

Living Boldly

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

Volume 2

Issue 11

A Newsletter for DC Seniors

November 2022



INTERIM DIRECTOR'S MESSAGE

By Jessica Smith, Interim Director
DC Department of Aging and
Community Living

Dear Seniors,

As you've heard us say in the past, addressing senior food insecurity in the District is a top priority for Mayor Bowser and DACL. And while we're focused on this all year round, we know food, and access to food, is at the front of many people's minds during the holiday season. So, as we look to Thanksgiving, we want to take this opportunity to highlight one of our newest partnerships in the nutrition space – the National Foundation to End Senior Hunger (NFESH), who's at the forefront of ensuring states across the country have access to quality data to inform their nutrition programming decisions.

Jessica Smith



From Enid Borden, CEO, the National Foundation to End Senior Hunger (NFESH)

At NFESH, we're laser focused on working with states and localities to engage in research methods and practices to find causes and consequences of senior food insecurity, and then to initiate and employ innovative methods that address possible solutions. We are once again proud to be working with DACL in this space. Our academic research team has been charged with conducting a study to examine food insecurity in the District, and to specifically look into the underlying risk factors that changed disproportionately for DC seniors as a result of the Great Recession.

In partnership with DACL, we will be looking at trends specific to senior food insecurity in the District, analyzing the factors associated with the issue, and getting a better understanding of the instabilities in housing, family structures, and other factors related to food insecurity. As a partner in DACL's work, I've been able to see how the agency is using research as a guide in their daily practices and programming to continue to implement innovative practices and methods that address underlying factors that contribute to food insecurity. Our research produces numbers. That data, however, represents real people. Our work with DACL begins and ends with seniors like you. And our work is performed on a national level, as food insecurity is not solely an issue in Washington, DC. It is a nationwide problem that is being addressed both locally and around the country. And while it is not a new phenomenon anywhere, I must say that we're inspired by how DACL has continued to take the issue seriously and has made a commitment to combatting senior food

Save the Date - The Mayor's 24th Annual Senior Holiday Celebration

You're Invited!

Mayor Muriel Bowser Presents the
24th Annual Senior Holiday Celebration

DC Armory
2001 E Capitol St SE, Washington, DC 20003

Tuesday, December 6
10:00 AM

RSVP at tinyurl.com/holidaycelebration22

In accordance with new safety and security guidelines, bags, backpacks, and purses will not be permitted inside the DC Armory. Wallet-size clutches no larger than 5" x 7" are permitted.

@dacl_dc
 @mayorbowser @mayor_bowser

insecurity through the creation of some of the most innovative programs in the country. Their Food4Choice project is just one such example — a program that is giving select seniors' choice in their nutritional decisions through grocery card distribution. And I'm proud to note that our work with them on the ageWELL pilot project will be a national model of senior nutrition and wellness as we work to address food insecurity with the many community partners that are coming together on this project.

The current state of senior food insecurity in the District has shined a light on an issue that we must all be cognizant of and concerned about. There are many factors that contribute to food insecurity and many, sad to say, are beyond anyone's control. But throughout our country, and specifically here in the District, organizations like DACL are working diligently to move the needle forward. The senior nutrition programs that are run here in the District and throughout the country are models of public-private partnerships at their best and at NFESH we look forward to working with DACL to use every tool possible to address senior food insecurity in the District and across the nation.

Join Safeway for the 2022 Feast of Sharing

FEAST OF SHARING
PRESENTED BY EVENTS DC

Sharing, Caring, & Reconnecting

Wednesday, November 23, 2022
10-11 am Senior Citizens Admission
11 am-1 pm General Admission

Walter E. Washington Convention Center
801 Mount Vernon Place, NW, Washington, DC

Attendees will enter through the Mount Vernon Place front doors

PLEASE NOTE: Face masks will be mandatory for all attendees

Thanksgiving is a time for gratitude, fellowship, and for giving back to others. It's also a time to gather with friends and family to show how much we care.

GRAB & GO
This year, we won't be holding our traditional sit down event, however, we are inviting our D.C. neighbors to stop by for some holiday cheer and treats. Please join us and pick up a grab-and-go meal box (filled with a delicious and nourishing Thanksgiving lunch), a gift bag (featuring winter clothing accessories and other items), and reconnect with your friends from Safeway Feast of Sharing.

Two of Six Senior Wellness Centers Celebrate Milestone Anniversaries



Last month, both the Hattie Holmes and Hayes Senior Wellness Centers celebrated milestone anniversaries! Hattie Holmes celebrated 15 years since the wellness center opened in Ward 4 and Hayes celebrated 10 years since its Ward 6 opening. Both events honored the seniors who've participated in programming at their centers since the beginning while encouraging other older adults to continue to join the centers for fun activities, nutritious meals, and lifelong connections. Congratulations to both Hattie Holmes and Hayes Senior Wellness Centers! DACL looks forward to celebrating both centers for years to come.



Director Smith joins Councilmember Lewis George for the Ward 4 Senior Jubilee!



Just last month, DACL joined Ward 4 Councilmember Janeese Lewis George and Ward 4 seniors for their Senior Jubilee. This year's jubilee featured music, dancing, prizes, and a resource fair where seniors had a chance to get connected to DC resources from across the city.

Department of Aging and Community Living

CASE MANAGEMENT

The Department of Aging and Community Living's (DACL) Case Management team helps clients identify their needs, set mutually agreeable goals, develop a plan of action to reach those goals, and provide connection to long-term services and supports.



Case Management services are offered to:

- District seniors age 60 and older and adults 18-59 with disabilities who have complex needs and require coordination with multiple parties to reach their goal(s)
- District caregivers

Case Management does NOT:

- Provide therapeutic or mental health services
- Have the authority to take custody of any adult for any reason

For Example

Examples of DACL Case Management services may include but are not limited to:

- Assistance filling out public benefits applications and applying to long-term programs and supports
- Receiving home health aides, services to declutter the home, and home modifications for accessibility
- Connecting to transportation, nutrition, and socialization services

Case management is short-term support that leads to a long-term solution.

Call 202-724-5626 for more information.

Living Boldly

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

Living Boldly is published by the Information Office of the DC Department of Aging and Community Living for DC senior residents. Advertising contained in the *Beacon* is not endorsed by the DC Department of Aging and Community Living or by the publisher.

Interim Director
Jessica Smith
Editor
DACL External Affairs
Photographer
Richard Williams

500 K St. NE, Washington, DC 20002 | (202) 724-5626 | www.dacl.dc.gov

