

# Spotlight on Aging

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A newsletter for D.C. Seniors

January 2021



## DIRECTOR'S MESSAGE

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

Happy New Year! Like every year around this time, I've been reflecting on the past 12 months. 2020 was a year unlike any other: a global pandemic, social unrest and injustice, and a slew of other issues that left us all anxious for a fresh start.

With all the challenges came lessons. We learned so much. As an agency, we learned why it's so important to show up for you—no matter what. It doesn't matter if you live alone or if you live with family members; if you're gay or straight; or if you live east or west of the river. It doesn't matter if there's a global pandemic that forces us all to wear masks and stay home! No matter what's happening in the world, in our country, in our city, DACL's commitment to you does not and will not change.

As a community, we learned that even though we needed to social distance, nobody wants to become socially distant — we need each other. The need for human connection is more important now than it has ever been before. And we've learned this from the hundreds of volunteers, of all ages and from all over the region, who've contacted our office wanting to call a senior who would be alone over the holidays. We were able to connect 250 seniors to volunteers over the holidays to check-in, chat and build friendships. That's what Thriving Together means — you're not alone.

And we'll continue to expand these intergenerational connections through our annual Cupid's Kids initiative. In past years, we've worked with students at DCPS and Public Charter Schools to create Valentine's Day cards for our homebound seniors. This year, we're asking the entire community to join us in making this Valentine's Day extra special! If you want to receive a Valentine's Day card from a community member, give us a call and we'll get a card delivered to you. Or, if you want to join us in making cards for other seniors, visit [dacl.dc.gov/page/cupidskids](http://dacl.dc.gov/page/cupidskids) or call us at 202-724-5626 for more information.

Across all of DACL's programs, we're also calling our participants just to check in. We'll continue to connect and engage with you through programs like Call & Talk and our virtual events hub — your one-stop shop for fun and engaging activities you can participate in right from home. With our community partners, we're updating and creating programming that's designed with you in mind.

More and more seniors are making real connections with our team, with the community, and with each other, and I'd love for you to join us. We might be spending most of our time in our homes these days, but we all need connection. We need each other. So join us online or on the phone!

I'm not usually someone who makes New Year's resolutions, but 2020 has brought changes for all of us! My personal resolution is also DACL's resolution — I'm (we're) resolving to continue to show up more for the community I (we) love. Let's do this together. Join me in making a New Year's resolution to reach out to just one more person in your life. Let's make 2021 the year we commit whole-heartedly to being a part of our community — no matter what the New Year brings.

Take Care,  
Laura

The DC Department of Aging and Community Living  
in partnership with the DC Public Library presents

## Make Valentine's Day Cards for Seniors

*Cupid's Kids  
Community Edition*

This Valentine's Day, bring love to DC seniors  
by creating a Valentine's Day Card!

**December 20 - January 29, 2021**

Drop off your card at select DCPL sites across  
the District or mail your card to DACL.

Visit [dacl.dc.gov/cupidskids](http://dacl.dc.gov/cupidskids)  
for more information.



## New Year. New You. Join the Virtual Events Hub

Kick your new year off by learning a new skill or starting on a new fitness goal! Our Senior Service Network has a lot of fun and engaging virtual activities lined up to give you a fresh start. Find the best virtual event for you by visiting [dacl.dc.gov](http://dacl.dc.gov) and selecting "DACL Events."

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

This winter, join in on the fun  
right at home! Take part in  
virtual activities daily by  
visiting our events hub,  
[daclvirtualevents.splashthat.com](http://daclvirtualevents.splashthat.com).

If you have any questions, please contact  
[dacl.communications@dc.gov](mailto:dacl.communications@dc.gov).



## Nutrition Corner:

# Oatmeal All Dressed Up!

As winter weather settles in, many of us turn to warmer and heavier foods, especially first thing in the morning. Although whole wheat toast and whole grain breakfast cereals are good options, another option that is especially nice on cold mornings is a bowl of oatmeal.

Oatmeal may help regulate your digestion and blood sugar and may help lower your cholesterol and blood pressure. It is also a cost-efficient breakfast.

Though some people like oatmeal on its own with a splash of milk or water, others find plain oatmeal lacking in taste. When left to its own devices, it can get slippery or gluey, and the flavor can be bland.

Fortunately, oatmeal is the perfect food to dress up. Oatmeal can take on a sweet look. For example, you can add fresh fruit, like sliced apples, bananas or berries. Alternatively, you can drop in a tablespoon of jelly, preserves or dried fruit such as raisins or cranberries; just be aware that these items often have a lot of added sugar.

A tablespoon or two of unsweetened applesauce or unflavored canned pumpkin is lovely in the fall. You can also sprinkle in spices like cinnamon or nutmeg. A drizzle of honey or stevia helps with sweetness, while a tablespoon of nut butter or yogurt offers a protein boost. Chopped nuts and

seeds are packed with healthy fats and vitamins. If you crave a special treat, a few dark chocolate chips or a sprinkle of unsweetened shredded coconut is especially delicious.

A closely guarded secret is that oatmeal can also take on a savory look with veggies, proteins, spices or a combination of these. For instance, adding a handful of wilted greens, a poached egg and salt and pepper is an easy way to dress up your oatmeal. Sautéed bell peppers and spinach with turmeric make a savory oatmeal that is almost too beautiful to eat.

Alternatively, a sprinkle of your favorite cheese, a few oven-roasted or sundried tomatoes, and a tablespoon of pesto sauce makes a breezy Mediterranean meal. Sautéed onions and mushrooms and fresh or dried herbs create another savory option, while adding a bit of cooked turkey bacon or chorizo can make this option more complex.

Roasted potatoes or squash are a perfectly autumnal add-in. You can also cook your oatmeal in low-sodium chicken stock, bone broth, or vegetable broth instead of water to increase its initial savory flavor.

Though oatmeal may seem like a humble whole grain option upon first glance, it is only limited by your imagination. May you go forth and invent the most well-dressed oatmeal in the District.

## DACL Clinical Director joined AARP's Coronavirus Tele-Town Hall



Last month, DACL's Clinical Director, Heather Stowe, joined AARP to share the value of our services and what resources are available to seniors during this unprecedented time. If you missed the town hall, you can listen to the full discussion by visiting [www.facebook.com/watch/aarpdc](http://www.facebook.com/watch/aarpdc).

## Stay Connected – Join DACL's Call & Talk Program

Start the year off by making meaningful connections through DACL's Call & Talk program. More than 100 seniors have joined our program, creating new friendships with DACL staff and other seniors in the community. Give us call at 202-724-5626 to join.

**#LetsTalk!**

**DACL** LIVE BOLDLY

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

[CORONAVIRUS.DC.GOV](http://CORONAVIRUS.DC.GOV)

## TIPS FOR REMOVING AND DISPOSING OF NON-MEDICAL MASKS AND GLOVES



**Glove Removal**  
Use one gloved hand to grasp the palm area of the other gloved hand; peel off first glove  
Hold removed glove in gloved hand  
Slide fingers of ungloved hand under remaining glove at wrist and peel off second glove over first.



**Mask or Face Covering Removal**  
Remove mask or face covering from the back by lifting headband or ear pieces.  
If the item is reusable, place in designated receptacle for cleaning.



**Glove, Mask or Face Covering Disposal**  
Discard glove, mask or face covering in a waste container.  
Immediately wash your hands.

**DO NOT DISPOSE** of these items on the street or sidewalk—They are contaminated and can be hazardous to the public.

## Spotlight on Aging

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