

Spotlight on Aging

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A newsletter for D.C. Seniors

March 2021



DIRECTOR'S MESSAGE

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

In celebration of Black History Month, my team highlighted your stories the entire month of February. Stories like Robert “Bob” King, our city’s longest serving ANC Commissioner; or like Sandra Bears, member of the D.C. Senior Cameo Club and a founding member of the Jewels, a 1960’s music group that toured with James Brown. Their stories and so many others are among the many ways our oldest residents make Washington, D.C. the great city it is.

As we enter Women’s History Month, I’m excited for us to share even more stories of how D.C. women like Virginia Ali of Ben’s Chili Bowl and Vanilla Beane of Bené Millinery & Bridal Supplies have paved the way. But business owners, political leaders and famous singers aren’t the only people who’ve made history in the District.

Many of you are making history today. You’re making history by stepping up during a difficult time, reaching out to a neighbor just to check-in and say hello. You’re connecting with others in any way that you can, while keeping yourself and your neighbors and family safe.

During challenging times, being a good neighbor is an extraordinary act, just as important to the community as being the first, the best, or the greatest. Checking in on an old friend you haven’t heard from in a while, stopping by to say hello to a neighbor you usually wave to from afar, sending a note, making a call, or delivering a meal are all extraordinary acts that will become a part of our stories when we look back on this time period in our city.

Today, we are all bearing witness to history and, in our own way, we’re contributing our own stories for generations to come. Stories about the ways in which we serve and love one another, even when we can’t be together in person.

While we celebrate the extraordinary accomplishments of so many who came before us, and those who continue to pave the way today, let’s also celebrate the incredible contributions you’re making in our community with your families, your friends and your neighbors. You’re keeping these connections strong during a time when it’s so easy to lose touch.

If you’re feeling alone and disconnected during this time, reach out to my office at 202-724-5626. We can help you get involved in activities, or connect you to someone just to chat.

At DACL, we celebrate history **every** day by celebrating you! And we want to keep sharing your stories.

Tell us how you live boldly and how you’re helping all of us thrive together. If you’re interested in sharing your story, please email my team at dacl.communications@dc.gov.

I can’t wait to hear from you!

Laura

Ms. Senior DC Visits the Glass Ceiling Breaker



In honor of International Women’s Day (March 8), Ms. Senior D.C. Trinette Chase made a visit to the latest art installation on the National Mall. Based on a portrait by Celeste Solman, the newest piece on the Mall features Vice President Kamala Harris in broken glass, commemorating the glass ceiling broken when she was sworn in as the first woman, and first person of color, to hold the office of Vice President of the U.S.

Vacancies on D.C. Commission on Aging

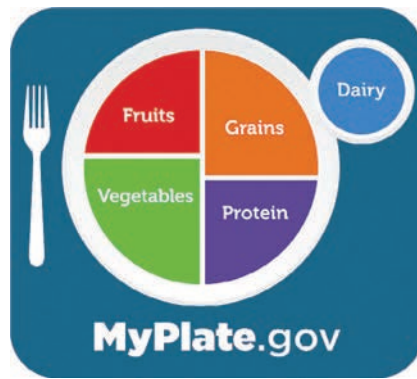
Are you interested in serving your community as an aging advocate? The District of Columbia Commission on Aging is a citizen’s advisory group to the Mayor, Council of the District of Columbia, Department of Aging and Community Living, and the general public on the needs and concerns of older Washingtonians. The Commissioners serve as advocates on behalf of the District’s more than 120,000 seniors, and accom-

plish their responsibilities through outreach to individuals and institutions, as well as to groups and governments.

The Commission’s 15 members are appointed by the Mayor with the advice and consent of the Council of the District of Columbia.

To apply to become a member, visit the website of the Mayor’s Office of Talents and Appointments: <http://motaboardstheresumator.com>.

Personalize Your Plate



It's National Nutrition Month, and this year the theme for National Nutrition Month is Personalize Your Plate. There is no one-size-fits-all approach to nutrition and health as we are all unique! What are you putting on your plate?

According to the US Department of Agriculture (USDA), the benefits of healthy eating add up over time, bite by bite. Small changes matter. Start simple with MyPlate and choose healthful foods you enjoy.

- Make half your plate whole fruits and different vegetables
- Make half your grains whole grains
- Vary your protein
- Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions)

A Registered Dietitian Nutritionist/Licensed Nutritionist can tailor a personalized healthy eating plan. Contact one in your ward or call (202) 724-5626.

Director Newland joined Dr. Nesbitt for AARP's COVID-19 Townhall

On February 12, Director Laura Newland joined DC Health's Dr. LaQuandra Nesbitt and Councilmember-at-Large, Anita Bonds for AARP's COVID-19 Townhall. All health experts shared the importance of getting vaccinated and more about the

vaccine distribution in the District. If you missed it, visit AARP DC's Facebook page to listen to the entire town hall, www.facebook.com/aarpdc. For more information about the vaccine, please visit vaccinate.dc.gov or call 1-855-363-0333.

DACL Partners with the Humane Rescue Alliance

DACL is excited to partner with the Humane Rescue Alliance to make connections with seniors and some of their pets in foster care. The goal will be to support our efforts in combatting isola-

tion by enabling homebound seniors to interact with pets, whether virtually or in-person. If you or a senior you know is interested in participating, please email us at dacl.communications@dc.gov.

DC Community creates more than 12,000 cards and letters of love for Valentine's Day

This Valentine's Day, more than 6,000 homebound seniors received handmade cards and letters of love as part of DACL's 5th Annual Cupid's Kids Initiative. DC residents in all eight wards and members of neighboring communities in Maryland and Virginia joined us in spreading

love to seniors across the District. Gestures like these are more important now than ever before, ensuring our oldest residents know that we see them, we value them, and we love them. We are incredibly grateful for the support received from the entire community.



Free Tax Prep and Filing Assistance for DC Seniors

The DC Office of Tax and Revenue recommends the following free tax preparation services available throughout the District of Columbia and online:

- **VITA:** By appointment only: The Internal Revenue Service (IRS) Volunteer Income Tax Assistance (VITA) program offers free tax preparation to low-moderate income taxpayers. Taxpayers can locate the VITA site nearest them by visiting <http://irs.treasury.gov/freetax-prep/> or call 1-800-906-9887.
- **AARP (Tax-Aide Locator):** By appointment only: The Tax-Aide Program offers free tax help for everyone, with priority assistance to taxpayers who are 60 years of age and older, specializing in questions about pensions, and retirement issues unique to seniors. To reach a DC Tax-Aide volunteer, send a text to or leave a message at 202-642-9037 or email the DC Tax-Aide Help Desk at DCTaxAide.Help@gmail.com. Someone will get in touch with you by email or return your call using the number 617-675-4444 and work with you to determine what type of assistance you need.
- **Self-Help Tax Assistance:** OTR offers two convenient and easy options for residents to file their tax returns. Visit otr.cfo.dc.gov to learn more.

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