

Spotlight on Aging

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A newsletter for D.C. Seniors

October 2020



DIRECTOR'S MESSAGE

By Laura Newland, Director
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Community Living

In February of this year, DACL did a video series entitled “I am Black History” as part of D.C.’s celebration of Black History Month. (You can check it out on our YouTube channel, @DCAgingNews!) We were planning on continuing the video series before the Public Health Emergency (PHE), but the PHE changed all of our plans.

I’ve been thinking about the concept of I am Black History because D.C. is so rich with history and you — your generation — has an incredible wealth of knowledge and experience that we need to remember.

These days, you, and the lives you’ve led and continue to lead, have been on my mind: the lifetime of experiences and the changes you’ve seen over the course of your lives. Many of you participated in the 1963 March on Washington, and many of you participated again in the 2020 March on Washington.

In a span of 57 years, this city, and this country, has transformed itself. Now, we have a Deputy Mayor of Health and Human Services, Wayne Turnage, who is the son of sharecroppers. Virginia Ali, the owner of Ben’s Chili Bowl, served and was a part of the Civil Rights Movement, including the original March on Washington. Our own Mayor is a fifth-generation Washingtonian. We’ve had a two-term Black president.

When I say that seniors made D.C. the incredible city that it is today, this is what I mean — the deep connection to social justice, the incubation of Black arts and music, the constant reshaping of D.C. to reflect what the Mayor calls D.C. values. Of course, this is the city where a road was named Black Lives Matter Plaza and written in unavoidable letters on the street.

And yet, 2020 has shown us how fragile and illusory progress towards equality really is (if anyone needed to be reminded). There has been so much to grieve. And because of COVID-19, it can feel like we’re alone. But we’re not.

I know this because Washington, D.C. is Black History, and this city continues to add to that history. I haven’t been able to talk to as many of you lately as I’d like, but the conversations I’ve had have been heartening.

I’ve been able to meet centenarians in the past few weeks, and this year, it occurred to me that we’re not just celebrating longevity, even though longevity is certainly worth celebrating! We’re celebrating the lives of ordinary people who have become extraordinary in their own ways. Some are quiet. Some are flamboyant. All of them have done the best they could to live their best lives and continue to do so.

Part of the powerful history of D.C. is how Washingtonians have shaped the city by showing up to vote. At every virtual event we’ve held over the past several months, at least one person has asked about voting — how to do it safely, how to encourage others to vote, how to make sure each vote is counted.

Living in D.C. has taught me that voting isn’t just about expressing an individual preference. Voting is really about creating and supporting the

See **DIRECTOR'S MESSAGE**, page 19

DACL makes socially distant visits to District Centenarians



For the past 33 years, the Department of Aging and Community Living has celebrated Washington, D.C.’s oldest residents at the Annual Salute to Centenarians — a luncheon featuring great music, great food and a special presentation of medals by Mayor Bowser. And while we honor seniors all year long, DACL wanted to make sure our centenarians felt extra special this year, even at a safe social distance.

For our 34th Annual Salute to Centenarians, DACL partnered with the Mayor’s Office of Community Affairs to make socially distant visits to over 40 centenarians in Washington, D.C. Each centenarian received a program booklet, featuring their biographies and photos, along with a certificate and medal from Mayor Bowser. To view the program booklet, visit <https://dacl.dc.gov/page/2020-centenarian-program-booklet>.

DACL Adds New Events to Virtual Events Calendar

If you miss attending the workshops at our usual Senior Symposium, DACL’s Virtual Events Calendar has you covered! We’ve partnered with the Office of the Attorney General, Around Town DC, and the East River Family Strengthening Collaborative to curate several in-

sightful workshops designed to keep you informed, engaged and connected.

Head over to our Virtual Events Calendar today! To participate in an upcoming event, visit dacl.dc.gov and click on the “DACL Events” tab or contact us at 202-724-5626.

Join our Senior Service Network’s Upcoming Virtual Events!

This summer, join in on the fun right at home! Take part in virtual activities daily by visiting our events hub, daclvirtualevents.splashthat.com.

If you have any questions, please contact dacl.communications@dc.gov.



DACL
LIVE BOLDLY

GOVERNMENT OF THE
DISTRICT OF COLUMBIA
DC MURIEL BOWSER, MAYOR

Nutrition Corner: How to Make Chef Tregaye's Grilled Vegetable Salad



2 bell peppers (red, orange or yellow), core removed, cut in half
1 small onion, cut in half
1 bunch of asparagus
8 oz. of grape tomatoes (whole, don't cut)
1/2 cup of olive oil
Optional:
Arugula
Mixed greens

INGREDIENTS

Grilled Vegetable Salad

2 zucchini, cut lengthwise or into 1/4" size slices
1/2 lb. of baby eggplant, cut in quarters

Honey Lemon Vinaigrette

3 tbsp of extra-virgin olive oil
2 tbsp fresh lemon juice
2 tsp of honey (1 packet)
1 clove garlic, minced
Optional:
1 pinch of crushed red pepper flakes

INSTRUCTIONS

Prepare the Oven

1. Heat oven to 375 degrees, place all the vegetables on the sheet pan and drizzle with oil roast for 25-30 mins. DO NOT burn them!
2. If preferred, slice the vegetables of your choice into small bite size pieces.

For the Dressing:

1. Pour the ingredients for the vinaigrette in a jar or container with a lid.
2. Close the lid tightly and shake the ingredients together to form an emulsion. Set aside.

~NOTE: If you like extra dressing, double or triple the vinaigrette ingredients. You can also make it ahead of time and chill it in the fridge until ready to use.

For the Vegetables:

1. Wash and dry all the vegetables with a dry cloth or paper towels.
2. Cut all the vegetables by cutting the vegetables in half and rubbing them with olive oil
3. Next, season the vegetables with salt and pepper.

For the Salad

1. Arrange all the roasted vegetables on a large platter. Top with grape tomatoes, if using.
2. Garnish the platter with lemon slices.
3. Divide the salad into 8 salad bowls. Drizzle each salad with dressing.

***Salad can be prepared with raw vegetables excluding the eggplant**

Thank you for attending the Mayor's 9th Annual Virtual Senior Symposium

In case you missed it, Mayor Bowser's 9th Annual Virtual Senior Symposium was a blast! Live on DCTV's Channel 16, DACL hosted the first-of-its-kind symposium, featuring our fantastic host, Shawn Perry of the Senior Zone, a Zumba warm-up from FIT DC, a Year in Review video tribute showcasing our amazing seniors, and a live cooking demonstration with Food Network's Chef Tregaye Fraser.

All seniors who registered received a delicious meal kit, filled with fresh

vegetables to join Chef Tregaye in preparing a grilled vegetable salad. Seniors even got to hear from DACL's Nutritionist, Charanya Sundar, on the best ways to eat healthy during the public health emergency.

If you tuned in, we hope you enjoyed yourselves, right from the comfort of your homes. To engage in more programming like the symposium, visit dacl.dc.gov to sign up for our virtual events and important workshops.



Mayor Bowser releases "Six-Month Look Back"

Just over six months ago, Washington, D.C. confirmed its first case of COVID-19. It was weeks before that first confirmed case that the District began planning for the pandemic. Since then, the community has done a lot to prevent and respond to the spread of the virus. As a District, the response has been guided by six pillars:

1. Flattening the curve

2. Sharing accurate and timely information
3. Enhancing our healthcare capacity
4. Expanding community support
5. Preserving government continuity
6. Managing the unexpected

Learn more about these six pillars in the Six-Month Look Back report at coronavirus.dc.gov.

Calling All Caregivers — DACL wants to hear from you!

In partnership with Age-Friendly DC, the Department of Aging and Community Living is conducting a study to learn more about the experiences of caregivers. Supporting caregivers is a big part of our mission as an agency, and we

want to know what your needs are and how we can better serve you. To participate, please complete this brief survey: https://bit.ly/caregiver_survey_dacl. To request a survey by mail, please contact 202-724-5626.

Director's message

From page 18

community we want. If you aren't registered to vote, get registered. The dead-

line to register online or by mail is October 13. Please visit dco.org/Voters/Register-To-Vote/Register-to-Vote to get registered. Or, you can register **and** vote at the same time in person.



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If you're already registered to vote in Washington, D.C., your absentee ballot will be mailed automatically to you (you don't have to request it) if it hasn't been already. You can fill it out and mail it back or drop it off at one of several Board of Elections boxes throughout the city. If you want to vote in person, early voting is from October 27 to November 2, from 8:30 a.m. to 7 p.m. On Election Day, November 3, vote centers will be open from 7 a.m. to 8 p.m.

I'm going to ask one more thing of you. Many of you have friends and family who live in other states. Please encourage them to register

and vote. Our election on November 3rd is urgent. For Washingtonians, this election could be the one that decides whether we finally receive the American promise of representation in Congress. For all Americans, this election is a referendum on whether or not we believe in democratic ideals.

Each of you has played a critical role in making Washington, D.C. the city it is today. Continue making history. Continue fighting for Washington, D.C. Continue believing that America can be better than the founding fathers could ever have imagined. See you at the polls (in spirit)!