

Spotlight on Aging

VOLUME XXIX, ISSUE 8

A newsletter for D.C. Seniors

August 2018



EXECUTIVE DIRECTOR'S MESSAGE

By Laura Newland
Executive Director, D.C. Office on Aging

Last month, I got a chance to read some incredible stories. Tales of love, loss, finding purpose, and overcoming in the face of adversity. These were the stories of our older Washingtonians. In July, members of the Bernice Fonteneau Senior Wellness Center launched their “Stories into Books” project, a collection of memoirs from 15 District seniors, compiled into two books.

It was a privilege for me to learn more about the personal life stories, amazing journeys, triumphs and disappointments of some of the seniors, whom I've known for years.

It got me thinking about my own parents and the stories they've kept filed away in their memory bank. Like many of us, the realization that my parents actually had a life that went beyond raising me and my siblings was unfathomable throughout my childhood — and admittedly into adulthood. It occurred to me that I've only ever known one version of my parents — the version seen through my own experiences.

My dad turns 70 this month, and I hadn't quite figured out what to do for him for his birthday. After reading these memoirs, I've decided that I'd like to help my dad write his own memoir — the way he wants it to be told, and in his own words. The older I get, the more important it has become for me to get to know the version of my dad that didn't revolve around me and my siblings. There's more to his story.

And I know there's more to your story. How do you want your story to be told? Is it the story of your family? Is it a reflection of your life and the choices you've had to make? No matter who you are, you have a story to tell, and you may be surprised that those closest to you are interested in knowing your story, in your own words.

Now I know there are a lot of great story tellers out there — my dad is no exception — but I encourage you to really look at how you can reconstruct your experiences into written words.

Memoirs are not just for the famous. It's about inviting others to understand your perspective, and that's just as important. Part of being a community is remembering together and understanding each other.

If you're interested in learning more about memoir writing, or if you're interested in working with someone who can help put your story to words, reach out to us at 202-724-5626 or askthedirector.dcoa@dc.gov. Tell us your story. DCOA — with you.

Empowering D.C. Caregivers

Join DCOA's Savvy Caregiver Program (SCP) to develop the knowledge, skills and attitudes to care for your family member with Alzheimer's disease or other dementia.

The SCP is for caregivers in D.C. who provide care for adults age 60 and over, or for adults with disabili-

ties, age 18 and older, living with Alzheimer's disease or other dementias. The program is delivered in two-hour sessions, over a six-week period.

For more information or to RSVP, contact Linda Irizarry at 202-535-1442 or email Linda.Irizarry@dc.gov.

Become a DCOA Ambassador



Train to become a DCOA Ambassador, and learn how the D.C. Office on Aging can connect you to services to help residents 60 and older, adults with differing abilities and their caregivers. Call 202-724-5626 to find out more and the next steps.

WHITMAN-WALKER HEALTH AND IONA INTRODUCE....

SILVER CIRCLE

THERE'S STILL A FEW NEW TRICKS UP YOUR SLEEVE!

Sponsored by the DC Office on Aging.
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Silver Circle is a bi-monthly, peer-led support group for DC residents who are over 60 and identify as LGBTQ+.

- Connect with other LGBTQ+ peers
- Create a safe space to talk about issues that impact you
- Build support to help navigate challenges

Silver Circle will be held at the following locations:

WHITMAN-WALKER HEALTH
1525 14th St., NW
Washington, DC 20005

MAX ROBINSON CENTER
2301 Martin Luther King Jr., Ave SE
Washington, DC 20020

IONA SENIOR SERVICES
4125 Albemarle St., NW
Washington, DC 20016

For more information on Silver Circle, email mmitchell@whitman-walker.org or call 202.939.7646



GOVERNMENT OF THE DISTRICT OF COLUMBIA

MURIEL BOWSER, MAYOR



Choir Performs Anniversary Program

The Senior Community Voices choir of Congress Heights Senior Wellness Center celebrated its 15th anniversary, wearing purple and white and marching in to “We are Soldiers.” The choir is led by Mary McCoy and is accompanied by volunteers Calvin Fields on keyboard and Roger Lee on saxophone.

The 24 members of the choir sang several selections during the anniversary program before featured guest Shirley Ables performed. Ables is a Grammy-nominated Wammy Award recipient, and has been inducted into the Gospel Hall of Fame. Ables also

teaches voice and piano locally to students from 8 to 80 years of age.

The anniversary program was well attended by center participants, family members and friends. Florestine Jones and Joseph Harris did an excellent job as the choir chairpersons.

Elsie Miller and Shirley Brown were the oldest members of the choir and among the honorees for the event. Miller will celebrate her 90th birthday in November.

Congratulations members on 15 years of providing music to your center and for the community!

Intergenerational LGBTQ Retreat

Seabury's Voices Up connects LGBTQ youth and older adults for events, learning, and mutual support. Our kick-off day retreat features storytelling training from Story District, interactive games, and a local LGBTQ history tour. Over two days, you'll make new friends, learn how to share your story, hear stories from others in the LGBTQ community, and discover the broader narratives of LGBTQ life and history in DC.

Seabury Voices Up is open to DC LGBTQ youth (ages 13 to 24) and DC LGBTQ older adults (ages 60 and up).

WHAT'S YOUR STORY?



SAVE YOUR SPOT

August 13 – August 14

Church of the Pilgrims
2201 P St. NW DC

Email Seabury's LGBTQ Program Coordinator, Billy Kluttz, at bkluttz@seaburyresources.org or 202-397-1726 ext. 109






Spotlight on Aging

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

Get Involved

Wednesday, Aug. 1

11 to 11:30 a.m.

D.C. Office on Aging, Mayor's Office on Community Relations and Services and the Office of the Deputy Mayor for Health and Human Services hosts its monthly Senior Telephone Town Hall
Topic: Smart Budgeting
To RSVP or to request reasonable accommodations, call 202-442-8150 or email engagement.dc@dc.gov

Monday, Aug. 6

10 a.m. to noon

D.C. Office on Aging/Partners will be participating in a workshop at D.C. Jail, Correctional Treatment Facility
1301 E St. SE, Ward 6

Tuesday, Aug. 7

5 to 8 p.m.

D.C. Office on Aging will provide an informational table
National Night Out
Mary Virginia Merrick Center
5275 4th St. SE, Ward 8
Open to the public

Tuesday, Aug. 7

5 to 8 p.m.

D.C. Office on Aging will provide an informational table
National Night Out
Montana Terrace
1625 Montana Ave. NE, Ward 5
Open to the public

Thursday, Aug. 9

4 to 10 p.m.

Out & About: Seabury Resources for Aging LGBTQ Older Adults Programs
Rooftop Party at Embassy Row Hotel
2015 Massachusetts Ave. NW
Contact: Billy Kluttz, LGBTQ program coordinator, at bkluttz@seaburyresources.org or 202-397-1726

Friday, Aug. 10

9 a.m. to 4 p.m.

Department of Disability Services
Kellogg Conference Center, Gallaudet University
800 Florida Ave., Ward 5

Saturday, Aug. 11

Penn Branch Block Party noon to 6 p.m.

D.C. Office on Aging will provide an informational table
Penn Branch Block Party
3600 Block of Texas Avenue SE, Ward 7
Open to the public

Thursday, Aug. 16

3 to 4 p.m.

Out & About: Seabury Resources for Aging LGBTQ Older Adults Programs
Advisory Council Meeting
Share your perspectives on the strengths and needs of LGBTQ older adults.
We'll have an informal conversation, plan future activities, and enjoy refreshments.
Seabury Ward 6
555 Water St. SW

Contact: Billy Kluttz, LGBTQ Program Coordinator, at bkluttz@seaburyresources.org or 202-397-1726

Saturday, Aug. 18

3 to 7 p.m.

Mayor Bowser Presents the 4th Annual Chuck Brown Day
D.C. Office on Aging will provide an informational table
Chuck Brown Band, Trouble Funk & the Crank Crusaders
Chuck Brown Memorial Park
2901 20th St. NE
Free to the public

Thursday, Aug. 23

10 a.m. to noon

Train to become a DCOA Ambassador
D.C. Office on Aging
500 K St. NE
Call 202-724-5626 to register.

Thursday, Aug. 23

Noon to 3 p.m.

Out & About: Seabury Resources for Aging LGBTQ Older Adults Programs
LGBTQ-Friendly Travel Panel Discussion
Travel agents with expertise in LGBTQ-friendly travel will share their experiences and tips on LGBTQ-friendly destinations and travel advice.
DC Center for the LGBT Community
2000 14th St. NW
Contact Billy Kluttz, LGBTQ Program Coordinator, at bkluttz@seaburyresources.org or 202-397-1726

Tuesday, Aug. 28

6:30 to 7:30 p.m.

Out & About: Seabury Resources for Aging LGBTQ Older Adults Programs
Voices Up Story Hour
Seabury Voices Up welcomes Diana from Equality Virginia's Transgender Advocacy Speakers Bureau as she shares her story with participants. We'll hear Diana's story, share Q & A, and enjoy refreshments together.
Mt. Vernon Place UMC
900 Massachusetts Ave. NW
Contact Billy Kluttz, LGBTQ Program Coordinator, at bkluttz@seaburyresources.org or 202-397-1726

Saturday, Aug. 25

10 a.m. to 5 p.m.

Nineteenth Street Baptist Church End of Summer Community Fair
D.C. Office on Aging & Partners Graciously Supports Nineteenth Street Baptist Church & Great Music on the Lawn from (from 3 to 5 p.m.)
4606 16th St. NW, Ward 4
Contact: Nineteenth Street Church office, 202-829-2774

Saturday, Aug. 25

10 a.m. to 5 p.m.

DC Office on Aging will provide an informational table
Langston Terrace 80th Year Anniversary Celebration
2101 G St. NE, Ward 5