

Living Boldly

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

Volume 4

Issue 12

A Newsletter for DC Seniors

December 2024



DIRECTOR'S MESSAGE

By Charon P.W. Hines

Dear DC Seniors,

Happy Holidays! As 2024 comes to a close, I want to take a moment to reflect on the incredible year we have shared, and spread some holiday warmth to the amazing seniors **living boldly** here in the District. Last month, I had a chance to see so many of you at Safeway's Feast of Sharing and it was truly a joy. We laughed, talked and danced together, creating cherished memories of our community's strength and vibrancy. Events like these embody the spirit of togetherness that defines our mission at the Department of Aging and Community Living (DACL).

As the holiday season progresses, I encourage you to check on your neighbors and friends. This time of year can feel isolating for some, and a simple phone call or visit can brighten someone's day. Let's continue to lift each other up and spread warmth and connection across our communities. Another way to stay connected during the holidays and beyond is through our DACL app. The app features easy access to vital services like Adult Protective Services and 311, and updates on the latest DACL events around the city. Be sure to download it and stay engaged with everything we offer.

In the spirit of connection and celebration, I am thrilled to invite you to Mayor Muriel Bowser's 26th Annual Senior Holiday Celebration! Open to DC residents aged 60 and older, this event promises a day full of holiday cheer, entertainment, delicious food and opportunities to connect with other DC Government agencies and resources. Join us at the DC Armory (2001 East Capitol Street SE, Washington, DC 20003) on Wednesday, December 11, 2024, from 10:00 AM to 2:00 PM (doors open at 9:00 AM). We invite you to RSVP at your earliest convenience to ensure you do not miss out on this fantastic holiday festivity. To RSVP, register at www.tinyurl.com/holidaycelebration26 or call our office at 202-724-5626 for assistance.

As we say farewell to 2024, I want to express my heartfelt gratitude to all of you for making 2024 such a remarkable year. Your engagement, feedback and support fuel our mission and inspire us to serve you better every day. Whether attending our events or connecting with us in your communities, you, the seniors of the District, are truly the heart of our city.

I often tell my team and DC seniors: **"Without you, there is no us."** As we head into 2025, I invite you to continue sharing your thoughts, ideas and needs with us. Together, we will ensure that you continue to **Live Boldly** in the years ahead.

Wishing you a joyous holiday season and a prosperous new year!

In Service,
Charon P.W. Hines

Mayor's Senior Holiday Celebration

Join Mayor Bowser and the Department of Aging and Community Living for the Mayor's 26th Annual Senior Holiday Celebration! This year's festivities will be held at the DC Armory (2001 East Capitol Street SE, Washington, DC 20003) on December 11, 2024, from 10:00 AM to 2:00 PM. Doors will open at 9:00 AM. The Holiday Celebration is open to DC residents aged 60 and older. This joyous event promises holiday cheer, entertainment, food and community connection. ASL interpretation will be provided. Don't miss out on this wonderful gathering to celebrate the holiday season with us! To RSVP, please visit: www.tinyurl.com/holidaycelebration26.

Mayor Muriel Bowser
Presents
THE 26TH ANNUAL SENIOR HOLIDAY Celebration

Wednesday, December 11 | 10:00am
DC Armory | 2001 East Capitol St. SE

In accordance with new safety and security guidelines, bags, backpacks, and purses will not be permitted inside the DC Armory. Wallet-sized clutches no larger than 5" x 7" are permitted

RSVP at tinyurl.com/holidaycelebration26

(202) 724-5626 @DACL_DC
DACL LIVE BOLDLY
GOVERNMENT OF THE DISTRICT OF COLUMBIA
DC MURIEL BOWSER, MAYOR

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

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MAYOR BOWSER PRESENTS

THE 2024 DISABILITY TECH SUMMIT

A FREE TWO-DAY VIRTUAL EVENT

Engaging presentations about the future of technology and disability services.

Technology tools and resources to foster greater independence at home and work.

THURSDAY, DECEMBER 5 & FRIDAY, DECEMBER 6 10 AM - 1:15 PM

REGISTER AT WWW.EVENTCREATE.COM/E/DC-DISABILITY-TECH-SUMMIT-2-222075

OR SCAN QR CODE TO REGISTER

THE NEGRO MOTORIST GREEN BOOK

Stories of community, business innovation, and creative self-determination

November 2, 2024 – March 2, 2025
Martin Luther King Jr. Memorial Library

DC Public Library
Smithsonian ExxonMobil

Long COVID can be Serious. Are you at Higher Risk?

Anyone can get Long COVID, but some people are at higher risk:

- African American
- Hispanic
- People who were hospitalized with COVID-19
- Over 65
- Women
- Unvaccinated

If you think you may have Long COVID, contact your healthcare provider.

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

DOWNLOAD THE DA CL APP TODAY!

DOWNLOAD THE DA CL MOBILE APP

SEARCH THE APP STORE FOR:
DA CL Senior Mobile App

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