

# Living Boldly

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

Volume 2 Issue 9 A Newsletter for DC Seniors September 2022



## INTERIM DIRECTOR'S MESSAGE

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

Happy Healthy Aging Month, seniors! At DACL, healthy aging means more than just getting to 100 years old — it means aging well and living well. And to ensure DC seniors can age well and live well, we're making sure that our city is a great place where older adults can live and thrive, at every age and every ability.

So, what does healthy aging look like? It looks like Safe at Home, our signature program focused on creating safer homes in the communities older adults already know and love. It looks like decreasing senior hunger, by creating access to healthy and nutritious meals. It looks like combating senior isolation, by having places to go like community dining sites and senior wellness centers, where older adults can engage in fun programming and connect with friends. And it looks like supporting you, no matter how you choose to age.

This month, we're celebrating healthy aging in a number of ways. First, seniors across the District have been working hard to play in our 5th Annual Brain Games — our citywide, Jeopardy-style trivia competition where they'll represent all eight wards to compete for the title! Then later this month, we're celebrating National Falls Prevention Week, hosting a series of screenings and conversations on balance, vision, and blood pressure to help lower the risk of falls, which is a common fear the older we get.

And we can't celebrate healthy aging without celebrating our centenarians! National Centenarian Day is September 22 and we're honoring the lives and legacies of our city's oldest residents, age 100 years and older. For the third year in a row, we're teaming up with the Mayor's Office of Community Affairs to make safely masked visits to each centenarian's home. We'll be celebrating the longevity and the contributions of more than 50 centenarians. And while you may not be a centenarian (yet!), I invite you to join the celebration with us by checking in on one of the centenarians in your community. You never know what lessons, or even secrets to get to 100, you'll learn.

Healthy aging is happening all throughout our city and in so many different ways. With support from you and with you, we can make sure that all of us are aging well and living well — not just in September but every day.

Cheers to healthy aging!

Jessica

## The Cameo Club hosted the 2022 Queen's Coronation Luncheon



On Monday, August 22, the DC Senior Cameo Club hosted the 2022 Queen's Coronation Luncheon, celebrating the newest Ms. Senior DC, Ms. Vené LaGon. Queen LaGon was joined by her 2022 court as well as other Cameo Club members, friends and family. Congratulations again, Queen LaGon! We look forward to cheering you on at the National Ms. Senior America pageant this month!

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# Join Mayor Muriel Bowser for the 5th Annual Maternal and Infant Health Summit



**SAVE THE DATE!**

THURSDAY, SEPTEMBER 15 | 9AM  
WASHINGTON, DC

MAYOR MURIEL BOWSER'S NATIONAL  
**MATERNAL & INFANT HEALTH SUMMIT 2022**

MaternalHealthDC.com

Join Mayor Muriel Bowser at the 5th National Maternal & Infant Health Summit! This year's summit will feature panel discussions and community-led sessions dedicated to

connecting District residents with local and national resources and supports needed so families have what they need to thrive. Visit [dcmaternalhealth.com](http://dcmaternalhealth.com) to register.

# DACL Honors Bernice Fonteneau Senior Wellness Center with Ice Cream Social



On Thursday, August 18, DACL honored the seniors of Bernice Fonteneau with an ice cream social! During Pride Month, these seniors worked tirelessly to ensure their wellness center was a place that was inclusive and welcoming for all seniors, including our LGBTQ+ older

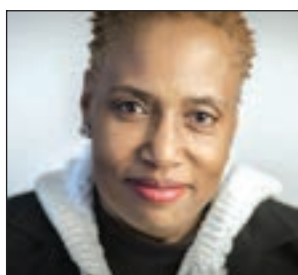
adults. Chosen by the LGBTQ Senior Advisory Committee, these seniors won the first prize of the DACL Pride Makeover contest, earning a day filled with ice cream sundaes provided by Everyday Sundae DC, music, dancing and fun. Congratulations again BFSWC!

## Celebrate DC's Centenarians

September 22 is National Centenarian Day. As we salute the District's oldest residents, we invite you to celebrate with us! Safely visit a centenarian in your community or follow us on social media to see who we're honoring. Follow us on Facebook, Instagram and Twitter at [@dcagingnews](https://www.instagram.com/dcagingnews).



## Dr. Imani Woody Awarded 2023 AARP Purpose Prize!



Congratulations to Dr. Imani Woody, LGBTQ Advocate and founder of Mary's House for Older Adults, for winning the 2023 AARP Purpose Prize Award! This national award honors five people age 50+ who have been advocates in their communities.

## September 19 - 23 is National Falls Prevention Awareness Week

In honor of National Falls Prevention Awareness Week, DACL is partnering with Home Care Partners and Trinity University to bring you a host of activities and conversations, all to support you in lowering your risks for falls. Join us at the following events:

### Falls Prevention Trivia

- Tuesday, September 20 at 12 p.m.
- All Senior Wellness Centers and Community Dining Sites

### Falls and Aging: A Conversation with Dr. Lara Thompson

- Wednesday, September 21 at 12 p.m.
- Virtual. Register here: <https://tinyurl.com/FallsandAgingDC>

### Falls Prevention Screenings and Activities

- Thursday, September 22 at 12 p.m.
- DACL Senior Wellness Centers

For more information, please contact your lead agency.