

# Spotlight on Aging

VOLUME XXX, ISSUE 3

A newsletter for D.C. Seniors

March 2019



## DIRECTOR'S MESSAGE

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

Thanks to everyone who came out to our Performance Hearing and those who testified before the Committee on Housing and Neighborhood Revitalization and Chairperson Anita Bonds. We spent a long Valentine's Day together, but I wouldn't have it any other way.

The Performance Oversight was the first time we testified as the D.C. Department of Aging and Community Living. Mayor Muriel Bowser officially signed legislation designating the D.C. Office on Aging under this new name just a week prior.

This was a proud moment for many, including Councilmember Bonds, who worked so hard to re-introduce the legislation originally started by former Mayor Marion Barry. Thanks to these efforts and the support of Mayor Bowser, we can now say that we have a Department representing the voices of our older District residents, adults with disabilities, and the many caregivers who call D.C. home.

And we've come a long way! We started off as a small 26-staff team and an annual local budget of less than \$900,000 — or approximately \$4.2 million in 2019 dollars.

Through legislation co-sponsored by then-Councilmember Barry, the D.C. Office on Aging was created within what was then called the Department of Human Resources. After helping establish the Office, Mayor Barry went on to make consistent investments in senior programs and grew the budget by more than 600 percent between 1980 and 1985, and moved the office out from under the Department to operate as a separate entity.

Today, the Office on Aging has a strong and dedicated workforce of more than 80 employees, a total budget of nearly \$50 million, and oversees a network of 25 community organizations operating 40 programs across all eight wards.

Many of you have seen the agency grow, serve more seniors, make more homes and communities safer, provide more health and wellness programs, create more social connections, and help make D.C. the Age-Friendly city that it is today.

And thanks to your support, we continue to evolve as an agency. In fact, it's the feedback that we hear at our oversight hearing and out in the community from residents like you that drives our agency forward each day.

Because of your feedback, we were able to accomplish so much in fiscal year 2018, including:

- Launching our new agency-wide outreach initiative;
- Piloting programs for older LGBTQ residents;
- Piloting the Around Town D.C. program, the first satellite wellness program;
- Providing more healthy food options;
- Serving more residents than ever before through the Safe at Home program; and
- Launching our newest program, Senior MedExpress.

Today, we continue to be an agency that is listening. Whether you're giving testimony at our hearing, sending a letter or email to us, or provid-

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## Congratulations to all of us!



Mayor Muriel Bowser is shown designating the D.C. Office on Aging as the Department of Aging and Community Living, fulfilling former Mayor Marion Barry's vision of making the office into a city department.

The Department of Aging and Community Living will ensure that seniors, residents with disabilities and caregivers have the resources and supports they need to thrive in a growing and changing city.

## Technology Workshops for Older Adults

Have you heard? Connect.DC and the D.C. Department of Aging and Community Living are launching new senior tech workshops.

Learn more about Internet safety, social media and how to use a smartphone. For more information, call (202) 266-6328 or visit <http://connect.dc.gov/seniors>.

**Smartphone 101 Workshop**  
March 13, 9:30 – 11:30 a.m.  
Bernice Fonteneau Senior  
Wellness Center  
3531 Georgia Ave. NW  
Washington, DC 20001

**Social Media 101 Workshop**  
April 10, 9:30 – 11:30 a.m.  
Bernice Fonteneau Senior  
Wellness Center  
3531 Georgia Ave. NW  
Washington, DC 20001

**Smartphone 101 Workshop**  
March 18, 1 – 3 p.m.  
Model Cities Senior Wellness  
Center  
1901 Evarts St. NE  
Washington, DC 20018

**Internet Safety 101**  
May 8, 9:30 – 11:30 a.m.  
Bernice Fonteneau Senior  
Wellness Center  
3531 Georgia Ave. NW  
Washington, DC 20001



GOVERNMENT OF THE DISTRICT OF COLUMBIA

MURIEL BOWSER, MAYOR



# Get Involved

## Friday, March 1 1 – 2:30 p.m.

Dept. of Aging and Community Living Presentation and Workshop  
Nineteenth Street Baptist Church, 4606  
16th Street, NW – Ward 4  
Contact: Oretha Chandler 202-882-7345

## Wednesday, March 6 12 – 1:30 p.m.

Dept. of Aging and Community Living  
Sponsored:  
Meet & Greet the Residents of Girard  
Street Apartments  
1545 Girard Street, NE – Ward 5

## Wednesday, March 13 1:45 – 3:45 p.m.

DACL, Our Partners and the Mayor's Office on African Affairs Graciously Supports African Heritage at Paul Laurence Dunbar Apartments  
2001 15th Street, NW – Ward 1

## Tuesday, March 19 1:30 – 3 p.m.

Ingleside at Rock Creek  
Community Presentations Offered by

Dept. of Aging and Community Living and Our Partners  
5121 Broad Branch Road, NW – Ward 3  
Contact: Michele High 215-272-7004

## Thursday, March 21 10 a.m. – noon

Train to become a DACL Ambassador  
D.C. Dept. of Aging and Community Living  
500 K Street NE – Ward 6  
Contact: sadia.ferguson@dc.gov or 202-727-0374

## Tuesday, March 26 11 a.m. – 12:30 p.m.

Dept. of Aging and Community Living Presentation on DACL and Health Insurance Counseling Program  
Greater Mt. Calvary Holy Church, 605 Rhode Island Avenue, NE – Ward 5  
Contact: Helen Harris 202-529-4547

## Friday, March 29

10 a.m. – 2:30 p.m.  
10th Annual Voices of Change Conference  
Walter E. Washington Convention Center  
801 Mt. Vernon Place, NW – Ward 2

# Fiscal Year 2020 D.C. Office on Aging Day Care Competitive Grant

The DC Office on Aging (DCOA) is soliciting applications to operate a Day Care service.

The RFA scope includes providing: 1) therapeutic services to functionally-impaired D.C. residents 60 years and older to avoid institutionalization; 2) respite for family members and caregivers, engaging them in health and education activities; 3) specialized services, access resources and support services needed to navigate long-term care options for independence and connection to the community, and 4) resource information on services and supports, e.g., Elderly and Persons with Disabilities (EPD) Waiver, that prevent institutionalization when

such a person is no longer able to function in the day care setting.

The award will be three years beginning 10/19 thru 9/30/22, with two possible continuation years based on a determination of satisfactory progress during the initial period of the grant.

In fiscal year 2020, there is a total of \$606,892 available for program management, contingent on available funding. Deadline for submission is March 29, 2019, 2 p.m.

Visit, [www.dcoa.dc.gov](http://www.dcoa.dc.gov) or [www.opgd.dc.gov](http://www.opgd.dc.gov) for the RFA. For more information, contact Eric Manuel, [eric.manuel@dc.gov](mailto:eric.manuel@dc.gov) or Jennifer Adu, [jennifer.adu@dc.gov](mailto:jennifer.adu@dc.gov) at (202) 724-8821.

## Referral and Assistance move

Effective Tuesday, September 4, the Department of Aging and Community Living Information, Referral and Assistance Unit and Medicaid Enrollment Team will be located at 250 E Street SW, one block from the Federal Center Southwest Metro Station. You can still find us online at [dcoa.dc.gov](http://dcoa.dc.gov), call us at (202) 724-5626, or email [ask.adrc@dc.gov](mailto:ask.adrc@dc.gov).

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

## Looking for Ms. Senior D.C. 2019

Are you a D.C. resident who is 60 or older and interested in representing your peers as Ms. Senior D.C. 2019? Are you actively involved in your community?

Consider becoming a contestant in the next Ms. Senior D.C. Pageant! We are searching for the elegant lady who will represent the District of Columbia as Ms. Senior D.C.

Contestants are judged on a personal interview, their philosophy of life, and their talent and evening gown presentations. The winner will represent the District of Columbia and compete in the Ms. Senior America Pageant.

For more information on how to sign up, please call DACL at (202) 724-5626, email [darlene.nowlin@dc.gov](mailto:darlene.nowlin@dc.gov) or visit [www.dcoa.dc.gov](http://www.dcoa.dc.gov) to complete an application.



**The reigning Ms. Senior D.C., Phyllis Jordan, competed in the nationwide Ms. Senior America Pageant in Atlantic City, NJ, Oct. 14-19, 2018.**

## Director's message

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ing feedback to my team when we see you in the community, your voice is integral to making the Department of Aging and Community Living an agency that works for our seniors, adults with disabilities and caregivers.

We've come a long way from that

small office of 26 staff, but we know there's still work to do. Thank you for showing up, speaking up, and driving this agency forward.

And thanks to our Mayor, the D.C. Council, and thanks most of all to you — our seniors, adults with disabilities and caregivers — we are now the Department of Aging and Community Living!