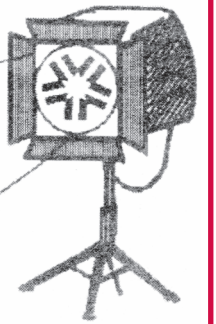


DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



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A newsletter for D.C. Seniors

December 2016



EXECUTIVE DIRECTOR'S MESSAGE

By Laura Newland

Executive Director, D.C. Office on Aging

I've been in this position now for just a little more than a year, so you'll have to forgive me for getting sentimental. You may know by now that Thanksgiving is my favorite holiday. I've had the pleasure of breaking bread with many of you, and some of you know how much I love to eat! But Thanksgiving is about more than eating. It's about fellowship, and giving thanks.

I was reminded of why I love this holiday during a Thanksgiving dinner at a senior wellness center. All of us at the table said what we were grateful for, and one person said that this was the only Thanksgiving she'd have this year. That she's an outsider to her family, but not at the wellness center. This sentiment was echoed by others in the room.

I am so grateful to work at this agency, within this District government, that says no matter who you are, no matter where you've come from, you can be a part of D.C. We welcome you. The District exemplifies what this country was founded on — a government that is truly of the people and by the people. We are D.C.

I know I wasn't the only one who was disappointed by the divisive rhetoric and negative stereotypes used to describe me, my friends, my neighbors, my community throughout the presidential campaign. Regardless of where you stand on the issues, we can all agree that we all have the right to live, work and age peacefully without harassment, intolerance or fear.

The Office on Aging has worked tirelessly to show you that we are an agency that cares about you as an individual. Who you are, your life experiences, your point of views are valued and respected here regardless of your race, religion, sexual orientation, disability or immigration status. As Mayor Muriel Bowser reaffirmed, the

District is a sanctuary city. She is committed to ensuring we are and will continue to be a community that values inclusion and celebrates diversity.

Many of you have witnessed history at your own front door. Many of you have made history. Some of you may even remember when Dr. Martin Luther King, Jr. proclaimed that "the arc of the moral universe is long, but it bends toward justice." I've heard that quoted many times in my lifetime, and many more over the past several weeks.

What people don't talk about is that right before that famous line, Dr. King proclaimed, "that there are still dark and difficult days ahead. Before we get there, some more of us will have to get scarred up a bit. Before we reach that majestic land, some more will be called bad names...Before we get there, some more will have to be thrown into crowded, frustrating and depressing jail cells. Before we get there, maybe somebody else...will have to face physical death."

Yes, the arc of the moral universe bends towards justice. But we must bend it with our own hands. That is our responsibility. I know from talking to you that you know this.

If this election means anything, it's a call back to civic engagement. Let's show up for one another. Check on your neighbors, engage with your community, and advocate for one another. You have been critical in making D.C. a strong community, open to all people. You are critical in keeping D.C. so.

Thank you. Thank you for reading. Thank you for engaging. Thank you for your contributions to this city — for making this a place where everyone is welcome. For many, holidays are lonely and isolating. Please join me in spreading love and joy this holiday season!

Safeway Feast of Sharing



Mayor Muriel Bowser is pictured with members of the D.C. Seniors Cameo Club at the Safeway Feast of Sharing. Thousands attended the annual holiday event held at the Washington Convention Center. Attendees received a FREE Thanksgiving meal, live music, free health screenings, community exhibits, door prizes and more.



Organizations and community-based service providers provided information and resources to those who attended the event.

SPOTLIGHT ON AGING

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The Office on Aging is in partnership with the District of Columbia Recycling Program.



GOVERNMENT OF THE DISTRICT OF COLUMBIA

MURIEL BOWSER, MAYOR

D.C. OFFICE ON AGING NEWSLETTER

— Community Calendar —

December**6th and 20th • noon**

Join the D.C. Caregivers Online Chat at Noon to discuss “Caregiver Burnout” on Dec. 6 and “Top Ten Ways to Care for Yourself During the Busy Holiday Season” on Dec. 20. Log on to <http://dcoa.dc.gov/page/care-giver-chat> at noon, or visit at your convenience and hit replay to see the chat. For more information, contact linda.irizarry@dc.gov or call 202-535-1442.

6th, 13th, 20th, 27th •**6:30 to 8:30 p.m.**

The Martin Luther King Memorial Library holds Tech Talks each Tuesday to help those who want to learn more

about assistive features in their devices and other technology. On Dec. 6, the subject is iPhones and Android phones. Dec. 13 and 20th are drop-in clinics where patrons can get advice and help with their devices. A game night will be held Dec. 27. The library is located at 901 G St. NW. All events will be held in room 215, the Center for Accessibility. For more information, call 202-727-2142.

15th • 10 a.m. to 12 p.m.

Train to become a DCOA Ambassador. Learn information about D.C. Office on Aging programs and services and help us connect to DC residents who are age 60+, people with disabilities who are 18+, and their caregivers. Call 202-724-5626 to register for this or future training classes.

**CLUB MEMORY®
CARE PARTNER
SUPPORT GROUP**

Are you caring for a family member or friend who is experiencing memory loss? Are you feeling anxious, stressed or overwhelmed?

Join us for a free informal support group.

Light refreshments will be provided.



**1st and 3rd Monday of every month
from 6:30 to 8 p.m.**

Anacostia Neighborhood Library
Meeting Room 2

1800 Good Hope Road S.E., Washington, D.C. 20020

**Accessible
Transportation Survey**

Help us make this study relevant to your accessible transportation needs.

Please complete the survey at <http://accessdc.questionpro.com> no later than 11 p.m. **Thursday, Dec. 15.**

If you are unable to access the link, please contact the project team at access.dc@dc.gov for a PDF version of the survey.

What to expect:

- A sense of community
- Information and support
- Stress reduction and self care techniques
- Coping skills

**For information, call Sharon
Sellers at 202-660-6957.**



**SIBLEY MEMORIAL
HOSPITAL**

JOHNS HOPKINS MEDICINE

**DC311 IS NEW
AND IMPROVED!**

Online Portal: A redesigned and more user-friendly Online Portal for easier access to District services.



Mobile App: An innovative and faster mobile application to help you quickly submit requests on the go.



Text DC311 (32311): Our Text Menu to 32311 allows you to submit and monitor requests with just a text.



Live Agent Support: Chat with an online agent to answer any questions you might have.



Call 311: And as always, you can call 3-1-1 24/7.

**WHAT'S NEW
ABOUT 311?**

We listened to your suggestions and transformed 311 into an interactive and versatile system that works for you!

311.dc.gov

/Office of Unified Communications

@311dcgov

To learn more, visit ouc.dc.gov



**Join our DC Volunteer Snow Team and help
your neighbors stay safe this winter.**

Mayor Bowser and Serve DC need your help clearing sidewalks and front walkways for our seniors, residents with disabilities, and those with other access and functional needs during the winter weather.

**Register at SnowTeam.DC.gov or call Serve DC
at 202 727 7925**

Serve DC
THE MAYOR'S OFFICE ON VOLUNTEERISM
WWW.SERVE-DC.GOV

**WE ARE
WASHINGTON**
 **GOVERNMENT OF THE
DISTRICT OF COLUMBIA**
MURIEL BOWSER, MAYOR