

# Living Boldly

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

Volume 1 Issue 2 A Newsletter for D.C. Seniors June 2021



## DIRECTOR'S MESSAGE

By Laura Newland, Director  
D.C. Department of Aging  
and Community Living

Are you feeling that change in the air? The days are warmer and longer, and this year, vaccinations mean that spring brought us more than just a change in the temperature! Getting vaccinated means that we can hug loved ones, feel comfortable in public spaces, and resume at least some of our “normal” routines, which includes DACL in-person activities.

The past fourteen months have only confirmed what we already knew—loneliness and isolation cause negative health, social, and emotional outcomes for all of us but can be particularly damaging for seniors. But even with the easing of social distancing requirements, many of us remain alone.

That's why DACL is working hard to ensure that every senior who wants to resume in person activities can do so safely, from working out to chilling out over coffee. Some of our programs, like Adult Protective Services and Safe at Home, have continued to operate during the public health emergency, and over the past several months, our adult day health programs opened in-person activities to help support our caregivers providing care to those with Alzheimer's or other related dementias. In June, our Senior Wellness Centers, Vida Senior Center, and the Asian Pacific Islander Senior Center will all reopen. Now, things might look different when we reopen—we'll have to limit participation in some activities, and we're requiring masks and social distancing for now, but we're all so excited to welcome you back in-person!

June is also PRIDE month, so we're planning exciting PRIDE month activities with a focus on creating safer and more welcoming spaces for our LGBTQ+ seniors. I know that the public health emergency isn't the only reason seniors may feel isolated and as we open back up, I want to ask each of you to help me make sure every senior feels welcome in all our spaces. Introduce yourself to someone new or maybe have a conversation with someone you've seen around but haven't talked to before. Everyone, no matter what we look like, how we identify, who we love, wants to feel welcome and included. As we think about how we can build back better than before, let's commit to being better to each other!

If you've discovered you prefer to work out at home with online classes, or if you're not quite ready to participate in person, we've still got you covered. The silver lining from this past year has been seeing how popular virtual programming has been, and we'll continue to offer a great selection of online classes and activities.

And remember, the sooner we all get vaccinated, the sooner we can all be together!

## DACL Hosts Mayor Bowser's 10th Annual Virtual Senior Symposium

On May 12, DACL hosted Mayor Bowser's 10th Annual Senior Symposium. Moderated by our very own Director Laura Newland, this year's symposium was called *Lunch & Learn: Reimagining Living Boldly in the Era of COVID-19*. We partnered with our friends over at AARP DC to have a timely conversation on just what it means to live boldly, especially during an unprecedented time in our city. Joined by DC Health's Dr. LaQuandra Nesbitt and DPR's Director Delano Hunter, seniors left this year's symposium with tips and tools nec-



essary for all of us to get back to doing the things we love, sooner.

In case you missed it, you can watch the full symposium by visiting [facebook.com/dcagingnews](https://www.facebook.com/dcagingnews).

## Honoring DC Centenarians

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

Call (202) 374-9573 or email [dacl.communications@dc.gov](mailto:dacl.communications@dc.gov) if you know a DC resident who has celebrated their 100th birthday by April 30.

Please send the name, date of birth, contact information, and a bio for each individual that you are registering. Registration ends June 30, 2021.



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**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)

# Celebrate Pride Month with Capital Pride Alliance!

There's nothing like PRIDE in the District! DACL's excited to have our six senior wellness centers join the Capital Pride Alliance in Paint the *Town Colorful with Pride*, promoting joy, visibility, and PRIDE all month long. Be sure to visit us to see just how colorful and inclusive our spaces are for DC seniors.

- JUNE 1** 7:00pm  
Pride Talks:  
We Are Colorful
- JUNE 11** 7:00pm  
The Capital Pride  
Honors
- JUNE 12** 3:00 - 6:00pm  
Colorful  
Pridemobile Parade
- JUNE 13** 11:00am  
Taste of Pride  
Brunch

To register,  
visit [capitalpride.org](http://capitalpride.org).

## Calling All Caregivers: Join DACL's Savvy Caregiver Program (SCP)

Join DACL's Savvy Caregiver Program (SCP) to develop the knowledge and skills needed to care for your loved ones with Alzheimer's disease or related dementias.

The SCP is a series of 6 classes for DC caregivers who provide care for older adults, age 60 and over, and adults with disabilities, age 18 and older, living with Alzheimer's disease or related dementias. The program is delivered in 2-hour sessions over six weeks.

For more information, contact Linda Irizarry at 202-355-4443 or [Linda.Irizarry@dc.gov](mailto:Linda.Irizarry@dc.gov).

# WALK-UP VACCINATION SITES

## OPEN TO DC RESIDENTS 12 AND OLDER

LOCATION	ADDRESS	DAYS AND TIMES
Arena Stage	1101 6th Street SW	Thursday-Sunday, 8am-12pm & 1pm-5pm
Fort Stanton Recreation Center	1812 Erie Street SE	May 13, 9am-1pm & May 24-27, 2pm-7pm
Kaiser Permanente, Capitol Hill	700 2nd Street NE	Mondays and Saturdays, 8am-11am starting May 15 for 16+; starting May 22 for 12+
Lamond Recreation Center	20 Tuckerman Street NE	May 12-15 19-22, 26-29, 2pm-7pm
Langdon Park Community Center	2901 20th Street NE	May 10-13 9am-1pm May 24-27, 2pm-7pm
Rosedale Recreation Center	1701 Gales Street NE	May 13-15, 17, 20-22, 24, 2pm-7pm May 27-29, 9am-1pm
RISE Demonstration Center	2730 Martin Luther King Jr. Avenue SE	Monday-Saturday, 9am-12pm & 1pm-5pm
Walter E Washington Convention Center	L St. North Entrance between 7th and 9th Street NW	Monday & Fridays, 7:30am-6:30pm Tuesday-Thursday, 7:30am-3:30pm
Children's National Medical Center	111 Michigan Avenue NW	Monday-Thursday, 10am-12pm (walk-up for ages 16-22 and appointment only for ages 12-15)

#TakeTheShotDC #DCHOPE

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## 4TH ANNUAL VIRTUAL BRAIN GAMES

JOIN A TEAM AND REPRESENT YOUR WARD!

Join the Department of Aging and Community Living for our 4th Annual Brain Games, a city-wide trivia competition for District seniors that promotes brain health.

Brain Games will take place from July 19-27, 2021

WARD 1, 2, 4 - TERRIFIC: (202) 387-9000

WARD 3 - IONA: (202) 895-9448

WARD 5 - SEABURY: (202) 529-8701

WARD 6 - SEABURY (202) 397-1725

WARD 7 - ERFSC: (202) 534-4880

WARD 8 - ERFSC: (202) 562-6860

CONTACT YOUR LEAD AGENCY TO REGISTER

Registration begins May 24 and ends July 2, 2021

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