

Spotlight on Aging

VOLUME XXXI, ISSUE 7

A newsletter for D.C. Seniors

July 2019



DIRECTOR'S MESSAGE

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

We've started working with a communications firm to help us complete our transition from the Office on Aging to the Department of Aging and Community Living, and I can't wait to see what they come up with.

In our kickoff meeting, they asked us a lot of questions: like what's important to us as an agency, how do we want people to view us, and what makes us excited about our work?

We think about these things a lot, but now is such a great time to reflect on where we've been, where we are, and where we'd like to go. You'll be part of those conversations as we get going, and I'm looking forward to hearing from you.

Becoming a department has made me especially reflective of my time at the agency. At our Senior Symposium last month at Ballou High School, I sat down at a table for a conversation with an old friend and a new one. We talked about how far we've come as an agency supporting LGBTQ programs.

The truth is that just a few years ago, I didn't really understand why it was so important to have separate LGBTQ programming. I wanted to make sure all of our programs were welcoming and inclusive to everyone, and that's where my focus was.

But that changed when I went to an LGBTQ discussion sponsored by the Age-Friendly Task Force. The moderator of the discussion told me that he wanted me to just listen.

For those who have seen me out in the community, you might appreciate how hard that was for me. I'm a good listener, but I like a conversation — a back and forth. I was a debater in high school and trained rigorously in building and supporting arguments in college, which was refined during law school. So just listening was a challenge.

But it was the best thing I could've done. "Just listening" meant that I heard person after person speak to their experiences, their hopes, their fears. Towards the end of the meeting, I leaned over to my chief of staff and told him we needed to reconsider our position. So we did.

One year later, we sponsored LGBTQ programming for the first time. This month, I'll be announcing the recipients of LGBTQ grants for fiscal year 2020, and I couldn't be prouder of how far we've come.

So, when I told the communications firm that DACL is an agency that makes a commitment to listening — I meant it. Listening makes us all better, because true listening means we open up to each other, and to the possibility that we might not know everything we thought we knew.

And sometimes, if we're lucky, we can see the best in each other. So, we'll keep listening — thanks for continuing to share with us!

Ms. Senior D.C. Contestants



Contestants for the Ms. Senior D.C. Pageant 2019 will compete for the title of Ms. Senior D.C. on Sunday, June 30 at UDC. Contestants (left to right) are Vanella Jackson-Crawford, Sheila Austin-Jones, Olympia Lopez, Cynthia Gayle Reddick, Shirley Powell Ricks, Deborah Clark, Trayci Darlene Campbell and Trinette Chase. The winner of the pageant will compete at the national pageant in Atlantic City, NJ from October 20 to 25.

Spotlight on Aging

Spotlight On Aging is published by the Information Office of the D.C. Department of Aging and Community Living for D.C. senior residents. Advertising contained in the *Beacon* is not endorsed by the D.C. Department of Aging and Community Living or by the publisher.

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GOVERNMENT OF THE DISTRICT OF COLUMBIA

MURIEL BOWSER, MAYOR



Mayor's 8th Annual Senior Symposium

"Connect, Contribute, Create" was the theme for the Mayor's Eighth Annual Senior Symposium held at Ballou Senior High School in June.

Nearly 1000 seniors were greeted by Mayor Muriel Bowser, who reminded attendees how great the District is doing, and how the city will continue to take steps to become more age-friendly so that older residents can age in place.

Those in attendance also participated in the many workshops that were held, were entertained in the Main Hall, and visited over 100 exhibitors during the day's events.

Workshop topics included Ways to Make Ends Meet; Sex and Aging; Art Therapy; Money Smart for Older Adults: Financial Scams Against Seniors; Volunteering in the Community, Senior Entrepreneurship; Live the Dream—Starting Your Own Business, and Lifelong Learning: Don't Miss Opportunities.

Attendees were able to learn more about sex after age 60, what elder abuse is (and scams that are designed to steal money from older adults), learn ways to make more income (and restrictions on how much they can make while receiving benefits), connect with volunteer opportunities, business opportunities available to older adults, and even to practice their creativity through art.

Rayceen Pendarvis, LGBTQ radio host and entertainer, was the emcee for the event and kept the audience laughing while bringing to the stage musical acts from the Washington Performing Arts featuring the vocals of Ms. Lori Williams, the sounds of DJ Heat, and a performance from vocalist

Aaron Myers.

The exhibit hall featured continuous activity, including the streaming from the main stage, health screenings, interactive activity, information and re-

sources. From a massage, the rowing machine, hands-on heart demonstrations, make-up and head wraps, to government resources and services, there was something for everyone!



Mary Taylor, Commissioner on Aging from Ward 7 (left), poses with DACL Director Laura Newland and Veronica Ingraham, Mini-Commissioner on Aging at the Symposium.



Connect.Contribute.Create. was the theme for the Mayor's Eighth Annual Senior Symposium held at Ballou Senior High School. Nearly 1000 seniors were greeted by Mayor Muriel Bowser, who reminded attendees how great the District is doing, and how the city will continue to take steps to make the city more age friendly so that older residents can age in place. Those in attendance also participated in the many workshops that were held, were entertained in the Main Hall and visited over 100 exhibitors during the day's events.



Mayor Muriel Bowser (left) greets Symposium attendee Lori Williams and entertainer Rayceen Pendarvis.



A number of participants at the Senior Symposium participated in an art class.

Get Involved

Wednesday, July 10

Noon – 1 p.m.

Presentation on the Dept. of Aging and Community Living (DACL) Resources and Services
Lunch and Learn Series
Office of Unified Communications
2720 Martin Luther King, Jr. Avenue, SE – Ward 8
Contact: Wanda Gattison
(202) 730-0524

Friday, July 12

1 p.m. – 3 p.m.

The Office of Tax and Revenue will facilitate a Real Property Tax Relief Workshop
Nineteenth Street Baptist Church
4606 16th Street, NW – Ward 4
Contact: Ronald Taylor,
ronald.taylor1604@verizon.net

Monday, July 15

10 a.m. – 2:30 p.m.

A Day of Service
Providing Resources and Services for Families
Central Union Mission
3194 Bladensburg Road, NE – Ward 5
Contact: Shirley Johnson
(202) 745-7118

Wednesday, July 17

10:30 a.m. – 1:30 p.m.

A Day of Service
Providing Resources and Services at the Men's Shelter
Central Union Mission
65 Massachusetts Avenue, NW
Contact: Shirley Johnson
(202) 745-7118

Thursday, July 18

10 a.m. – noon

Train to Become a DACL Ambassador
To register, contact
dacl.communications@dc.gov
or call (202) 724-5626

Saturday, July 20

10 a.m. – 2 p.m.

Annual Health Fair
New Image Community Baptist Church
1839 Alabama Avenue, SE – Ward 8
Contact: Ingrid McMillan
(202) 889-3067

Monday, July 29

10 a.m. – 1 p.m.

DACL & Collaborating Partners
Community Workshop for soon-to-be-released Inmates age 50 and up DC Jail and DC Correctional Treatment Facility
1300 D Street, SE and 1301 E Street, SE – Ward 6
Contact: Alice Thompson
(202) 535-1321