

# Living Boldly

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

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## DIRECTOR'S MESSAGE

By Charon P.W. Hines

Dear Seniors,

As we welcome the crisp air and vibrant colors of fall, we are reminded that this season symbolizes new beginnings. It's a time to embrace change, reflect and prepare for the months ahead as the year ends. In September, we celebrated Healthy Aging Month with a focus on embracing aging and the tools necessary to do so with grace and vitality.

One of the highlights was Mayor Muriel Bowser's 38th Annual Centenarian Salute, where we honored more than 50 remarkable centenarians in our city. These individuals have lived long lives and profoundly impacted their families, communities, and history here in the District. Each centenarian was presented with a medallion and certificate on behalf of Mayor Bowser and DACL.

Hearing their life stories was truly inspiring, as they shared insights into how they reached the incredible milestone of 100 years or more. Whether through weekly church attendance, regular exercise, or staying socially active, one common theme stood out: they remained engaged with life. Their commitment to staying physically and socially active has contributed to their longevity.

This serves as a reminder to us all — whether you're approaching your golden years or supporting a loved one as a caregiver — that staying connected to your community and continuing to do what you enjoy are key components of healthy aging.

We also participated in Falls Prevention Day, holding awareness events in all eight wards. Falls are a significant health concern, with one in four individuals over 65 experiencing a fall each year. Sadly, falls are one of the leading causes of loss of independence for seniors. Thankfully, there are proven strategies to reduce the risk. We can prevent falls and protect ourselves by staying active, getting regular vision checks, making homes safer, and speaking with healthcare providers about potential health issues.

As we move forward into October and beyond, let's focus on active aging, community engagement and embracing all the changes this season offers. Let's also remember to care for our bodies and minds as we age, ensuring that we live long, fulfilling and healthy lives.

In Service,  
Charon P.W. Hines  
Director, Department of Aging and Community Living

## Falls Prevention Awareness Day



**In partnership with Home Care Partners and George Washington University, DACL held Falls Prevention Awareness Events in all eight wards, keeping older adults informed and healthy. The day focused on fall prevention, balance, holistic health tips and more, empowering seniors to lead healthier, safer lives.**

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# 7th Annual Brain Games



In partnership with DC Public Library, DACL brought District seniors the 7th Annual Brain Games! Seniors from all eight wards competed in a Jeopardy-style trivia game to see who would bring home the prize. After 7 rounds of trivia, the Ward 6 Cerebrals took home the trophy as the 2024 Brain Games winner! Congratulations Cerebrals!

# Mayor Bowser's 38th Annual Centenarian Salute



The District's oldest residents enjoyed an incredible experience at Mayor Bowser's 38th Annual Centenarian Salute! The event was filled with lively music, a delicious lunch, and warm welcoming remarks from DACL Director Charon P.W. Hines, who beautifully acknowledged the wisdom and resilience these centenarians embody. Each honoree received a special medallion and certificate from Mayor Bowser, honoring their immeasurable impact on both the DC community and the world at large. Happy Centenarian Day 2024!

# Ms. Senior DC Coronation Luncheon



Members of the DC Cameo Club and the DC community gathered to shower the newly-crowned Ms. Senior DC, Janet Corbitt, before she is set to compete at the National Ms. Senior America Pageant in Atlantic City, New Jersey, in early October.

# H Street Festival

