

Living Boldly

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

Volume 4 Issue 9 A Newsletter for DC Seniors September 2024



DIRECTOR'S MESSAGE

By Charon P.W. Hines

Dear Seniors,

Happy Healthy Aging Month! September is the perfect time to embrace new tasks and goals as the busy summer comes to an end. This month is designed to encourage everyone to rejuvenate and take positive steps toward physical, social, financial, and mental wellness—drawing on that familiar “back to school” energy we’ve all felt since childhood.

At DACL, my team and I are committed to making sure aging well is a top priority for DC seniors. Here are some tips to help kickstart Healthy Aging Month:

- **Stay Active:** Engage in regular physical activities like walking, yoga, or swimming to maintain strength, flexibility, and balance. I also encourage you to visit any of our senior wellness centers, open Monday through Friday, where you can join in on a variety of physical activities. Here is a list of our Senior Wellness Centers:

- **Ward 1**

Bernice Fonteneau Senior Wellness Center
3531 Georgia Avenue, NW Washington, DC 20011

- **Wards 2 and 3**

Around Town Satellite Wellness Program
4125 Albemarle Street, NW Washington, DC 20016

- **Ward 4**

Hattie Holmes Senior Wellness Center
324 Kennedy Street, NW Washington, DC 20011

- **Ward 5**

Model Cities Senior Wellness Center
1901 Evarts Street, NE Washington, DC 20018

- **Ward 6**

Hayes Senior Wellness Center
500 K Street, NE Washington, DC 20002

- **Ward 7**

Washington Seniors Wellness Center
3001 Alabama Avenue, SE Washington, DC 20020

- **Ward 8**

Congress Heights Senior Wellness Center
3500 Martin Luther King, Jr. Avenue, SE Washington, DC 20032

- **Eat a Balanced Diet:** Focus on nutrition by including plenty of fruits, vegetables, whole grains, and lean proteins in your meals.

- **Stay Connected:** Check on your neighbors and maintain social connections.

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New DACL Ambassadors



Last Month, we were able to train a new cohort of DACL Senior Ambassadors. The DACL Ambassador Program is an initiative designed to train community residents on the programs and services offered by the DC Department of Aging and Community Living. Ambassadors serve as key contacts in their wards and communities, sharing information and connecting seniors, people with disabilities, and caregivers to the resources available to them. If you are interested in becoming an Ambassador and attending an ambassador training, please email us at dacl.communications@dc.gov.

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National Night Out



DACL participated in National Night Out with DC's Metropolitan Police Department earlier last month. National Night Out enhances the relationship between neighbors and law enforcement while bringing back a true sense of community.

Chuck Brown Day



DACL joined the DC Department of Parks and Recreation for the 10th annual Chuck Brown Day, filled with fun, music, and community!

DPR Senior Drip



DACL seniors having some fun in the sun at DPR's Senior Drip



Director's message

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tions with family, friends, and community groups to foster a sense of belonging and emotional well-being.

- **Get Regular Check-Ups:** Visit your healthcare provider regularly to monitor your health and catch any issues early.
- **Manage Stress:** Practice relaxation techniques like meditation, deep breathing, or engaging in hobbies you enjoy to reduce stress.
- **Plan for the Future:** Manage your finances and ensure your long-term needs are met.
- **Keep Your Mind Sharp:** Challenge your brain with puzzles, reading, or learning new skills to stay mentally engaged.

In addition to adopting healthy habits, this month is also a time to celebrate the many triumphs of

aging. On September 18th, we will honor the District's oldest residents—those aged 100 and over—at Mayor Bowser's 38th Annual Centenarian Salute. This momentous occasion gives us the opportunity to celebrate the life accomplishments of DC Centenarians. Even if you're not a centenarian (yet!), I invite you to join the celebration by checking in on a centenarian in your community. You never know what lessons—or even secrets to reaching 100—you might learn.

Continuing our recognition of Healthy Aging Month, seniors across the District will compete in the 7th Annual Brain Games. This citywide trivia-style game will feature teams from all eight wards competing for the title. We invite you to join in the fun! The Annual Brain Games will take place at Martin Luther King, Jr., Library on Wednesday, September 25th at 10:00 a.m.

As we move forward in celebrating Healthy Aging Month, I want you to remember that aging is a journey and it is never too late to start making positive changes. Whether it's staying active, eating well, or staying connected with your community, every step you take brings you closer to a healthier, happier life.

Thank you for being a part of our vibrant community and for your continued commitment to Living Boldly. We are here to support you every step of the way. If you have any questions or need assistance, please don't hesitate to reach out to DACL at (202) 724-5626, www.dacl.dc.gov, or download the DACL app. Let's make this Healthy Aging Month one to remember!

In Service,
Charon P.W. Hines
Director, Department of Aging and Community Living