

# Living Boldly

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

Volume 2

Issue 10

A Newsletter for DC Seniors

October 2022



## INTERIM DIRECTOR'S MESSAGE

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

Dear Seniors,

Just last month, we celebrated Healthy Aging and all the ways seniors like you show us just what healthy aging truly means. One of the things I've learned is that our city doesn't need just one month of out the year to celebrate health and wellness. All year around, older residents across the District show us how to live healthy and active lives. We get to see this on display everywhere – at the grocery store, at our senior wellness centers, at the gym, in our schools, and in our parks. And the best part about it is that healthy aging looks different for everyone! That's what makes the District so unique. All of us, no matter our age or ability, have the opportunity to choose how we want to age and take steps to live healthier lives.

I learned firsthand that some seniors like to keep active by dancing and I had the honor of watching them participate in TERRIFIC Inc.'s "Dancing with the Senior Stars" event. Others like to keep active by participating in trivia games like our 5th Annual Brain Games (shout out to Ward 3 Wizards for becoming the 1st place winners!). And there are some who attend outdoor workouts at wellness centers like our Hayes Senior Wellness Center in Ward 6. So, it doesn't really matter how you stay active, just as long as you **stay active!**

At DACL, we want to make it easier for seniors to stay connected and engaged to the activities and services that promote longevity, independence, dignity, and choice. We know that one of the barriers to having all of these things is transportation. Without access to reliable transportation, we know that it can be harder to live an independent life based on choice. But we're making it easier for seniors to have more choice in how they get around the city through one of our newest programs, Connector Card.

Connector Card is a cost-sharing transportation program that allows older adults to utilize a multitude of transportation at little to no cost. And what I personally love about Connector Card is that our seniors have been able to experience our city in ways they haven't before. Like booking a rideshare or cab to head down to the National Mall to sight-see or heading from Ward 8 to Ward 3 to visit longtime friends. And, of course, having a ride to the grocery store without having to wait on someone else. With programs like Connector Card, we're making good on our values – transforming lives at every age and ability, allowing all older adults across the District to live boldly in the way they choose. **To**

## Ward 3 Wizards Wins Brain Games!



On September 13, DACL hosted its 5th Annual Brain Games. Seniors from across the District competed in a citywide Jeopardy-style trivia competition.

Though the competition was tough, the Ward 3 Wizards took home the trophy. Congratulations to all the seniors who participated!

**learn more about our Connector Card program visit [connector-card.com](https://connector-card.com) or call 202-420-7534.**

DACL's nutrition services also ensure seniors have the support they need to live healthy lives. DACL sponsors over 40 dining sites across the city that offer daily lunches and wellness programming. To find a dining site near you, visit [dacl@dc.gov](mailto:dacl@dc.gov) or call 202-724-5626. And if you or someone you know is homebound and unable to get out to access nutrition services, you can call us at 202-724-5626 to get an assessment for our home delivered meals program.

As we embark on the new fiscal year, the team at DACL will continue to keep our core values at the forefront of our minds, ensuring that the programs and services we create are designed with you and for you. If you have ideas and suggestions, please be sure to share them with us. You can send us an email at [dacl@dc.gov](mailto:dacl@dc.gov) or call us at 202-724-5626. We're looking forward to seeing you and learning more from you this fall season.

With Gratitude  
Jessica



# Congratulations to DC Seniors of the DPR National Senior Games



The DC seniors are on their way to the Nationals. The National Senior Games will be held in Pittsburgh, PA in 2023 where DC seniors will be defending the NSG KOHLER CUP (pictured here) – an award DC seniors won for winning the most medals at the 2022 games in May.

## Mayor Bowser joins AARP DC for the newest FitLot in Ward 4



Just last month, DACL joined Mayor Bowser and AARPDC to officially open the newest FitLot at the Lamond Recreation Center. The FitLot is an outdoor fitness park for the community designed for all ages and abilities. It's equipped with all sorts of outdoor workout machines to support all residents, including our seniors, in achieving healthy outcomes. Classes designed for seniors will take place Mondays and Wednesdays at 10am. To learn more, visit [dpr.dc.gov](http://dpr.dc.gov)

## DACL Honors More than 53 DC Centenarians!



On National Centenarian Day, DACL joined Mayor Bowser to honor the District's oldest centenarian, Ms. Willie Mae Avery. A District resident since 1937, Ms. Avery has witnessed so many positive changes in DC throughout her lifetime. She has shown us all what progress looks like and how progress is achieved.

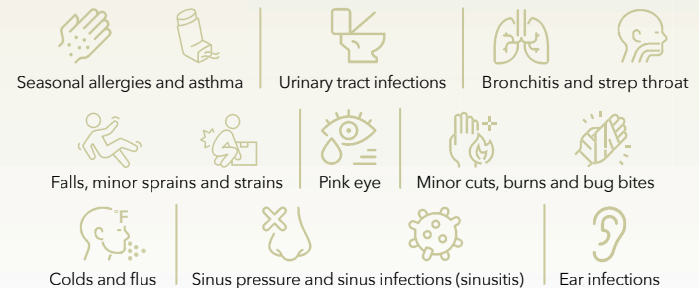
In the last few weeks of September, DACL delivered honorary gift packages to the homes of 53 District centenarians, simply because they've earned it. Special thank you to Lee's Flower Shop and our volunteers for making this experience so special.

## Cedar Hill Urgent Care Opening Soon!

Soon, we'll be your new neighbor. You can turn to us for medical care when you can't get in to see your doctor and you don't require an emergency room (ER) visit.

OUR LOCATION WILL BE:  
2228 Martin Luther King Jr. Avenue, SE.

YOU CAN VISIT CEDAR HILL URGENT CARE GW HEALTH FOR HELP WITH:



In addition, the facility will offer basic radiology services, such as X-rays, and lab testing like standard bloodwork and urinalysis. We will also provide prenatal education.

**We look forward to serving our community!**

**REMEMBER!**  
Certain medical conditions are simply too serious for urgent care centers and must be treated at a hospital ER.



2228 Martin Luther King Jr Avenue SE,  
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**CEDAR HILL  
URGENT CARE**

GW HEALTH | WASHINGTON, DC

In an emergency, call 911 or go to the nearest emergency room.  
For language assistance, disability accommodations and the nondiscrimination notice, visit our website.

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