

Living Boldly

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

Volume 3 Issue 5 A Newsletter for DC Seniors May 2023



ACTING DIRECTOR'S MESSAGE

By Charon P.W. Hines

Dear Seniors,

As we enter the month of May, I am pleased to acknowledge and celebrate Older Americans Month. This annual observance is a time to honor the contributions of older adults to our society, and to raise awareness of the challenges and opportunities that come with aging.

This year's theme, "Aging Unbound," highlights the freedom and independence that come with growing older. It is a reminder that aging is not a barrier to living a full and vibrant life, but rather an opportunity to embrace new experiences and pursue new goals.

At our agency, we celebrate Older Americans like you every day, and we remain committed to supporting you in your pursuit to age the way you want and how you choose. We offer a range of programs and services designed to help you live independently, stay active and engaged in your communities, and maintain your health and well-being. From our nutrition programs that provide healthy meals to homebound seniors to our senior wellness centers that offer social and recreational opportunities, we are dedicated to helping seniors live their best lives.

And living your best life includes celebrating it. This Older Americans Month, we are hosting several events that we would love for you to join us in:

- Tuesday, May 2: Tune in to my live radio interview with Stoddard Live! on WYCB 1340 AM to kick off Older Americans Month!
- Friday, May 5: Attend our Asian and Pacific Islander Senior Center's Aging Unbound Fashion Show at 10 a.m. at the Cambria Hotel, 899 O Street NW.
- Tuesday, May 9 at noon: Join our Ward 3 lead agency, Iona Senior Services, for Bingocize, powered by Home Care Partners, at St. Alban's, 3001 Wisconsin Avenue NW.
- Wednesday, May 10: Attend our first in-person Senior Ambassador Training since the pandemic began! The training will take place at our headquarters, 500 K Street NE. For more information, please visit <https://2023ambassadortraining.splashthat.com>.
- Thursday, May 18: Join our Ward 1, 2, and 4 lead agency, TER-RIFIC, Inc. for their Older Americans Month Health Fair from 10:30 a.m. to 2 p.m. at the Lamond Recreation Center, at 20 Tuckerman Street, NE.
- Thursday, May 25: Join our Ward 7 and 8 lead agency, East River Family Strengthening Collaborative, for an Older Americans Month cel-

Acting Director Hines Testifies before the Committee on Executive Administration and Labor



On April 3, Acting Director Charon Hines represented DACL at our annual Budget Oversight Hearing. To read her full testimony, please visit <https://dacl.dc.gov/release/fy-2022-2023-budget-oversight-hearing>.

bration, A Taste Around the World, from 10 a.m. to 2 p.m. at the Eritrean Cultural and Civic Center, 2154 24th Place NE.

- Friday, May 26: Join our Ward 5 and 6 lead agency, Seabury Resources for Aging for an Older Americans Month celebration from 10 a.m. to 2 p.m. at the North Michigan Park Recreation Center, 1333 Emerson Street NE.
- Wednesday, May 31: Join us as we partner with the Department of Parks and Recreation to host Senior Fest, Believe the Hype. This annual event will take place from 10 a.m. to 3 p.m. at the Gateway Pavilion, 2700 Martin Luther King Jr. Avenue SE.

This month and beyond, I encourage you to age unbound and live boldly. Please connect with us by calling 202-724-5626 or visiting one of our senior wellness centers or community dining sites to engage with us and other older adults in your community. Whatever you choose, we are here to support and empower you. Thank you for all that you do for our city, and enjoy Older Americans Month!