

Living Boldly

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

Volume 1 Issue 7 A Newsletter for D.C. Seniors November 2021



DIRECTOR'S MESSAGE

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

Happy Caregiver Month! Whatever you plan on doing to celebrate Thanksgiving this year, I hope you take a moment to thank the caregivers who are the backbone of our community. Thanks to caregivers, people are able to live safely in the community they know and love.

If you are a caregiver, Thank You. When we celebrated our Centenarians this September, I realized that all the centenarians we visited in the community shared something in common—they all had incredible support and active social lives. They spoke often with their friends and family, and their caregivers would visit them often. From what I've seen, the secret to longevity is love. The centenarians love their communities, and their caregivers (usually family members) love having them as part of their communities.

I know that no matter how much you love the person you're caring for, caregiving can be hard, isolating, and constant. But you're not alone. You deserve a break. You deserve to treat yourself. If you're a caregiver who is not already connected to a community of support, call us at 202-724-5626. We can help connect you to available services and provide a listening ear if you just want to talk.

Last year, the public health emergency prevented us from hosting you at the Mayor's Annual Holiday Celebration, and we missed you! This year, we're planning a big reunion because we could all use some joy and celebration. If you want to attend the holiday celebration (and trust me, you won't want to miss it!), make sure you're fully vaccinated. If you haven't gotten vaccinated yet, this is a perfect time to get the shot! Call us if you need help figuring out where to get vaccinated. We can even help you get there! You can also call 1-855-363-0333, and we'll come to your home to vaccinate you. For those of you who are fully vaccinated, talk to your doctor or pharmacist about whether it's time for a booster shot. And don't forget your flu shot while you're at it!

This year's celebration will be at the Convention Center, so hold December 15th, and get ready to have some fun! With everyone vaccinated and masked, we can keep each other safe. I can't wait to see you there. More details to come!

You're Invited!

**MAYOR MURIEL BOWSER
PRESENTS
THE 23RD ANNUAL SENIOR
HOLIDAY CELEBRATION**

NEW LOCATION:
Walter E. Washington Convention Center
801 Mt. Vernon Pl. NW
Washington, DC 20001

December 15
10 AM - 2 PM
Proof of Vaccination Card Required

DACL
LIVE BOLDLY

GOVERNMENT OF THE
DISTRICT OF COLUMBIA
MURIEL BOWSER, MAYOR

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Calling All Caregivers: Join DACL's Savvy Caregiver Program (SCP)

Join DACL's Savvy Caregiver Program (SCP) to develop the knowledge and skills needed to care for your loved ones with Alzheimer's disease or related dementias. The SCP is a series of 6 classes for DC caregivers who provide care for older adults, age 60 and over, and adults with disabilities, age 18 and older, living with Alzheimer's disease or related dementias.

The program is delivered in 2-hour sessions over six weeks.

For more information, contact Rinaldo Washington, rinaldo.washington@dc.gov.

Support groups will occur via conference call every:

Tuesday 11:00 AM-12:00 PM

Wednesday 4:00 PM-5:00 PM



Be part of the discussion!

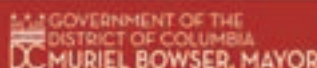
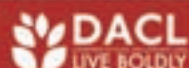


Stay Connected - Join DACL's Call & Talk Program!



Prepare for the holiday season by meaningful connections through DACL's Call & Talk program. More than 100 seniors have joined our program, creating new friendships with DACL staff and other seniors in the community. Give us a call at 202-724-5626 to join.

CORONAVIRUS.DC.GOV



Free Flu Shots Available at Walk-Up COVID-19 Vaccination Sites



**Don't Let
The Flu and COVID-19
Beat You**

Get the Flu shot and Covid-19 vaccine booster at the same time. It's your best defense this year.

Visit vaccines.gov for more information



Get Free Veggies, Courtesy of Mayor Bowser and the Department of Parks and Recreation



WEEKLY VEGGIE GIVEAWAY AT DPR COMMUNITY GARDENS

In need of fresh produce? The Department of Parks and Recreation is providing free, weekly veggies at DPR Community Gardens. Head to Edgewood Rooftop Farm every Tuesday or Lederer Garden every Wednesday to get free produce! For more information, please visit DPRVeggies.splashthat.com.

EVERY TUESDAY • 11 AM - 12 PM

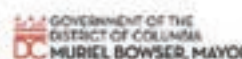
Edgewood Rooftop Farm
301 Franklin Street, NE

EVERY WEDNESDAY • 11 AM - 12 PM

Lederer Garden
4801 Nannie H. Burroughs Avenue, NE

Local, fresh and organic produce!

Be sure to wear a mask and bring a bag for your produce.



VISIT DPR.DC.GOV FOR MORE INFORMATION

@DCDPR



Announcing Free One-Month Capital Bikeshare Memberships for All DC Residents

On October 25, Mayor Bowser and Lyft announced that to help ease travel disruptions caused by reduced Metrorail service, Capital Bikeshare is offering one free 30-day membership to all DC residents. With a membership, 45-minute rides are FREE. To learn more about registering, please visit tinyurl.com/FreeCapitalBikeshare.

