trolley into a vibrant and colorful part of the parade, creating a fantastic experience for all participants. Seniors enjoyed singing, dancing, waving, and interacting with parade-goers. Thank you to all the seniors who made this event special. Our LGBTQ+ community shines with pride every day, not just in June. As we continue to honor inclusivity and diversity, we encourage everyone to LIVE BOLDLY and LOVE BOLDLY.

Director's message

From page 14

Symptoms may include:

- Dry red skin
- Convulsions
- Throbbing headaches
- Disorientation
- Chills
- Delirium
- Coma

If you suspect that you or someone you know is experiencing a heat-related illness, call 911 immediately. During these times, we invite you to come visit a senior wellness center and escape the heat. We have plenty of activities taking place and an amazing amount of AC to keep you cool! If you have any questions about senior wellness centers, call my office so that we may assist you at (202) 724-5626. We hope that you are able to stay cool during this heated season.

Stay safe and enjoy your summer!

In Service,
Charon P.W. Hines

Introducing Ms. Senior DC 2024, Janet Corbitt

In partnership with East River Family Strengthening Collective and the DC Seniors Cameo Club, DACL hosted the 2024 Ms. Senior DC Pageant at the University of the District of Columbia. This year, eight talented women from the District competed for the crown. Contestants ranged from former educators to professionals in the legal field, with one contestant gracing the stage at age 95! The title of Ms. Senior DC is awarded based on contestants' talents, philosophy of life, interview and evening gown presentation. On Saturday, June 15, 2024, Janet Corbitt was crowned Ms. Senior DC 2024. Her court includes 1st runner-up Cheri Dews, 2nd runner-up Rosetta Davis, and 3rd runner-up Cynthia Smith. Congratulations to all the contestants on a fantastic pageant!

Celebrating DC Centenarians

Mayor Bowser and the Department of Aging and Community Living are seeking District residents, age 100 years or older, to celebrate.

Call **(202) 724-5626** or email **dacl.communications@dc.gov** if you know a DC resident who has celebrated, or will celebrate their 100th birthday by July 31, 2024.

Please send the name, date of birth, contact information, and bio for each individual that you are registering. Registration ends August 1, 2024.

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

Model Cities Senior Wellness Holds Ribbon Cutting for Highly Anticipated New Wing

Model Cities Senior Wellness Center seniors celebrated the ribbon cutting of a brand-new wing in their building! This exciting addition includes a dance studio, extra parking spaces, a new restroom, and a state-of-the-art conference room. Thank you to our partners, Seabury Resources for Aging, and our sister agency, the District of Columbia Department of General Services.

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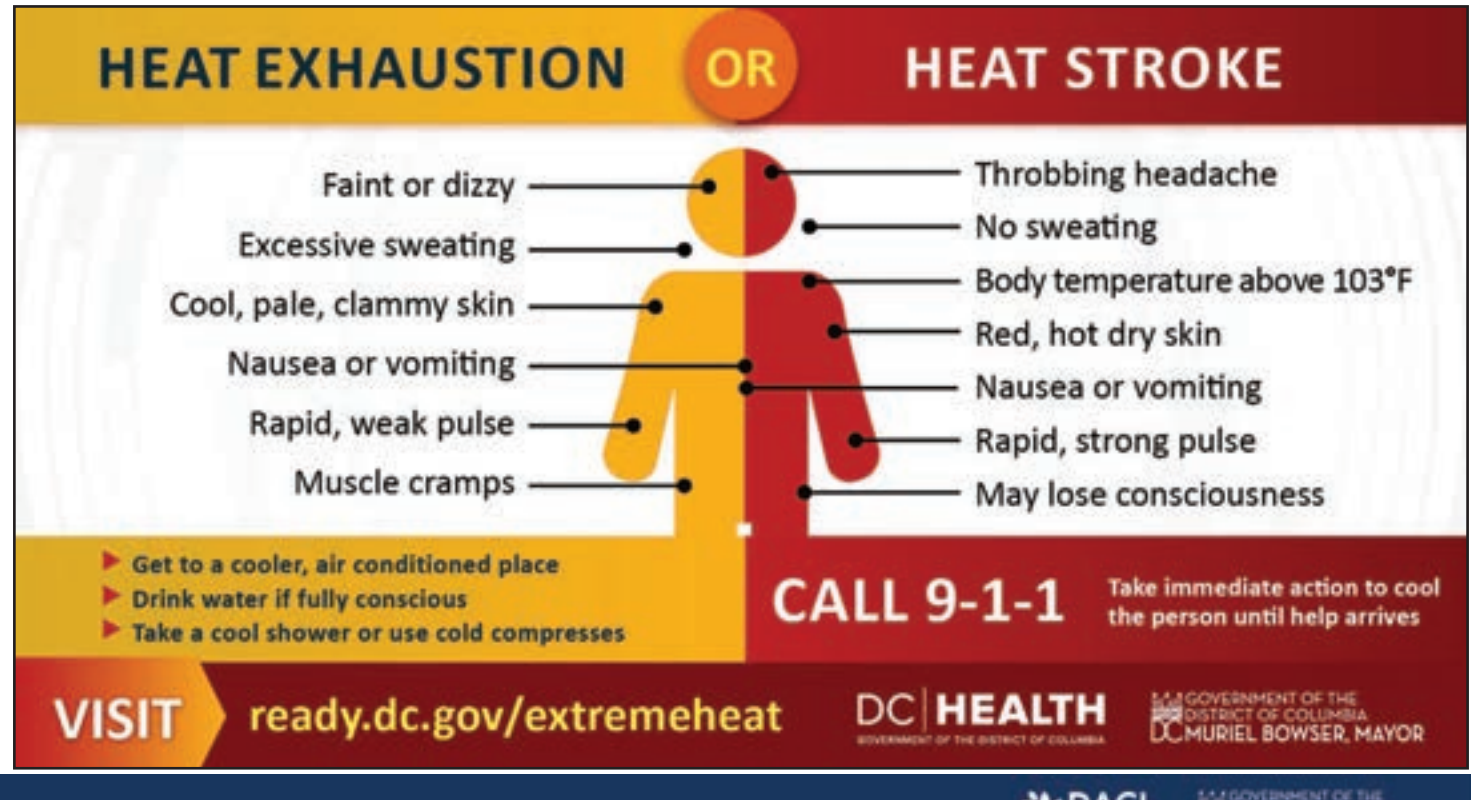
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