

Spotlight on Aging

VOLUME XXXI, ISSUE 11

A newsletter for D.C. Seniors

November 2019



DIRECTOR'S MESSAGE

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

November is National Family Caregiver Month. Just as I did last year, I've asked Deputy Director Aurora Delespin-Jones to take over my monthly column and offer some tips, advice and inspiration to support the many caregivers here in D.C.

Having served as a caregiver for five family members, Aurora knows first-hand the day-to-day experiences — the highs, the lows and the daily balancing act. Her personal experi-

ence has driven her to develop programs to support you, wherever you are in your journey.

We're grateful for her leadership, her knowledge and her willingness to share her personal story with us so that we can better serve you. Know that at DACL, caring for our caregivers is an everyday commitment — you're not alone. Reach out to us at 202-724-5626 to learn more about how we can help.



GUEST COLUMNIST

Aurora Delespin-Jones, Deputy Director
D.C. Department of Aging and
Community Living

Greetings and Happy National Family Caregiver Month! It's time to celebrate longevity and all things embodied — an equitable portion of health, strength, love, laughter and everything beautiful for our pleasure.

So, in this season of celebration leading into holidays, get up, get loose and get involved in life! Do not let this season pass. Challenge yourselves to focus on self-care, fun and respite. Fill your day with fellowship, hobbies, entertainment and life-learning moments that positively impact your mind, body and soul. I dare you to try!

My fellow caregivers, the writer of Ecclesiastes states "there is a time and season for all that we do in this life." Life will happen! Each waking day of our lives, we will experience a past, present and future of events outside of our making, but to varying degree within our ability to manage.

However, if left unchecked, life becomes unmanageable. That is the point you want to avoid at all costs. But how do you do that with so much on your plate, so little time to manage it all, and so large the task with daunting claws? Simply ask for help!

Between birth and death, searching and giving up, keeping and throwing away, tearing down and building up again, loving and hating, and war and peace, there is time for everything beautiful. A time when, in the heart, you know nothing would be better than for you to embrace happy moments and find satisfaction from your labor of love.

So, go for it! Seize the season, the harmony and the help you need to stay strong, as you provide care for others. Everything in this season is necessary and beautifully provided as your reward for a job well done.

The Department of Aging and Community Living (DACL) is here for you. You can trust us to deliver programs, activities, opportunities and services

See **GUEST COLUMN**, page 27

Get Involved

Friday, November 1

8:30 a.m. – 4:30 p.m.

The 4th Annual Caregiver Conference
Hosted by Terrific, Inc. and
the Dept. of Aging and Community Living
The Kellogg Conference Hotel
800 Florida Avenue, NE

Monday, November 4

11:00 a.m. – 1:00 p.m.

Dept. of Aging & Community Living with
Partners Graciously Supports
Tenth Street Baptist Church
2nd Annual Community Presentation &
Workshops
1000 R Street, NW
Contact: Church Office 202-232-1685

Monday, November 4

1 – 3 p.m.

Train to Become a DACL Ambassador
Model Cities Senior Wellness Center
1901 Everts Street, NE
Contact dacl.communications@dc.gov or
202-727-0374 to register.

Friday, November 8

7:30 am Check-in and breakfast

9 a.m. – 2 p.m.

Caregivers 5K Roll, Stroll and Run
Hosted by the Dept. of Aging and Commu-
nity Living and the Department of Parks
and Recreation
Anacostia Park
1900 Anacostia Drive, SE

Tuesday, November 12

7 – 8 p.m.

The Dept. of Aging and Community Living
will participate in a Senior Roundtable
Penn Branch Citizens Civic Association
3000 Pennsylvania Avenue, SE

Wednesday, November 13

10 a.m. – 2 p.m.

The Senior Zone Senior Spa Day
Riggs La Salle Recreation Center
501 Riggs Road, NE
Contact: 202-576-5224

Wednesday, November 13

11 a.m. – 2 p.m.

Dept. of Aging and Community Living and
Partners Graciously Support the
Paul Laurence Dunbar Senior Apartments
2nd Annual Community Health, Resource
and Fun Fair
2201 15th Street, NW

Thursday, November 14

10 a.m. – 2 p.m.

The Dept. of Aging and Community Living
will staff an informational table
USCIS Benefits Fair
111 Mass. Avenue, NW

Monday, November 18

10:30 a.m. – 12:30 p.m.

Dept. of Aging and Partners Community
Presentation and Workshops
1519 Islamic Way (4th) Street, NW
Contact: Office 202-483-8832

Tuesday, November 19

12:30 – 3 p.m.

The Dept. of Aging and Community Living
will Provide a Presentation on
Our Resources and Services and Spin the
Wheel for Correct Answers
Emery Heights AARP Chapter 4194
Peoples Congregational United Church of
Christ
4704 13th Street, NW

Wednesday, November 20

11:30 a.m. – 4 p.m.

The Dept. of Aging and Community Living
will participate in a Resource Seminar
with the
Mayor's Office of Returning Citizens
Federal Corrections Institute Fort Dix
5756 Hartford Street, and Pointville Road
Fort Dix, NJ 08640

Thursday, November 21

10 a.m. – 12 p.m.

Train to Become a DACL Ambassador
500 K Street, NE
Contact dacl.communications@dc.gov or
202-727-0374 to register.

Saturday, November 23

10 a.m. – 2 p.m.

First Rising Mt. Zion and Howard
University Hospital
15th Annual Community Fair and
Pre-Thanksgiving Dinner
602 N Street, NW

Wednesday, November 27

9 a.m. – 2 p.m.

20th Anniversary Safeway
Feast of Sharing at the
Walter E. Washington Convention Center
801 Mt. Vernon Place, NW

NOVEMBER 2019

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Ms. Senior America Pageant

Ms. Senior D.C. Trinette Chase was among 41 contestants to compete in the 40th anniversary Ms. Senior America Pageant, held at Resorts Hotel in Atlantic City, NJ.

During the pageant she shared her artistic talent through her quilts, handmade jewelry, handmade dolls, beadwork and weaving. She also shared her philosophy of life, which was that misery loves company, but she believes joy is a much better friend.

D.C.'s own MC Steppers entertained the crowds at both the preliminaries and the finals, dancing to a medley of Aretha Franklin songs, and ending the performance for the finals with a portion of Bruno Mars' "Uptown Funk."



Ms. Senior D.C. Trinette Chase displays her artistic talents during her Talent Presentation at the Ms. Senior America Pageant 2019.

The Ms. Senior America Pageant Queens Choir included Billie LaVerne Smith, Ms. Senior D.C. 2016, returning for her second appearance. The choir performed lively songs from the hit musical Mama Mia.

Sandra Bears, the Ms. Senior D.C. 2005 Top 10 Finalist and Honorary Senior America Banner awardee, served on the judge's panel during the pageant. Bears is a founding member of the recording artists and performers "The Jewels."

This year's Top 10 Finalists included representatives from Georgia, Alabama, Florida, Tennessee, West Virginia, New York, Pennsylvania, New Jersey, and Wyoming. Esmeralda Hetrick, a vocalist from Pennsylvania, was crowned Ms. Senior America 2019. She sang "It's My Turn," empowering caregivers to take time for themselves as they care for others.

First runner-up, representing West Virginia, was Sherri McGhie, second runner-up was Nancy Witter of New York, third

runner-up was Dr. Rhonda Moulder of Georgia, and fourth runner-up was Susan England of Tennessee.

Congratulations to Ms. Senior D.C. Trinette Chase for being an outstand-

ing representative from the District of Columbia. Continue offering unconditional love to all as you make appearances throughout the city representing your peers!



D.C.'s own MC Steppers pose after their performance at the Ms. Senior America Pageant, October 20-24, 2019.



Ms. Senior D.C. Trinette Chase, center, was one of 41 contestants who competed in the Ms. Senior America Pageant. Esmeralda Hetrick from Pennsylvania was crowned Ms. Senior America.

Guest column

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across a broad spectrum to insulate you from burnout and to help you break out of a cycle of isolation.

The DACL caregiver support services listed below are provided for your convenience. We are thankful for the opportunity to serve you winter, spring, summer and fall. After all, whatever the season, it's your season!

- Alzheimer's support services
- Caregiver Case Assessment

- Caregiver Case Management
- Caregiver Education (evidence-based programming)
- Caregiver Information and Assistance
- Caregiver Institute
- Caregiver support groups
- Homemaker services
- Memory care programs (Club Memory)
- Respite care
- Supplemental funds
- Call DACL at 202-724-5626 to learn more about these services.

Spotlight on Aging

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SAVE THE DATE



Mayor Muriel Bowser invites you to the

21st Annual Senior Holiday Celebration!

December 19, 2019
10 a.m.-2 p.m.
DC Armory, 2001 East Capitol Street, SE


