

Living Boldly

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

Volume 4 Issue 6 A Newsletter for DC Seniors June 2024



DIRECTOR'S MESSAGE

By Charon P.W. Hines

Dear Seniors,

Happy Pride Month! As we embrace the colorful celebrations of Pride, I hope you are eagerly looking forward to the meaningful month ahead.

With summer nearly in full swing and 2024 already at its midpoint, we reflect on the festivities of Older Americans Month. Your active participation and vibrant spirit at our events last month were truly amazing. Thank you for your unwavering support and joyous presence.

Although Older Americans Month has ended, we have a lot more in store for June! In collaboration with Mayor Muriel Bowser, DACL is thrilled to present a lineup of engaging events tailored for our senior community. On Saturday, June 8, we invite you to join us in celebrating our LGBTQ+ seniors as we proudly march alongside Mayor Bowser in the Capital Pride Parade. Solidifying our steadfast support and unity, we will participate in the parade in our infamous Senior Pride Trolley. March alongside the Mayor and Team DACL, showcasing our solidarity and dedication to inclusivity for all DC residents. Let us come together during this festive weekend to pay homage to the remarkable contributions of our aging LGBTQ+ community.

The following weekend, on Saturday, June 15 at 2 p.m., mark your calendars for the highly anticipated Ms. Senior DC pageant. Join us in cheering on our contestants as they compete for the title of Ms. Senior DC 2024! The pageant will take place at the University of the District of Columbia (UDC) Van Ness Campus, Theatre of the Arts. Our contestants have been working so hard to be the next representative of the District of Columbia, and we invite you to witness their elegance. Secure your tickets by visiting tinyurl.com/msseniordc24tix or contact my office at (202) 724-5626.

On Tuesday, June 25 at 10 a.m., DACL will host Mayor Bowser's 13th Annual Senior Symposium at Ballou Senior High School, marking the culmination of this month's events. Aligned with June's recognition of Elder Abuse Awareness Month, this year's Senior Symposium will spotlight elder abuse and scam prevention. Seniors will have the opportunity to learn how to identify various forms of elder abuse, strategize against fraud and scams, and access support services to safeguard themselves. The theme "Empowerment through Awareness" echoes Mayor Bowser's commitment to aging safely and ensuring that every senior in DC is protected. At DACL, our mission is to equip you with the tools necessary to live boldly, and learning how to protect yourself from fraud, scams and abuse is part of that. The symposium will feature panel discussions, educational sessions, exhibitors, access to resources and food. To register for the Senior Symposium, contact my office at (202) 724-5626.

As we honor Pride Month throughout June, we invite you to engage with the LGBTQ+ seniors in your community, learn about inclusivity of all seniors, and enjoy all the events this beautiful month has to offer. Together, let's remain steadfast in our commitment to the equity and inclusion of all older adults. I trust you will enjoy the events lined up for June and I cannot wait to see each and every one of you this month and the rest of the summer!

In Service,
Charon P.W. Hines
Director, DACL

Thank You for Joining Older Americans Month

During May, seniors engaged in various activities like fashion shows, health fairs and talent shows to honor Older Americans Month. They epitomized living boldly, showcasing the importance of connections. The theme, "Powered by Connection," highlighted the signifi-

cant influence of meaningful relationships and social ties in daily life. Thanks to all District seniors across the 8 Wards for combating isolation through participation. While Older Americans Month is over, we urge you to stay connected with DACL throughout the year.





WANT TO BECOME AN ADVOCATE FOR DISTRICT SENIORS?

JOIN THE DC COMMISSION ON AGING (COA)

QUALIFICATIONS TO JOIN:

- ✓ Must be a DC resident
- ✓ Preferably 60+ years of age
- ✓ Dedicated to and understanding of the needs of seniors
- ✓ Join monthly meetings
- ✓ Serve a 3 year term
- ✓ This is a voluntary role, all members serve without compensation

APPLY HERE:
tinyurl.com/coadcapp1

FOR MORE INFORMATION, VISIT:
tinyurl.com/coainfo24

FOR QUESTIONS, EMAIL :
dacl.communications@dc.gov




Capital Pride Parade Meet DACL at the Parade

Join us on Saturday, June 8 at 3 p.m. at 14th and U Sts. to celebrate the region's largest pride celebration!



Ms. Senior DC Pageant

LIVING MY LIFE LIKE IT'S GOLDEN

Saturday, June 15, 2024




1:00 PM

University of the District of Columbia Auditorium | Building 46
4200 Connecticut Ave., NE, Washington, DC 20008

Ticket Price : \$20

Purchase Tickets Here:
tinyurl.com/msseniordc24tix

For more information:
dacl.communications@dc.gov

Elder Abuse Awareness Month

June is Elder Abuse Awareness Month, highlighting the need to safeguard older adults from various forms of abuse. If you or someone you know is experiencing abuse or neglect, reach out to DACL's Adult Protective Services hotline at (202) 541-3950 for 24/7 support. Elder abuse encompasses financial, emotional and physical mistreatment, as well as neglect and self-neglect. Factors like social isolation,

financial strain and dementia can heighten vulnerability. The consequences are severe, with abused seniors being twice as likely to be hospitalized and four times as likely to enter nursing homes. While family members are often perpetrators, abuse can occur in any setting. According to the National Center for Elder Abuse, between 1 and 2 million Americans over 65 suffer mistreatment annually.

Mayor Bowser's 13th Annual Senior Symposium

EMPOWERMENT THROUGH AWARENESS



BALLOU HIGH SCHOOL

TUESDAY, JUNE 25

10:00 AM

- Benefits:**

 - Exclusive Panel Discussions
 - Breakfast & Lunch
 - Access to Resources

Learn How To:

 - Recognize Different Forms of Elder Abuse
 - Strategize for Fraud and Scam Prevention
 - Access Support Services

To register, visit: tinyurl.com/SenSymposium13

202-724-5626

DACL.COMMUNICATIONS@DC.GOV

ASL INTERPRETATION PROVIDED

#SENIORSYMPIUM13



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