

Spotlight on Aging

VOLUME XXXI, ISSUE 6

A newsletter for D.C. Seniors

June 2019



DIRECTOR'S MESSAGE

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

Happy Pride! The Department of Aging and Community Living is gearing up for an active summer out in the community with you. This month, we're PROUD to be joining Mayor Muriel Bowser in the Capital Pride Parade on June 8. And we'll be back again this year with our Senior Pride Trolley. If you are an LGBTQ older adult, age 60 and over, and you want to ride along with us during the parade, reach out to my office at 202-724-5626. Seats are limited, but all are welcome to walk with the Mayor and DACL.

Then on Sunday, June 9, DACL will have a booth at the Capital Pride Festival to highlight our programs and services to keep you healthy, engaged and active during these hot summer months and all year long. I hope you'll connect with us this weekend and celebrate all that our older LGBTQ adults have done to pave the way for us today and for future generations to live and love openly and without fear.

Also this month, Mayor Bowser is hosting the Eighth Annual Senior Symposium at Ballou High School on June 19. Our theme this year is Connect, Create, Contribute — building on the energy from Older Americans Month. Join us to celebrate you, learn something new, pick up a new activity or hobby, or just enjoy fellowship with your friends and neighbors. We'll be welcoming Rayceen Pendarvis back as our master of ceremonies as well as a great line-up of performances, educational sessions and exhibitors. If you haven't gotten your tickets yet, I encourage you to do so quickly. Give my office a call at 202-724-5626 for assistance with registration.

On June 28, Mayor Bowser, the Department of Parks and Recreation and DACL will be hosting the annual Senior Fest at Oxon Run Park. This event is a fun outdoor celebration with live entertainment, dancing, health exhibits, games, guest speakers and lunch. Contact 202-391-1623 or visit SeniorFest19.splashthat.com to register.

If you're like me, you're looking for some friendly competition this summer. DACL's 3rd Annual Brain Games will kick off in July. This is a citywide trivia competition for seniors in the District, which will start with inter-ward competitions next month. All Wards will then compete against each other in August to take home the top prize — bragging rights for the year and a huge trophy displayed in your Ward. It's not too late to sign up. Contact your local lead agency for more information.

So as you can see, there's plenty to do all across the city over the summer months. Whether you want to learn something new at the Senior Symposium, celebrate the diversity of our great city at Pride, relax in the sun at Senior Fest, or test your trivia with Brain Games, DACL can keep you connected to these activities and so much more.

Reach out to my office and let us know what you're interested in. I'm sure we'll have something for you. I can't wait to see you this summer. Aging is Living!

Washington D.C. Hall of Fame

The Washington D.C. Hall of Fame Society recently presented 2019 Legacy Awards to Charles "Chuck" Hicks for Community Development and Therrell Smith for the Cultural Arts. The event recognizes District of Columbia residents who have had an outstanding impact on the city.

Commission on Aging member Charles Hicks is known as Mr. Black History and is a member of the D.C. Black History Celebration Committee, which features "Celebrations, Found Truths, Sheroes, Heroes, and Programs" that recognize and celebrate the contributions in art, literature, politics and education of the African American community throughout the year in the D.C. Metropolitan area.

Therrell Smith, age 101, owned and operated the Therrell C. Smith School of Dance in Washington for more than 70 years until a flood in 2016 ruined the flooring. Smith opened her ballet school in 1948 with three students, introducing the students to a dance form they would not have known otherwise in a deeply segregated city.

In the 70s, she also taught in the public school system, exposing students to so much more than dance. Smith was also



one of 64 District residents who were honored at this year's annual centenarian luncheon.

Congratulations to Commissioner Chuck Hicks, D.C. Centenarian Therrell Smith and all of this year's honorees.

Prom Dresses

Members of the D.C. Seniors Cameo Club helped D.C. teens prepare for the prom through their Second Annual Believe in Your Dreams Prom Event. Local boutiques, flower shops, businesses and cameo members donated gowns, dresses, corsages, accessories and beauty treatments to benefit young ladies headed to the prom this year. Career wear was also available for those who may be preparing to enter the workforce.

Students from Benjamin Banneker, Multicultural Bilingual, Coolidge, Roo-



sevelt and Wilson High Schools and the Girls Teen Pregnancy Program received items to help them dress and accessorize for their proms. This event provided the opportunity for young ladies and their families to attend the prom at little or no expense to them.

Great way to give back to the community, ladies!



GOVERNMENT OF THE DISTRICT OF COLUMBIA

MURIEL BOWSER, MAYOR



Brain Games

The Third Annual DACL Brain Games is a citywide trivia competition for seniors in the District to promote brain health. The games will begin with inter-ward competitions from July 9 to 17, 2019.

The playoffs and championship game will be held on August 28, 2019, and one ward will be named the DC Citywide Brain Games Champion! If you are interested in joining a team, please contact your Lead Agency.

Phase I Brain Games dates, times and locations:

- Ward 1: July 10 at Bernice Fonteneau Senior Wellness Center, 3531 Georgia Ave. NW at 10 a.m.
- Ward 2: July 12 at Oasis Center, 1226 Vermont Ave. NW at 1 p.m.
- Ward 3: July 9 at Iona Senior Services, 4125 Albemarle St. NW at 10:30 a.m.
- Ward 4: July 12 at Hattie Holmes Senior Wellness Center, 324 Kennedy St. NW at 10:30 a.m.
- Ward 5: July 15 at Model Cities Wellness Center, 1901 Everts St. NE at 10:30 am
- Ward 6: July 11 at Greenleaf Senior Apartments, 1200 Delaware Ave. SW at 10:30 a.m.
- Ward 7: July 17 at Washington Seniors Wellness Center, 3001 Alabama Ave. SE at 1 p.m.
- Ward 8: July 16 at Barry Farms Recreation Center, 1230 Sumner Rd. SE at 11 a.m.

Who will be crowned Ms. Senior D.C. 2019?

Witness the excitement as eight District women age 60 and older share their elegance, poise, talent and more at the Ms. Senior D.C. Pageant 2019 under the theme Dreams. The pageant will be held on Sunday, June 30, at The UDC Theater of the Arts, 4200 Connecticut Avenue, NW, at 2:30 p.m. Doors open at 2 p.m. Tickets are \$20, light refreshments will be served. Street parking and a parking garage are available on Van Ness Street. For tickets and information, call 202-724-5626 or visit www.dcoa.dc.gov. Proceeds of the event will send Ms. Senior D.C. and her court to the Ms. Senior America Pageant, October 20 to 25, 2019.



Spotlight on Aging

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The D.C. Department of Aging and Community Living is in partnership with the District of Columbia Recycling Program.

Get Involved

Tuesday, June 4

7 a.m. – 7 p.m.

Mayor's Office on Returning Citizens
Workshop for soon-to-be-released DC resident inmates
Fairton Correctional Institution
655 Fairton Millville Rd.
Fairton, NJ 08320

Wednesday, June 5

12 – 1:30 p.m.

Community Presentation on Department of Aging and Community Living Resources & Services
Maple View
5100 Georgia Ave. NW – Ward 4
Contact: Reese Parker (202) 774-8553

Thursday, June 6

9 a.m. – 2 p.m.

USCIS Elder Care Fair
111 Massachusetts Ave. NW – Lobby
Contact: Denean Johnson (202) 233-2567

Friday, June 7

1 – 3 p.m.

The Department of Aging and Community Living with Partners
Nineteenth Street Baptist Church
Senior Ministry
Community Presentations & Workshop
4606 16th St. NW – Ward 4
Contact: Ronald Taylor,
Ronald.taylor1604@verizon.net

Saturday, June 8

4:30 – 8 p.m.

Capital Pride Parade 2019 starts at the Dupont Circle Metro Station (Red Line) and ends at the U Street /African American Civil War Museum/Cardozo Metro Station (Green Line). Call to reserve your seat on the Senior Trolley: (202) 724-5626

Sunday, June 9

**Capital Pride Festival
Noon – 10 p.m.**

Entrance to the street festival is at 3rd St. and Pennsylvania Ave. NW.

Wednesday, June 12

10:30 a.m. – 2 p.m.

UDC Causes and Department of Aging and Community Living with Partners presents the Third Annual Senior Community

Health, Wellness and Resource Fair
University of the District of Columbia
4200 Connecticut Ave. NW – Ward 3

Contact: Pam Williams (202) 274-6670 or 6697

Thursday, June 13

11 a.m. – 2 p.m.

The Department of Aging and Community Living with Partners graciously supports Visionary Square's 2nd Annual Community Health and Resources Fair
2401 Washington Pl. NE – Ward 5
Contact: Pamela Graves (202) 855-0245

Wednesday, June 19

8:30 a.m. – 3 p.m.

Mayor's Eighth Annual Senior Symposium
Ballou Senior High School
3401 Fourth St. SE – Ward 8
You must register to attend. Call (202) 724-5626 for more information.

Tuesday, June 25

9:30 a.m. – 12 p.m.

The Department of Aging and Community Living with Partners
Community Presentations and Workshop
Forest Hills of DC
4901 Connecticut Ave, NW, Suite 277
– Ward 3
Contact: Ms. Chong (202) 777-3435

Wednesday, June 26

10:30 a.m. – 1:30 p.m.

The Department of Aging and Community Living with Partners
Hayes Senior Wellness Center Community Health and Resources Fair
500 K St. NE – Ward 6
Contact: Sherrell Briscoe (202) 727-0357

Saturday, June 29

The Department of Aging and Community Living with Partners
Plaza West Apartments – Grandparents Community Health and Resource Fair
1035 4th St. NW
Contact: Jamarl Clark (202) 899-6987

Sunday, June 30

Ms. Senior D.C. Pageant 2019
UDC Theater of the Arts
4200 Connecticut Ave. NW
Tickets: \$20 donation
Contact: (202) 724-5626

Elder Abuse Awareness Month: Protecting You and Your Pocket

Join us as we discuss the resources and services that are available to help safeguard you and your financial well-being as a senior in the District.

Thursday, June 6, at noon
Call in at 855-756-7520, ext. 30984#

Or tune in on Facebook Live at
[Facebook.com/MayorMurielBowser](https://www.facebook.com/MayorMurielBowser)