

# Spotlight on Aging

VOLUME XXXII, ISSUE 11

A newsletter for D.C. Seniors

November 2020



## GUEST COLUMNIST

*Dr. Heather Stowe, Clinical Director,  
Department of Aging and  
Community Living*

*"Caregiving often calls us to lean into a love we didn't know was possible."*

—Tia Walker

November is National Family Caregivers Month — a month when we're reminded that many ordinary folks, like you and me, do some extraordinary things. According to national estimates, there are over 65 million people who are caring for family members, and the value of the unpaid care provided is estimated to be worth \$375 billion!

Having cared for my father at the end of his life, I know both the joy and the pain that this journey brings.

Some caregivers are fortunate to have the love and support of family, friends and community as they take on the responsibility to care for a loved one. They have other folks who will share the tasks of caregiving, give them a night off, do the shopping for them or cut the grass — so that the caregiver doesn't have to. They have people who will drop off meals or have the loved one stay with them for a week so the caregiver can take a vacation without worry.

And some caregivers are not as fortunate. Every day is a strict balancing act, with little time for self-care. They may be juggling their own jobs or simultaneously caring for children while caring for a parent or grandparent.

If you are either of these folks, I want to say to you how grateful we are that you do what you do, that you have enough love in your heart to be a caregiver — you are very special.

Regardless of what your situation may be, there may be times when you feel alone or invisible on this journey. The Department of Aging and Community Living wants you to know that we see you, we care, and we are with you — you are not alone.

You can reach out to us for information on the supports that are available in Washington, D.C. Whether it's joining a virtual support group, getting some help to develop your own caregiver plan, or locating a variety of resources available in your community, our staff are ready to talk with you about your situation and how we can help you in your journey. Call us at 202-724-5626.

I've spent a lot of time over the years working with families and caregivers, and every single person has told me how grateful they were to be able to give back to someone who needed them, often someone who once took care of them. Many daughters and sons, wives and husbands, and neighbors and friends faithfully take on this task not knowing how long or how hard the road will be, but sure that it is a journey they will never regret.

If you are a caregiver, or if you are reading this and it brings to mind someone you know who is currently a caregiver, then I want to remind you — you also need to care for yourself! So, I offer these tips to all about taking care of ourselves, especially in this interesting time — this new normal for now. But I especially hope that it's helpful to the caregivers among us:

**1. Be Intentional.** Spend time with yourself each morning,

See **GUEST COLUMN**, page 26

## Department of Aging and Community Living's Caregiver Support Group

### Join DACL's Caregiver Support Group!

Share your experiences in a safe and supportive setting. Discover new health and wellness activities, community resources, and virtual ways to engage while social distancing.

Support groups will occur via conference call every:

**Tuesday 11:00 am – 12:00 pm**

**Wednesday 4:00 pm – 5:00 pm**

To register, contact Linda Irizarry:

[linda.irizarry@dc.gov](mailto:linda.irizarry@dc.gov)

202-355-4443

**Be part of the discussion!**



[coronavirus.dc.gov](https://coronavirus.dc.gov)



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To make it even more convenient to get a flu shot, DC Health has partnered with CVS Pharmacy and Walgreens to provide flu vaccines at the public testing sites.

**Walgreens provides flu shots at the  
F Street testing site,  
between 4<sup>th</sup> and 5<sup>th</sup> Sts. NW,  
Monday through Friday from  
9:00 a.m. to 1:00 p.m.**

**CVS Pharmacy provides flu shots at  
three firehouse testing sites,  
on Tuesday and Thursday from  
3:00 p.m. to 7:00 p.m.**

- Engine 8, 1520 C Street, SE
- Engine 33, 101 Atlantic Street SE
- Engine 30, 50 49th Street, NE

Individuals age 12 and up can get a flu shot at these sites. The CDC recommends everyone six months or older get a flu vaccine. It is recommended that you wear a t-shirt when going to get a flu shot.

Flu shots are safe and do not cause flu illness.  
Learn more at [dchealth.dc.gov/flu](https://dchealth.dc.gov/flu)

[CORONAVIRUS.DC.GOV](https://CORONAVIRUS.DC.GOV)



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## How Do You moveDC?

Please share your  
transportation priorities  
and help update the  
moveDC plan.

Visit [www.wemovedc.org](https://www.wemovedc.org)

move dc d.c. GOVERNMENT OF THE DISTRICT OF COLUMBIA MURIEL BOWSER, MAYOR



## DC Cameo Club members celebrate 19th Amendment with Art Installation at Union Station



Ms. Senior D.C. Trinette Chase and members of her court at the Ida B. Wells photo mosaic. Pictured (left to right) Trayci D. Campbell, Ms. Senior D.C. Trinette Chase, Vanella Jackson Crawford and Shirley Powell Ricks.

Ms. Senior D.C. Trinette Chase and members of her court commemorated the 100th Anniversary of the passage of the 19th Amendment by visiting an interactive photo mosaic and art installation depicting the portrait of Ida B. Wells.

Commissioned by the Women's Suffrage Centennial Commission, the mosaic celebrates women's right to vote and the historical milestone led by women of the Suffrage Movement.

The mosaic includes various photos of the suffrage movement

arranged in the image of Ida B. Wells, a prominent journalist and activist who made history when she refused to march in the back of the procession of the Suffrage Parade in Washington, D.C.

The photos include several images of those that led the fight for equal rights of women across the country, including Susan B. Anthony, Sojourner Truth, Mary McLeod Bethune, Anna Howard Shaw, Mary Church Terrell and Mabel Ping-Hua Lee.

## Guest column

*From page 25*

even if it's only one minute, to set your intention for the day. You get to decide how your day is going to unfold today.

**2. Be Grateful.** Name one thing for which you are grateful.

**3. Eat.** Eating regular healthy meals will keep you healthy.

**4. Go outside.** Get some exercise, take a walk, get your body moving.

**5. And finally, and most importantly, breathe!** Even in the most difficult moments, taking a deep breath can calm us down and help us to deal with whatever is happening at that moment.

November might be National Family Caregivers Month, but know that we appreciate you every day. Take care.

## George Washington University Study Seeks Volunteers

George Washington University is conducting a research study on the mental and physical impact of caregiving on Black American Caregivers.

### You may be eligible to participate if:

- You are an adult Black male between the ages of 30-85
- You are caring for a family member or loved one (spouse, sibling, parents or family friend) diagnosed with Alzheimer's or dementia
- You agree to participate in the study

### The study involves:

- Up to three virtual visits for a total of 2-3 hours
- Completion of a questionnaire about health, sleep and stress
- Saliva samples
- Memory and thinking tests
- Compensation of up to \$75 and travel reimbursement

**For more information, call 202-994-1728 or email [rwtturnerlab@gw.edu](mailto:rwtturnerlab@gw.edu)**

## Nutrition Corner: Fall Seasonal Produce

The first foods that come to mind for many people during the colder months of the year are holiday treats and baked goods. However, it is important to remember that there is so much produce in season in the Washington, D.C. area during autumn, so there is no need to limit your produce intake to the summer. Here are a few fruits and vegetables that are at their tastiest in the fall in the District.



1. Apples
2. Pears
3. Sweet potatoes
4. Squash (especially acorn and butternut)
5. Radishes
6. Broccoli
7. Cauliflower
8. Carrots
9. Beets
10. Eggplants

While delicious fresh, apples and pears can also be eaten oven-baked or diced and cooked in a bit of water and

cinnamon on the stove. These autumn vegetables really shine when oven-roasted with a bit of olive oil and your choice of spices or herbs; they also make hearty soups and stews.

Many farmers markets are open with COVID-19 precautions in place, and there are several organizations in the District working to deliver boxed produce to seniors. For more information, call us at 202-724-5626, Monday through Friday, from 8:30 a.m. to 4:30 p.m.

## Spotlight on Aging

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

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## Wear a mask (over your mouth and nose)

- ✓ When you leave home or when visitors come in your home
- ✓ At work
- ✓ Hanging out with friends
- ✓ Visiting family who doesn't live with you

