

Living Boldly

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

Volume 2

Issue 5

A Newsletter for DC Seniors

May 2022



DIRECTOR'S MESSAGE

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

Happy Older Americans Month! This year's theme is *Age My Way*, celebrating the ways in which older adults choose to thrive in the communities they know and love. May is the month where we join the rest of the country in celebrating and honoring your accomplishments, service to your communities, and the ways in which you help all of us Thrive Together.

For DACL, this is a personal mission our team works towards every day—but we call it *Live Boldly!* Every day, our team is working hard to reach the hardest to reach seniors and to ensure those who need resources and services receive them, making Washington, DC a place where all older adults can live and thrive in the communities they know and love.

Just like in prior years, our Mayor continues to make significant investments in making sure longtime DC residents like you can stay and thrive in DC. The Fiscal Year 2023 budget includes helping families pass on property from one generation to the next, lowering property taxes for seniors, and helping residents maintain their properties. As the Mayor has noted, so much of our city's \$5.7 billion health and human services budget is focused on seniors and making sure our older residents have access to world-class health care, housing, and opportunities.

Older Americans Month couldn't have come at a better time and that's because *DC is Open*, which means more opportunities for us to gather, connect, and engage in-person. All month long, our wellness centers, community dining sites, and other community partners have tons of events planned to celebrate our city's oldest residents. One of those events is the Department of Parks and Recreation's Senior Fest! This year's fest is taking place at the Gateway Pavilion in Ward 8 and we have so much in store for you. Music, live entertainment, exhibitors, health screenings, games, a great lunch and more. If you're interested in attending, be sure to visit dpr.events.com to register!

While Older Americans Month is all about taking the time to engage with you in the community, it's also a time for us to reinforce our commitment of listening to what matters most to you. In my January column, I shared more about our newest initiative called the Future of Aging (FOA) Project. FOA is all about using your feedback to help redesign systems and programs around your insights, feelings, and experiences. Together, we can create a customer experience that we can all be proud of. If you're interested in participating in some of these activities, please call 202-715-7534 or email us at futureofaging@dc.gov.

Keep living boldly!!!

Celebrate Older Americans Month with DACL!

2022 Older Americans Month Calendar

Vida Senior Center OAM Celebration

Wednesday, May 4 | 1:00 PM – 3:00 PM
1842 Calvert Street, NW – Ward 1

Asian/Pacific Islander Senior Center OAM Celebration

Thursday, May 5 | 11:00 AM – 1:00 PM
Cambria Hotel – 1st floor
899 O Street, NW – Ward 2

Hattie Holmes Town Hall & OAM Celebration

Monday, May 9 | 11:30 AM – 12:30 PM
324 Kennedy Street, NW – Ward 4
Hybrid

MPD Side-by-Side Band OAM Anniversary

Tuesday, May 10 | 12:00 PM – 2:00 PM
Congress Heights Senior Wellness Center
3500 Martin Luther King, Jr. Avenue, SE – Ward 7

Washington Senior Wellness Center OAM Celebration

Thursday, May 12 | 11:00 AM – 1:00 PM
3001 Alabama Avenue, SE – Ward 7

Model Cities Senior Wellness Center OAM Celebration

Wednesday, May 18 | 11:00 AM – 1:00 PM
1901 Evarts Street, NE – Ward 5

UDC Senior Companion Program OAM Celebration with special guest, Laura Newland

Wednesday, May 18 | 11:00 AM – 1:30 PM
Virtual

DPR Senior Fest

Wednesday, May 25 | 10:00 AM – 3:00 PM
2700 Martin Luther King, Jr. Avenue, SE – Ward 7

Hattie Holmes Senior Wellness Center OAM Celebration

Monday, May 25 | 11:00 AM – 1:30 PM
324 Kennedy Street, NW – Ward 4

Legacy Collaborative Leadership Academy Senior Village OAM Celebration – with special guest, Ms. Senior DC

Thursday, May 26 | 11:00 AM – 12:00 PM
Virtual

**To register for these events,
please visit dacl.dc.gov
or call us at 202-727-8955**

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Join a Future of Aging workshop, listening session, or other engaging activity and receive a gift card for your time.

Future of Aging (FOA) is a new project focused on improving access to senior services offered by the Department of Aging and Community Living. If you are a District resident, age 50 or older, or a resident of any age providing care for an older adult, we want to hear from you!

You can participate by phone, Zoom, or in-person and activities will be held across the District. **Participants who are selected to participate in an FOA activity will receive a gift card as a token of appreciation for your time.**

We're interested in hearing from you whether you already know about DACL programs and services or have never heard of us. So, tell a friend to tell a friend and give us a call today! To learn more and sign up, **call us at 202-715-7534 or email us at futureofaging@dc.gov.**

In case you missed it, all senior wellness centers are open! For more information on center hours and COVID guidelines, please contact your local senior wellness center.

Join DC Grandparents Against COVID-19



DC Grandparents Against COVID-19 is a movement by grandparents united in encouraging loved ones of all ages to get vaccinated and boosted.

COVID-19 has not gone away. With your help, we can protect our communities! Here's how it works:

1. Talk to just four (or more) people about getting vaccinated or boosted.
2. Share and learn tips on how to inspire and encourage others.
3. Let us know how successful you were!

"I have seen too many people die. I don't want to bury my children or grandchildren. I have to be an example for them... We can get through this together."

-Judy Brown, Grandmother
Resident of Ward 8

You can make a difference!
Learn tips from other grandparents and trusted health professionals.



Please contact Paige to learn more:

Email: Grandparentsagainstcovid19@gmail.com

Call: (202) 743-0404 • **Website:** helpageusa.org/dcgrandparents

MS. SENIOR DC PAGEANT 2022

Sunday, June 12, 2022

Location:
UDC Auditorium Building #46
4200 Connecticut Avenue NW
Washington, DC 20008

Doors Open – 2:00 PM
Pageant Start – 2:30 PM

Ticket Price: \$20
Must provide proof of vaccination and wear a mask.
(Additional fee for garage parking)

For More Information:
<https://dacl.dc.gov>
or
www.seaburyresources.org
(202) 635-1900

MAYOR MURIEL BOWSER PRESENTS

SENIOR FEST 2020 THE HOME COMING

Wednesday, May 25 | 10AM - 3PM
Gateway Pavilion DC
2700 Martin Luther King Jr. Ave., SE
Washington, D.C. 20032

Calling All D.C. Seniors. Join us for our Homecoming Event of the Summer!

Food | Activities | Live Entertainment

Register at dpr.events.com

Seabury Resources for Aging® | DACL LIVE BOLDLY | GOVERNMENT OF THE DISTRICT OF COLUMBIA MURIEL BOWSER, MAYOR | DPR | THE GOVERNMENT OF THE DISTRICT OF COLUMBIA MURIEL BOWSER, MAYOR

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