

# Spotlight on Aging

VOLUME XXXII, ISSUE 1

A newsletter for D.C. Seniors

January 2020



## DIRECTOR'S MESSAGE

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

Happy New Year! It was so great to see everyone last month at the Mayor's Annual Senior Holiday Celebration.

As we ring in 2020 with a fresh start, it's a great time to resolve to stay connected to our neighbors and our communities. Mayor Bowser reminded us at the celebration that for every individual who came to celebrate the holidays with us, there were several others who were home, without family, friends or neighbors to check in on them.

This month, I've asked DACL's

Clinical Director, Dr. Heather Stowe, to contribute some tips and advice on how you can stay connected and help someone else who may be feeling isolated this winter. Dr. Stowe oversees DACL's direct services, including the Aging and Disability Resource Center and Adult Protective Services.

As always, thanks for being a vital part of the community and helping us make D.C. a place where everyone — no matter their age or ability — can live boldly!



## GUEST COLUMNIST

Dr. Heather Stowe, Ph. D., LICSW,  
Clinical Director, Department of Aging  
and Community Living

Happy Holidays, Happy New Year, Good to see you!

These greetings, and many like them are ringing out around us at this time of year. Joy is almost tangible in the air. Everyone seems a little more friendly, decorations and lights make homes and stores a little brighter and festive.

We might be spending more time than usual connecting with others, whether it's a lunchtime gathering, coffee with friends we don't see as often, or an email just to say hello. Holidays tend to be a time when we cement our connection with family and friends — even those that we might not see that often during the year.

Maybe it's because the year is coming to an end, and we're thinking about what has happened and what we meant to do this year. Maybe we've lost someone special to us during the year, and we want to hold those dear to us just a bit closer.

I know that it will come as no surprise to anyone to know that science has discovered that connection — that human-to-human interaction — is good for our health. We're social creatures! It's our connection to other people (and to our pets) that enables us to survive and thrive

People who engage in meaningful, productive activities with others tend to live longer, have a better mood and maintain a sense of purpose. Being with other people, connecting on some level, helps us to remain healthy, keeps our brain engaged and slows decline.

For some folks, however, this can be a very lonely time of year — a time when they feel that lack of connection to others even more sharply than usual. Just as connection can improve our health and well-being, the lack of connection can actually make us ill.

## Get Involved

### Monday, January 6

Noon

Senior Association Monthly Meeting

Presentation on 2020 Census provided by DACL

Emery Heights Community Center  
5701 Georgia Avenue, NW — Ward 4

Contact: Shirley Fields  
202-746-6082

### Tuesday, January 7

2 p.m.

New Members Orientation  
Washington Seniors Wellness Center

3001 Alabama Avenue, SE  
Contact: 202-581-9355

### Thursday, January 9

2 p.m.

Pre-Application Workshop  
FY 2021 Alzheimer's Disease and Related Dementias Competitive Grant

500 K Street, NE  
To register, contact Eric Manuel, Program Manager, at 202-730-1745 or Jennifer Adu, Program Analyst, at 202-727-6601

### Monday, January 13

10 a.m.

Ward 8 Mini-Commission on Aging Meeting  
Congress Heights Senior Wellness Center

3500 Martin Luther King Jr. Avenue, SE  
Call 202-563-7225 for information

### Thursday, January 16

10 a.m. - noon

Train to become a DACL Ambassador and help others in your community

500 K Street, NE  
To register, contact:  
dacl.communications@dc.gov or call 202-727-0374

### Friday, January 24

5:30 - 8:30 p.m.

Happy Hour at Model Cities Senior Wellness Center

1901 Evarts Street, NE  
Cost: \$10 includes light meal, frozen non-alcoholic cocktails, DJ and dancing  
Contact: 202-635-1900 for more information

Research has linked a lack of connection to others to a higher risk for depression, high blood pressure, heart disease, and a decline in mental sharpness. Isolation can make us sick! People who find themselves unexpectedly alone due to the death of a spouse or partner, separation from friends or family, retirement, loss of mobility, and lack of transportation are at particular risk.

Amidst all of the business of our lives, let's try to remember our friends, family and neighbors who might be alone, who might be lonely. Mayor Bowser has challenged each of us to connect with three people who might

be in this situation. So, reach out to that friend, family member or neighbor and ask them if they need a ride to the grocery store or doctor's appointment, or ask them to go to church with you. Slow down; sit down with them for a few minutes and chat.

If you find yourself feeling alone, don't hesitate to reach out to us at 202-724-5626. We are here for you and can connect you to activities, programs and services to keep you engaged.

Take the first step, and connect — it's good for you, and it's good for them!

Best wishes for a prosperous New Year!



# Annual Senior Holiday Celebration

Live Boldly was the theme for the Mayor's 21st Annual Senior Holiday Celebration, held at the D.C. Armory. Mayor Bowser addressed more than 3,000 seniors at the event hosted annually to celebrate the holidays with the District's oldest residents.

With a backdrop and décor of shades of blue, green and white, seniors were welcomed into the venue by Eastern High School's Choir singing carols, and a human tunnel led by Department of Aging and Community Living (DACL) Director Laura Newland, DACL staff, and Jr. ROTC Cadets. Seniors attending had the opportunity to enjoy the live music, senior entertainment, fitness demos, and photos from convenient photo booths.

There were more than 100 exhibitors providing health screenings, information, giveaways and more from government, nonprofit and community-based organizations in the area.

The headliner for the event was Johnnie Steele and the Steele4Real Band and Show. Robert "Captain Fly" Frye from WPFW 89.3 FM was the emcee and DJ Nate D Skate, also from WPFW, spun the oldies but goodies

and songs for the holidays.

Entertainment also included the senior dance group from the API Senior Service Center and carols from Vida Senior Services. A special dance number from the MC Steppers was a highlight of the show, as DACL Director Laura Newland and staff members joined the steppers for Bruno Mars' Uptown Funk. Staff practiced for a few weeks to learn the dance choreographed by Monica Carroll.

Along with greetings from Mayor Muriel Bowser and DACL Director Laura Newland, Melissa Bird, executive director of the DC Census, shared a brief message about how important it was for all D.C. residents to be counted in the Census for 2020. Commissioner Guleford Bobo and Ms. Senior D.C. Trinetta Chase also shared holiday greetings with seniors who represented all eight wards.

A special thanks to the many volunteers who helped the seniors as they exited and entered their buses, who assisted with meal service, and ensured the seniors had a great time overall. The Executive Office of the Mayor staff and the Department of Aging and Community Living staff worked with volunteers

from PEPCO, D.C. Public Schools, Jr. ROTC Cadets, Members of the Armed Forces and individual volunteers from the community.

Visit the DACL Facebook or Flickr page for more photos from the event.

**Director Laura Newland greets Ms. Senior D.C. Trinetta Chase at the event that was attended by more than 3000 seniors.**



**Mayor Muriel Bowser, during her holiday greeting to seniors at the Mayor's 21st Annual Senior Holiday Celebration, asked attendees to identify three seniors who need to be connected to senior services and programs in the city.**



**The Eastern Senior High School Choir sang carols as part of the welcoming committee for the event as seniors entered the Armory.**



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## DEPARTMENT OF AGING AND COMMUNITY LIVING NOTICE OF FUNDING AVAILABILITY

### ALZHEIMER'S DISEASE AND RELATED DEMENTIAS (ADRD) Competitive Grant

In FY 2021, the Department of Aging and Community Living (DACL) plans to award \$500,000 to design and implement proven programs, preferably evidence-based, for Alzheimer's Disease and Related Dementias (ADRD). Programs must include ADRD and caregiver education and support, ADRD prevention and intervention, and ADRD outreach, resource referral and linkages for caregivers and recipients. Any organization or institution is eligible to apply.

The award period is October 1, 2020 through September 30, 2021. Program continuation is based on DACL's determination of satisfactory progress during the initial period.

A PRE-APPLICATION WORKSHOP FOR THE FISCAL YEAR 2021 ALZHEIMER'S AND RELATED DEMENTIA DISEASE PROGRAM COMPETITIVE GRANT will be held on Thursday, January 9 at 2:00 p.m., 500 K Street, NE. For questions and registration, contact: Eric Manuel, Program Manager, 202-730-1745 or Jennifer Adu, Program Analyst, 202-727-6601.

Visit [www.dcoa.dc.gov](http://www.dcoa.dc.gov) for the complete RFA and details for the grant opportunity.