

Living Boldly

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



Volume 5

Issue 11

A Newsletter for DC Seniors

November 2025



DIRECTOR'S MESSAGE

By Charon P.W. Hines

Happy November!

The season may have changed, but the warmth of our love, gratitude, and community spirit continues to shine brighter than ever in the District!

As we approach the end of another calendar year, this is a season for both reflection and anticipation. With one month of Fiscal Year 2026 already underway, there is so much to look forward to. Since taking office in 2015, Mayor Bowser has made it a priority to ensure that Washington, DC remains a place where residents can age comfortably and with dignity.

In the FY2026 budget, Mayor Bowser has included a \$300,000 increase to expand DACL's Safe at Home program, allowing more seniors on the waitlist to receive services that help them age safely in place. Additionally, \$425,000 has been allocated to expand DACL's Home Delivered Meals Program, providing nutritious meals to an additional 150 District seniors. These investments reaffirm our commitment to ensuring that every senior can continue to call DC home.

November also gives us an opportunity to honor a special group of people who make aging in place possible — caregivers. National Caregivers Month is a time to recognize those who dedicate their time, energy, and love to caring for others. It is also a reminder of the importance of education, awareness, and support for caregivers in our community.

As a caregiver myself, to my aging father and grandmother, I know that caregiving is not always easy. But having support makes all the difference. Organizations like the DC Caregivers' Institute by Home Care Partners provide invaluable resources for unpaid caregivers across the District who care for seniors or adults with disabilities. Their services include case management, monthly reimbursements for caregiving expenses, respite care, support groups, and more. For more information, contact Home Care

Partners at 202-464-1513, or reach out directly to my office at 202-724-5626 for assistance or support.

To all the caregivers out there, you are seen, you are appreciated, and we thank you for the love, patience, and strength you show every day.

Being together and leaning on one another is exactly how DC continues to be the best place in the nation to age. As the days grow colder and the holidays approach, I encourage you to check in on your neighbors, friends, and loved ones.

Thanksgiving reminds us of the power of gratitude and togetherness. It is a season to slow down, give thanks for the blessings in our lives, and show appreciation for the people who make each day meaningful, our families, friends, and community. Whether it is sharing a meal, volunteering your time, or simply expressing gratitude, this is a wonderful opportunity to give back and spread kindness throughout our community.

If you are looking to connect with others this Thanksgiving season, please join us for Safeway's 26th Annual Feast of Sharing on Wednesday, November 26, at the Walter E. Washington Convention Center (801 Allen Y. Lew Place NW) at 11:00 am. The Feast of Sharing will feature a Thanksgiving meal, live entertainment, free health screenings and community service exhibitors, a winter coat giveaway, and more.

As we enter this season of gratitude, let us continue to lift one another up, celebrate the joy of community, and reflect on all that we have accomplished together. Thank you for everything you do to make the District a place where residents of every age can live, grow, and thrive boldly.

Wishing you and your loved ones a warm, safe, and joy-filled Thanksgiving season.

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

Ms. Senior DC Crowned Ms. Congeniality on the National Stage



Ms. District of Columbia Senior America, Queen Valerie E. Robinson, proudly represented DC at the national Ms. Senior America Pageant. Competing alongside contestants from more than 40 states for the crown, Queen Valerie displayed what living boldly looks and feels like. We're thrilled to congratulate her on being crowned Ms. Congeniality 2025 by her fellow contestants for her grace, warmth, and uplifting spirit throughout the competition!

Keep Your Mind Sharp: Know the Warning Signs of Alzheimer's this Awareness Month

November marks Alzheimer's Awareness Month. Alzheimer's is a progressive disease that affects a person's memory, thinking, reasoning, and behavior. Over time, symptoms can worsen and begin to interfere with daily activities.

While some memory changes are a normal part of aging, Alzheimer's is not. Recognizing the signs early and

learning about prevention can make a meaningful difference in maintaining brain health.

Here are 10 signs to look out for. If any of these signs are experienced, do not ignore them; schedule an appointment with your physician.

1. Memory loss that disrupts daily life.
2. Challenges in planning or solving

3. Difficulty completing familiar tasks.
4. Confusion with time or place.
5. Trouble understanding visual images and spatial relations.
6. New problems with words in speaking or writing.
7. Misplacing things and losing the ability to retrace steps.

8. Decreased or poor judgment.
 9. Withdrawal from work or social activities.
 10. Changes in mood or personality
- For more information about the signs, see the resource below.
Alzheimer's Association – 10 Warning Signs: www.alz.org/alzheimers-dementia/10_signs

2025 FALL LEAF COLLECTION
Begins in **SECTION A**
on Monday, November 3rd!

Section A, please have your leaves raked out to the tree box or curb by Sunday, November 2.

Here is what you need to know to help DPW make leaf season a success:

- **Know your collection section.** Go to dpw.dc.gov/leaf to find out which section you're in. Every week, DPW will update the site to announce which sections will receive collections next.
- **Sign up for notifications from DPW to know when your neighborhood is next.**
 - o Download the MyDPW app from the Apple App Store or Google Play
 - o Follow DPW on social media:
 - X: @dcdpw
 - Instagram: @dcdpw
 - Facebook: DC Department of Public Works
 - o You can also call the Leaf Line at 202-671-LEAF (5323) for more information
- **Rake your leaves.** When it's your turn, rake leaves into the tree box or to the curb in front of your home. You can use paper bags if you'd like, but remember, plastic bags can't be used for composting.

So, that's it: know your collection section, pay attention to updates from DPW, and get your leaves out to the tree box or curbside.

Visit dpw.dc.gov/leaf and use the Leaf Tracker to find your collection section based on your address.

HOW TO FIND RAKING NOTIFICATIONS:

@DCDPW (202) 671-LEAF
MyDPWAPP dpw.dc.gov/dpwnewsletter

GOVERNMENT OF THE DISTRICT OF COLUMBIA
MURIEL BOWSER, MAYOR

DC Commision on Aging Retreat

Last month, the DC Commission on Aging joined the Department of Aging and Community Living (DACL), grantees, senior wellness centers, and other DC government agencies for a retreat focused on better serving older adults across the District. Together, they discussed how to expand access to resources, strengthen services, and meet the growing needs of DC seniors. The Commission, appointed by Mayor Bowser, continues to serve as strong advocates for our aging community.

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SAFeway FEAST OF SHARING

PRESENTED BY EVENTS DC

JOIN US FOR SAFEWAY'S 26TH ANNUAL FEAST OF SHARING HOLIDAY CELEBRATION

Wednesday, November 26, 2025

Walter E. Washington Convention Center
801 Allen Y. Low Place NW
Washington, DC 20001

Attendees will enter through the Allen Y. Low Place (formerly Mount Vernon Place) entrance

Enjoy a Thanksgiving meal, live entertainment, free health screenings and community service exhibitors, winter coat giveaway, and more!

ALL VOLUNTEERS MUST REGISTER ONLINE →

9:00 am	Sit & Be Fit Admission
9:00 am	Health & Resource Fair opens
11:00 am	First Meal Seatings begin
12:00 pm	Coat and Personal Care Giveaways begin

#SAFEWAYFEAST • SAFEWAY.COM/FEASTOFSHARING • M

This event is Metro accessible. The closest stations are Mt. Vernon Square 7th Street-Convention Center (Green & Yellow Lines) and Gallery Place (Red Line)