

Spotlight on Aging



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A newsletter for D.C. Seniors

August 2019



DIRECTOR'S MESSAGE

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

The D.C. Commission on Aging recently held their annual retreat where they planned for the upcoming year. The Commission on Aging is a 15-member citizens advisory group appointed by the Mayor “to advise to the Mayor, the D.C. Council, the D.C. Department of Aging and Community Living (DACL), and the public concerning the views and needs of the aged in the District of Columbia” (DC Law § 7-504.01).

Commissioners represent all eight wards of the city and serve as your voice in the community, advising D.C. government on aging issues and concerns.

In addition to meeting monthly, your commissioners are out in the community, working with residents, listening to concerns, and bringing information back to help us as we work to make D.C. a city where you want to be — at every age.

They also work with mini-commissions in each ward. Mini-commissions are made up of residents and advocates who serve as the eyes and ears in your community and advise the Commission on Aging on senior concerns in your neighborhood.

Since starting in my role, I've looked to the Commission on Aging for guidance on how DACL can truly represent the needs of the community. They've counseled me on a range of issues — from health and wellness, elder abuse and fraud protection, to what the agency's relationship should be to the community.

I'm so grateful for their guidance and support. They helped me navigate my transition as a new director, and today, they continue to advise me on the role of DACL as a department and how we can work together to best serve the community.

They also advise the Mayor and Council and help to ensure that when the big decisions are made for the city, the concerns and the needs of our older Washingtonians are included.

I encourage all of you to get to know the Commissioners representing your Ward. DACL is committed to listening to the community — whether we're engaging with you in your neighborhood, chatting with you on the phone, or working with our Commissioners, we are constantly looking for more opportunities and better ways to meet you wherever you're at.

To apply to become a member, visit the Mayor's Office of Talents and Appointments website <http://motaboardstheresumator.com/apply/Ut1kD1/Commission-On-Aging>.

Your 2019-2020 Commission on Aging members are:

Guleford Bobo, Commission on Aging Chair, Ward 8

Carolyn Matthews, Commission on Aging Vice Chair, Ward 1

Nancy Miranda, Ward 1

Jo-Anne Hersh, Ward 2

John Giacomini, Ward 3

Marguerite Pridgen, Ward 3

Lystra Hinds, Ward 4

Maria Wilson, Ward 4

Barbara Lee, Ward 5

Grace Lewis, Ward 5

Hattie Pierce, Ward 5

Charles Hicks, Ward 6

Alice Love, Ward 6

Mary Taylor, Ward 7

Barbara Hair, Ward 8

Find out more about how to get in contact with your Commissioner by calling my office at 202-724-5626.

Be well, and remember — Aging is Living!

Get Involved

Thursday, Aug. 1

10:30 a.m. – 4 p.m.

The Department of Aging & Community Living Joins the Mayor's Office of Returning Citizens Workshop for "Soon to be released DC Residents age 50 and up" 7805 House of Correction Rd. Jessup, Maryland 20794

Saturday, Aug. 3

Noon – 6 p.m.

New Samaritan Baptist Church Family, Fun, Faith Festival The Department of Aging and Community Living & Partners will staff informational tables John Burroughs Field, 1820 Monroe Street, NE – Ward 5

Tuesday, Aug. 6

3 – 7 p.m.

National Night Out 2019 Kick-Off The Department of Aging and Community Living will staff an informational table at Benning Park Community Center, 5100 Southern Avenue, SE – Ward 7

Thursday, Aug. 15

10 a.m. – Noon

Train to Become a DACL Ambassador 500 K Street, NE Contact: (202) 727-0374 or sadia.ferguson@dc.gov to register.

Saturday, Aug. 17

10 a.m. – 3 p.m.

Ridge Road Community Center's 3rd Annual Community Day The Department of Aging and Community Living will staff an informational table at this event. Ridge Road Community Center, 830 Ridge Rd., SE – Ward 7

Saturday, Aug. 17

11 a.m. – 4 p.m.

Penn Branch Community Civic Association: Community Day The Department of Aging and Community Living will staff an informational table at this outdoor event at the 3600 Block of Texas Ave., SE – Ward 7

Saturday, Aug. 17

10 a.m. – 4 p.m.

Places of Worship Advisory Board Community Day Health Fair: Building Healthy Relationships, Friends, Family Anacostia Park, 1500 Anacostia Park Dr., SE Contact: Regina Jefferson (202) 671-5063

Saturday, Aug. 17

11 a.m. – 2 p.m.

All Hands on Tech Initiative will provide FREE Tech Support Lamond-Riggs Neighborhood Library 5401 South Dakota Ave., NE – Ward 5

Friday, Aug. 23

11 a.m. – 3 p.m.

The 11th Annual Olmstead Community Integration Conference The ARC, 1901 Mississippi Ave., SE – Ward 8 Contact: Jonathan Brooks (202) 299-5748

Friday, Aug. 30

5:30 p.m. – 8:30 p.m.

Deputy Mayor for Planning & Economic Development Summer Events Series – Jazz at the Pavilion 2700 Martin Luther King, Jr. Ave., SE – Ward 8 Contact: Malik Williams (202) 741-8809

District Crowns Ms. Senior D.C.

The excitement was high after the eight contestants completed their evening gown and philosophy of life segments at the Ms. Senior D.C. Pageant 2019, everyone wondering who would be crowned, and all having their favorites.

Ultimately the decision rested with the panel of judges for the crowned winner and runners-up, while Ms. Congeniality is chosen by the contestants.

The MC Steppers performed their final number, a medley of Aretha Franklin songs that included "I Will Survive," "Freeway of Love," "Deeper Love" and "Angel." Emcee Carroll C. Hynson called all the contestants to the stage one by one, the envelopes were opened and after a drum roll, the winner — Trinette Chase — was crowned!

"This has been one of the greatest highlights of my life," said the 68-year-old mother of six after her crowning. The creative artist and community activist also sews and makes handmade quilts and dolls, which she displayed during her talent segment. Best Interview was also awarded to Chase, who is active in her community.

Mayor Muriel Bowser provided greetings during the event and presented Phyllis Jordan, Ms. Senior D.C. 2018, with flowers after she completed her farewell address and final

walk. The Mayor also took photos with each of the contestants wishing them the best in the contest.

First Runner-up was Vanella Jackson Crawford, who also won for Best Evening Gown, wearing a stunning black flared fishtail gown with a V-neck, trimmed with three rows of rhinestones. She also won Best Talent and performed a comedy skit on growing older.

She is a former businesswoman and a social worker who has worked in the field of mental health. In addition, she trained in personal fitness, was a two-time bodybuilder trophy winner, and studied comedy.

Second Runner-up and Best Salesperson was Olimpia Lopez, a native of Guatemala, who made it her mission to live the American Dream. A political activist, she has worked in the government in the Office of Latino Affairs, and currently works at the Department of Parks and Recreation. Besides getting out the vote, Olimpia works with families in cases of abuse and homelessness.

The contestants voted Trayci Darlene Campbell as Ms. Congeniality because of her interaction with other contestants during the pageant process.

Other contestants included Shirley Powell Ricks, Cynthia Gayle Reddick, Deborah Clark and Sheila Austin-



Eight contestants competed in the 2019 Ms. Senior D.C. Pageant. Contestants pictured (l to r) are Cynthia Gayle Reddick, Shirley B. Powell Ricks, First Runner-up Vanella Jackson Crawford, Ms. Senior D.C. Trinette Chase, Second Runner-up Olimpia Lopez; Ms. Congeniality Trayci Darlene Campbell, Deborah Clark and Sheila Austin-Jones.

Jones. Each of the contestants shared their elegance, poise, talents and stories during the contest, which rates them on a personal interview with the judges, their philosophy of life, talent and evening gown presentations.

Ms. Senior D.C. and her court will travel to Atlantic City, NJ where, from October 21 to 25, she will compete for the title of Ms. Senior America 2019. If anyone is interested in supporting Ms. Senior D.C. as she competes in the Ms. Senior America Pageant, you may call Delores Powers or Monica Carroll

at 202-635-1900.

The Senior America Pageant is in its 40th year of highlighting the age of elegance of the mature women of America. The reigning Ms. Senior America is Gayle Novak from Colorado. Each year, nearly 40 women from across the country compete for the chance to serve as Ms. Senior America.

The Ms. Senior D.C. Pageant is presented by the D.C. Department of Aging and Community Living, its Senior Service Network and the D.C. Seniors Cameo Club.

What to Do in a Heat Emergency

When the temperature or heat index in the District reaches 95 degrees, District government, through the Department of Human Services (DHS) and the Homeland Security and Emergency Management Agency (HSEMA), will implement the Heat Emergency Plan and activate cooling centers for residents to seek relief.

Residents and visitors should take extra steps to beat the heat by staying in the shade or air-conditioning, drinking plenty of water and visiting a cooling center. Periods of high heat and humidity can cause medical problems such as heat exhaustion and stroke.

DC Recreation Centers, DC Public Libraries and Senior Wellness Centers

are open to the public and are good places you can go to beat the heat. For more information on where to go, call 311 or text 311 to 32311.

Use the following tips to protect yourself and your family during an extreme heat event:

Stay indoors as much as possible.

Watch for symptoms of heat cramps, heat exhaustion and heat stroke.

Heat cramps are muscular pains and spasms that usually occur in the legs or abdomen. Heat cramps are often an early sign the body is having trouble with the heat.

Heat exhaustion is a more severe condition than heat cramps. Heat exhaustion often affects athletes, firefighters, construction workers and factory workers. It also affects those wearing heavy clothing in a hot, humid environment. Signs of heat exhaustion include cool, moist, pale, ashen or flushed skin, headache, nausea, dizziness, weakness and exhaustion.

Heat stroke is a life-threatening condition that usually occurs by ignoring the signals of heat exhaustion. Heat

stroke develops when the body systems are overwhelmed by heat and begin to stop functioning. Signs of heat stroke include extremely high body temperature; red skin which may be dry or moist; changes in consciousness; rapid, weak pulse; rapid, shallow breathing; confusion; vomiting and seizures.

Limit exposure to the sun, and avoid hard work between 10 a.m. and 3 p.m. Apply sunscreen (SPF 15 to 30 is recommended) at least 20 minutes before going outside.

Drink plenty of water. Avoid drinks with caffeine.

Eat well-balanced, light meals.

Postpone outdoor activities.

Turn on the air-conditioner or fan.

Check on your pets frequently and encourage them to drink water.

Wear light-colored, lightweight and loose-fitting clothes.

Visit one of the District's cooling centers located throughout the city, if you do not have access to a cool-temperature location.

Do not leave children or pets in vehicles.

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.