

# Spotlight on Aging



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A newsletter for D.C. Seniors

September 2020



## DIRECTOR'S MESSAGE

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

We miss you! We miss seeing you at all of our events, connecting with you in the community, and celebrating with you. This month, I hope you'll join us for the first ever Virtual Mayor's Annual Senior Symposium scheduled for Tuesday, September 22, 11 a.m. – 1 p.m. You can join us from your own living room by tuning in to Channel 16, watching online at <http://video.oct.dc.gov/DCN>, or join by phone at 1-844-881-1314.

Normally, we'd all get together in-person for a day of entertainment, great food, dancing, fellowship and information sharing, but this year has been anything but normal. So, my team has been working to recreate some of these great experiences into something we can still enjoy together while staying safe at home. We're excited to celebrate, dance and share information with you. For more details, check out the flyer on the next page.

This month, we're also celebrating the lives and legacies of our District centenarians. There are nearly 200 District residents 100 or older living in all eight wards of the city, according to the Social Security Administration. We've had the privilege of making connections with more than 40 centenarians identified in the community. We've learned about their life stories, triumphs, lessons learned and advice, which I've found especially helpful during this unprecedented time.

For some, this isn't their first time experiencing a global pandemic. Mrs. Marillee Asher, an active artist who moved to DC during World War II, was recently in the news for surviving the Spanish Flu in 1918 and surviving COVID-19 this year at 107 years old!

We also connected with Ms. Norine C. Berryman, who was the first woman taxi driver in the District! She's served her community and her church for most of her life and prides herself on teaching her grandchildren

how to do the electric slide!

Mrs. Dorothy Boggess, who moved to D.C. to work for the District's War Department in 1941, once wrote an article for the Washington Post about the contributions made by African American women who came to D.C. to work during World War II. Mrs. Boggess' early career is documented in *American Dream Deferred: Black Federal Workers in Washington, D.C. 1941-1981*, written by Frederick W. Gooding.

Mr. Willie Covington always loved to sing, so in 1947 he joined the National Negro Opera Company (NNOC) and performed and traveled around the country.

And our oldest centenarian, Ms. Dora Sylvia Credle, born July 21, 1911, is known for her kind personality and amazing cooking! Even at 109, she stays very active working around the house and in the community.

We're looking forward to celebrating the longevity and accomplishments of our centenarians this month, and invite you to follow along on social media at @dcagingnews on twitter and Instagram September 14 – 25 when we'll be sharing information on all of our centenarians. You can also view all of the incredible stories online at [dacl.dc.gov](http://dacl.dc.gov).

As my team continues to look for ways to engage with you, we also want to hear your ideas on new projects, services and programs to combat social isolation and loneliness during the Public Health Emergency. You can complete a short survey on our website at [dacl.dc.gov](http://dacl.dc.gov). Your feedback will help us create a Request for Applications to fund new and innovative programs in fiscal year 2021.

It's been a challenging time for all of us, but being able to find new ways to connect with you, with our centenarians and our entire community has been a reminder that no matter our circumstances, we can all find new ways to live boldly — together.

## Join our Senior Service Network's Upcoming Virtual Events!

Looking to keep busy? Head over to DACL's Virtual Events Calendar! From gardening to tai chi, from line dancing to virtual voyages, all events have been created with seniors



like you in mind. To participate in an upcoming event, visit [dacl.dc.gov](http://dacl.dc.gov) and click on the "DACL Events" tab or contact us at 202-724-5626.



DC GOVERNMENT OF THE DISTRICT OF COLUMBIA  
DC MURIEL BOWSER, MAYOR

Did you know you can receive up to \$500 towards the cost of a hearing aid?

The District of Columbia's Hearing Aid Assistance Program (HAAP) provides eligible residents with up to a \$500 reimbursement to offset the cost of a hearing aid. Eligible residents include:

- Children under the age of 14
- Adults age 65 and older
- Annual income of less than \$100,000

To apply, visit: <https://dchealth.dc.gov/page/health-care-access-bureau> to complete an application online. For questions or to request an application, email [tmoses@smsllcgroup.com](mailto:tmoses@smsllcgroup.com) or call (202) 656-3027.







**REDUCE YOUR ELECTRIC BILLS AND HELP THE ENVIRONMENT**

Even if you live in an apartment building or condominium, there are options for you to go solar! Use the table below to determine if you're eligible for one of DOEE's free solar installation programs through Solar for All.

**UNCAPPED AMI INCOME GUIDELINES** EFFECTIVE 04/01/2020

PERSONS IN HOUSEHOLD	INCOME LIMIT
1	\$70,600
2	\$80,650
3	\$90,750
4	\$100,800
5	\$108,900
6	\$116,950
7	\$125,000
8	\$133,100

**DO YOU QUALIFY FOR FREE SOLAR?**

If your household income is within the limits displayed, learn more about the next steps to getting free solar:

**CALL 311**  
**EMAIL** solarforall@dc.gov  
**VISIT** doee.dc.gov/solarforall

Effective April 1, 2020 but may change. Visit the US Dept. of Housing and Urban Development website for the most up-to-date numbers.

**CALL THE SFA HOTLINE AT (202) 299-5271 OR VISIT DOEE.DC.GOV/SOLARFORALL**



**Tell DACL Your Priorities for Next Fiscal Year!**

DACL is asking for your help with the development of new ideas, projects, services and/or programs to promote the well-being of DC seniors age 60 years and older, adults with disabilities, and caregivers during the COVID-19 Public Health Emergency. Your ideas will help DACL prioritize its activities and funding in FY 2021, which starts October 1, 2020. Submit your ideas by September 30, 2020 by visiting [docs.google.com/DACL Survey](https://docs.google.com/DACL%20Survey).

**STAY COOL DC SENIORS!**

**Sign up for the Senior StayCool Program**

The Department of Aging and Community Living has partnered with the Department of Energy and Environment to launch the Senior StayCool Program. This program repairs or replaces window air conditioning unit(s) and inoperable heating, ventilating and air conditioning (HVAC) centralized units for income-eligible seniors. To learn more, call 202-236-2657 or visit [dacl.dc.gov/service/senior-staycool](https://dacl.dc.gov/service/senior-staycool).

**MAYOR BOWSER'S 9th ANNUAL VIRTUAL SENIOR SYMPOSIUM**

Make Your Mark at this year's 9th Annual Virtual Senior Symposium! Enjoy workshops, performances and even a cooking demo from Food Network's Chef Tregaye Fraser from the comfort of your own home. Tune in to DCN Cable Channel 16 on Tuesday, September 22 from 11 a.m. to 1 p.m. For more information, visit [dacl.dc.gov](https://dacl.dc.gov) or call 202-724-5626.

Muriel Bowser, Mayor of Washington, DC

Tregaye Fraser, Food Network Chef

Laura Newland, DACL Director

Shawn Perry, The Senior Zone

**Dr. Stowe joined WHUR's "The Daily Drum" with Harold Fisher**

In case you missed it, DACL's Clinical Director, Dr. Heather Stowe, spoke with WHUR's Harold Fisher on the impact of the Public Health Emergency on isolated seniors, and how DACL is continuing to provide critical services and resources to seniors. To listen to the full interview, visit <http://bit.ly/WHURInterview>.

**THREE WAYS TO JOIN!**

**TV**

Tune in to DCTV Channel 16 (check your local TV listings if channel is different)

**COMPUTER**

Watch LIVE Online visit <http://video.oct.dc.gov/DCN> for a livestream of Symposium

**PHONE**

Dial-In 844-881-1314

**Engage At Home. Stay Safe At Home.**

**#MakeYourMark**

**Spotlight on Aging**

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