

Living Boldly

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

Volume 1 Issue 6 A Newsletter for D.C. Seniors October 2021



GUEST COLUMNIST

*Dr. LaQuandra Nesbitt,
Director, DC Health*

It's been 19 months since the pandemic started and I know that times have been tough. Not being able to spend time with family and friends, missing your favorite workout class or even having to limit the places that you've visited.

When vaccines became available for District residents over the age of 65 in January, you led the way, setting an extraordinary example for others to follow. You showed everyone that getting vaccinated was the right thing to do for you, your loved ones, and your community. You were shining stars and today over 80% of you are fully vaccinated. We still have more work to do, and I know I can count on each of you to continue to be great role models and ambassadors of the COVID-19 vaccines and other practices that will keep us safe.

If you haven't received a vaccination, consider getting one today. The COVID-19 vaccines are safe and are the best way to prevent severe illness, hospitalizations, and death. There are over 150 locations in the city where you can receive the COVID-19 vaccine. You or your family can visit vaccines.gov to find the location nearest you and make a plan to get your vaccine at a time that is convenient. If you prefer to get your vaccine in your home, call us at 1-855-363-0333 and we will come to you! If you're vaccinated, call someone who is not vaccinated and encourage them to do so.

If it's been a while since you've received your second dose of the vaccine and you want to be ready for your booster, start making your plan. Find your vaccine card, call your healthcare provider to discuss your options for a booster or visit vaccines.gov to find a location near you. If you need support, you can call 1-855-363-0333.

Last, but not least, flu season is upon us and to ensure that you have protection against the flu this year, get your flu shot. The COVID vaccine does not protect you against flu and the flu vaccine does not protect you against COVID. There were record low numbers of flu cases nationally and in the District in 2020... and we want to keep it that way. So, do all you can today so you can continue to have small family dinners, story time with the grandkids and fellowship with neighbors and friends. Whenever you leave home, remember to take your mask with you and wear it. Carry plenty of hand sanitizer and continue to wash or sanitize your hands often to avoid the spread of germs.

I've missed spending time with DC residents at all of the special events, festivals, and celebrations that make us who we are as a city. So let's do all we can, together, to end this pandemic and reconnect in new and meaningful ways.

Hayes Senior Wellness Center, Team Cerebral Wins Brain Games!



On September 21, DACL hosted its 4th Annual Brain Games. Seniors from across the District competed in a citywide Jeopardy-style trivia competition. Though the

competition was tough, the Hayes Senior Wellness Center, Team Cerebral, took home the trophy. Congratulations to all the seniors who participated!

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DACL Honors More than 55 DC Centenarians!



Leading up to National Centenarian Day, DACL partnered up with the Mayor's Office of Community Affairs to honor more than 55 centenarians

living across the District. Just like last year, our annual Centenarian Salute luncheon shifted to door-to-door, neighbor-to-neighbor interac-

tions where centenarians will receive a certificate and medal from Mayor Muriel Bowser, hand-delivered by members of the Bowser Administra-

tion and DACL staff. To learn about our centenarians, visit our social media channels, @DCAgingNews on Facebook, Instagram, and Twitter.

DACL Named as a Model Rosie City by the American Rosie Movement

On September 3rd, Director Laura Newland joined the American Rosie Movement to celebrate DC Rosies, women who worked on the home front during World War II. Three DC Rosies were celebrated for their contributions during the war and beyond – Ms. Vangie Parades, who

worked for the US Secretary of Defense; Ms. Eva Gale, who worked at the Shell Plant in South Carolina; and Ms. Hilda McDougald, who worked for the Veterans Administration as a key puncher. Bells rang all throughout the National Museum of the US Navy in their honor.



Mayor Bowser Announces New Vaccine Requirements

Beginning November 1, 2021 all adults who are regularly in schools and childcare facilities in the District must be vaccinated against COVID-19. In addition, students aged 12 and older must be fully vaccinated against COVID-19 in order to participate in school-based extracurricular athletics.

The vaccination requirements apply to all employees, contractors,

interns, and volunteers working in person in a:

- DC Public School
- Public charter school
- Private school
- Parochial school
- Childcare facility regulated by the Office of State Superintendent of Education (OSSE)

To learn more about these requirements, please visit mayor.dc.gov.

MAYOR MURIEL BOWSER PRESENTS
AMNESTY PROGRAM
 FOR DRIVERS WITH OUTSTANDING TICKETS

DEADLINE EXTENDED

On September 27, Mayor Bowser extended the Ticket Amnesty Program deadline to December 31, 2021. Residents have the opportunity to pay, without the doubling penalty, outstanding tickets for parking, photo enforcement, and minor moving violations. For more information, visit ticketamnesty.dc.gov.

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