

Spotlight on Aging

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A newsletter for D.C. Seniors

July 2020



DIRECTOR'S MESSAGE

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

Like many of you, my heart has been heavy with grief. Words are insufficient to convey my despair for our future together when over and over again, we see that some people are valued over others, while others are counted merely as bodies.

And still, I have tremendous hope for our future together as people across the country are uniting in the most American of activities — speaking out against injustice.

We live in a racist society with a brutal violent history toward Black people, with every generation finding more and more ways to express and maintain white supremacy. The pandemic has only highlighted the health inequities that are a result of this shameful history and present, and I don't think any of us have been surprised that Black people are more likely to contract COVID, and more likely to die when they do.

Racism is deeply American — from our founding fathers to our current life. Terrorism against Black people is America's constant companion. In recent years technology has allowed us to capture some of acts of violence toward and murders of Black people, but we know that the racism doesn't turn off just because it's not recorded. What makes America great isn't the amplification of our shameful hate or unearned privilege — it's the amplification of the relentless belief that we can redefine what it means to be American.

That's why I'm so proud to work for Mayor Bowser. Her response to the president's suppression of first amendment activities was painting Black Lives Matter on the street that leads to the White House. Black Lives Matter Plaza is right in front of the White House, so tourists and the president

are confronted directly with what we mean when we say D.C. Values.

As we continue to move safely towards reopening, the Mayor has challenged all of us to use this as a once-in-a-generation opportunity to create a more equitable, resilient and vibrant city. Part of this includes the construction of two new, state-of-the-art hospitals to improve healthcare and address inequalities in health outcomes for District residents.

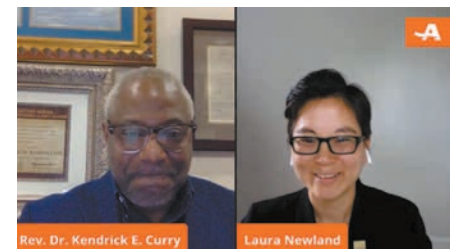
Even as we're facing significant budget deficits, the Mayor has prioritized building a new \$306 million hospital at St. Elizabeths East, expected to open in the fall of 2024, and the construction of a \$69 million health services complex at St. Elizabeths that is expected to open in the fall of 2023. Two new urgent care centers in Wards 7 and 8 will open in the fall of 2021 and the spring of 2022.

We know that no one action will end the systemic racism and inequalities embedded within our society, just like no one action created and sustains it. But individual actions and the actions we take as a community do matter. If you haven't completed the 2020 Census, please take the time to be counted. The census is just another way of saying that you matter — and that our city matters.

I'm grateful to be a part of this community with you and to have a Mayor who is a staunch defender of our D.C. values. As the Mayor has said, together we'll build a better America. We'll fight for D.C. statehood. We'll demand justice for George Floyd and every Black person who has been killed by an unjust and unfair system. Together, we'll make it clear to our nation and to the world: Black Lives Matter. I can't think of a better way to celebrate Independence Day than that!

Director Newland Discussed Mayor Bowser's D.C. HOPE Budget

On Thursday, June 18, Director Laura Newland joined AARP DC's State President, Rev. Kendrick Curry, to discuss Mayor Bowser's FY 2021 Budget. As Director Newland shared, "while the financial impact of COVID-19 requires us all to make sacrifices, the Mayor's priority is to maintain the critical services our residents expect." To watch the full inter-



view, head to AARP DC's Facebook Page, <https://www.facebook.com/aarpdc/>.

The District Moves Into Phase Two of Reopening

Mayor Bowser announced that Phase Two began on Monday, June 22, allowing certain businesses to reopen and activities to resume under specified conditions. For more information on Phase Two guidance, please visit coronavirus.dc.gov/phasetwo.

Learn more on coronavirus.dc.gov/PhaseTwo

CORONAVIRUS.DC.GOV June 17, 2020 DC HEALTH GOVERNMENT OF THE DISTRICT OF COLUMBIA MURIEL BOWSER, MAYOR

Flatten the Curve – Wear a Face Mask

HOW TO WEAR A FACE MASK

FACE MASKS SHOULD...

- Fit snug against the face
- Cover both the mouth and the nose

DO NOT...

- Use the top of your shirt in-lieu of a face mask
- Use a wet or soiled face mask

CORONAVIRUS.DC.GOV DC HEALTH GOVERNMENT OF THE DISTRICT OF COLUMBIA MURIEL BOWSER, MAYOR

While the District has experienced a sustained decrease in community spread of COVID-19 during Phase One, you should still continue to wear a face mask.

Be good neighbor. Wear face coverings if visiting essential business-

es, such as grocery stores and pharmacies. With your help, we can further reduce the spread of COVID-19 in our community.

Learn more about the District's response to COVID-19 at coronavirus.dc.gov.

Department of Aging and Community Living's Caregiver Support Group

Join DACL's Caregiver Support Group!

Share your experiences in a safe and supportive setting. Discover new health and wellness activities, community resources, and virtual ways to engage while social distancing

Support groups will occur via conference call every:

Tuesday 11:00 am-12:00 pm

Wednesday 4:00 pm-5:00 pm

To register, contact Linda Irizarry:

linda.irizarry@dc.gov

202-355-4443

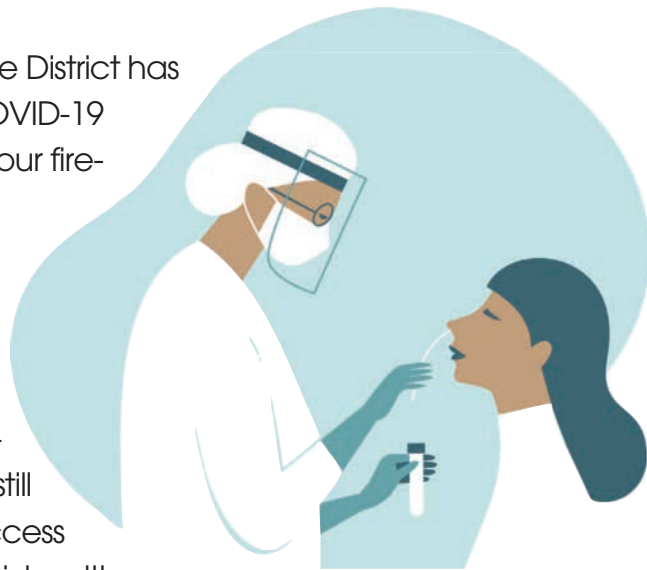
Be part of the discussion!



coronavirus.dc.gov **DACL** DEPARTMENT OF AGING AND COMMUNITY LIVING **LIVE BOLDLY** **WE ARE WASHINGTON** GOVERNMENT OF THE DISTRICT OF COLUMBIA **DC** MURIEL BOWSER, MAYOR

District Expands Free COVID-19 Testing at Firehouses across DC

Since June 15, the District has expanded free COVID-19 testing to include four firehouses each day, Monday-Saturday. The firehouse testing sites are walk-up and no appointment is needed. Residents are still encouraged to access testing through their healthcare providers so that they are connected to healthcare. However, anyone who needs a test can get a test at the testing locations listed above.



Find a full list of testing locations at coronavirus.dc.gov/testing.

Spotlight on Aging

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DACL Acknowledged Elder Abuse Awareness Month

June was Elder Abuse Awareness Month. To promote a better understanding of abuse and neglect of older adults, DACL shared facts and resources on all social media platforms for victims of elder abuse, or those who are at risk, while encouraging community members to speak out against elder abuse.

We encourage you to speak up and help end elder abuse. If you suspect abuse, neglect or exploitation of a vulnerable adult, call the Adult Protective Services team today at (202) 541-3950. The hotline is open 24 hours a day, seven days a week.



The Search for District's Centenarians Continues

Honoring DC Centenarians

The Department of Aging and Community Living has extended its search for District Centenarians to July 10, 2020. If you or someone you know has celebrated their 100th or older birthday by April 30, 2020, please contact us today at dacl.communications@dc.gov or call 202-374-9573.

