

Spotlight on Aging

VOLUME XXX, ISSUE 2

A newsletter for D.C. Seniors

February 2019



MESSAGE FROM THE MAYOR

By Mayor Muriel Bowser

Fair Shot February

Fellow Washingtonians, it's that time of year again: It's budget season in the District of Columbia — time to put our D.C. values into action, and invest in the programs and initiatives that will keep our city moving forward.

Back when I served as the Ward 4 Councilmember, I always thought the budget process was backwards — residents would only see the budget once it was finalized, when it was too late to provide input.

So, when I became Mayor in 2015, I charged my team with putting together a process that would allow us to hear from residents about their spending priorities prior to finalizing the budget. Since then, every February my team and I have joined residents and community leaders at budget engagement forums across D.C.

Every year, these forums are spirited events where deputy mayors and directors work hard to sell their programs, and residents have lively conversations with their neighbors about their budget priorities, their ideas for building a stronger D.C. and their vision for our community.

Over the years, at many of these meetings, I've heard from seniors that we need to prioritize initiatives that support the creation and preservation of affordable housing, combat social isolation, and increase access to safe and affordable transportation options.

During my first four years in office, we were able to take this feedback and invest in programs that have supported thousands of seniors across D.C. Together, we launched and continuously expanded the Safe at Home program, making more than 2,000 homes safer through home adaptations and the installation of private security cameras; built and cut the ribbon on Plaza West, the District's first housing development specifically designed for grandparents raising grandchildren; cut in half the amount that property taxes can go up each year for qualifying seniors; invested in a new Senior Wellness Center, the expansion of two centers, and interior renovations at all centers; and launched the Transport DC program, making it easier and more convenient for seniors to move around D.C.

We launched the first faith-based senior village in Ward 8; worked with the community to pilot a satellite senior wellness model in Wards 2 and 3, using community spaces to deliver the same high-quality programs found in the Senior Wellness Centers in other wards; and, with partners in the LGBTQ community, launched a citywide meal and entertainment social program specifically created for older LGBTQ adults.

In short: I asked the community to share their budget ideas with us, and you delivered. Then, I charged my team with turning your ideas into programs and solutions, and they also delivered.

But our work is not done. As Washington, D.C. continues to grow and change, we know that we must stay focused on how we continue to be an Age-Friendly city and a community where people of all ages and backgrounds can thrive.

On Monday, Feb. 11 at noon, I will hold our first budget engagement forum — a telephone townhall for District seniors. You can join the call

Cupid's Kids Campaign for Valentine's Day

The D.C. Office on Aging is proud to kick-off its Third Annual Cupid's Kids Campaign this Valentine's Day. Thanks to the 17 D.C. Public Schools that volunteered to have students create handmade Valentine's cards for homebound seniors, more than 1,700 personal notes will be delivered to clients receiving home-delivered meals. In its third year, the Cupid's Kids Campaign promotes intergenerational connections between DCPS students and seniors.

Last year, DCOA introduced the write-back option, providing an opportunity for seniors to send a note back to the students with postage-paid envelopes and blank cards included in their delivery. Thank you to all the participating schools for teaching the importance of community to our youngest generation:

Aiton Elementary, Beers Elementary, Dorothy I. Height Elementary, Eliot-Hine Middle, Hearst Elementary, Hyde-Addison



Students from 17 schools will send Valentines to homebound seniors.

Elementary, Marie Reed Elementary, Noyes Elementary, Seaton Elementary, Shepherd Elementary, Smothers Elementary, Takoma Education Campus, Thomas Elementary, Thomson Elementary, Truesdell Education Campus, Tubman Elementary and Whittier Education Campus.

JOIN MAYOR MURIEL BOWSER AT THE 2019 BUDGET ENGAGEMENT FORUMS

Join with fellow DC residents at forums to share your values, priorities, and ideas with the Bowser Administration as the FY20 budget is developed.

FEBRUARY 11

SENIOR BUDGET ENGAGEMENT TELEPHONE TOWNHALL

Time: 12:00 pm
To RSVP, please call
202.442.8150

FEBRUARY 21

BUDGET ENGAGEMENT FORUM #1

Time: 6:30 pm
Location: Arthur Capper
Community Center
1001 15th Street, SE

FEBRUARY 23

BUDGET ENGAGEMENT FORUM #2

Time: 10:00 am
Location: Deanwood
Recreation Center
1350 49th Street, NE

FEBRUARY 25

BUDGET ENGAGEMENT FORUM #3

Time: 6:30 pm
Location: Roosevelt
High School
4301 13th Street, NW

#FairShotFebruary

RSVP: 2019budgetforums.eventbrite.com

For reasonable accommodations or interpretation, please call 202-442-8150 or send an email to engagement.dc@dc.gov by February 9th.



GOVERNMENT OF THE
DISTRICT OF COLUMBIA
MURIEL BOWSER, MAYOR

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GOVERNMENT OF THE DISTRICT OF COLUMBIA

MURIEL BOWSER, MAYOR



Black History Month Events

Explore the historical, musical and theatrical history of people of color during Black History Month by attending any of these events presented by the Office on Aging Senior Service Network. For more information, see the contact information below.

CR Gibbs — Underground Railroad: History of the District of Columbia

Thursday, Feb. 7, 10 a.m.
Washington Seniors Wellness Center, 3001 Alabama Ave. SE – Ward 7
Contact: Dr. Jacquelyn Henry, 202-441-3814

“RESPECT:” A Black History Tribute — Honoring the late Aretha Franklin

Friday, Feb. 15, 10:30 a.m.

Fort Stevens Recreation Center, 1327 Van Buren St. NW – Ward 4

Contact: James Thompson, TERRIFIC, Inc. Activities Coordinator, 202-882-1824

Choraleer's Black History Month Program

Monday, Feb. 25, 10 a.m.
Washington Seniors Wellness Center, 3001 Alabama Ave. SE – Ward 7
Contact: Dr. Jacquelyn Henry, 202-441-3814

Evolution of Gospel

Wednesday, Feb. 27, 2:30 p.m.
Model Cities Senior Wellness Center, 1901 Evarts St. NE – Ward 5
Contact: Monica Carroll, 202-635-1900

Elder Housing Resource Forum

The D.C. Department of Insurance, Securities and Banking is hosting an Elder Housing Forum on Thursday, February 7, from 9:30 a.m. to 1 p.m.

Hattie Holmes Senior Wellness Center

324 Kennedy St. NW
Washington, DC 20011

The forum will consist of panel presentations and information exhibits

by government and nonprofit organizations engaged in housing related services. Topics will include foreclosure mediation, emergency housing assistance, tax relief and deferral, and elder care facilities.

RSVP by February 1 online at disbelderforum.eventbrite.com or contact Idriys Abdullah at 202-442-7832 or idiys.abdullah@dc.gov.

Spotlight on Aging

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inate against anyone based on actual or perceived: race, color, religion, national origin, sex, age, marital status, personal appearance, sexual orientation, familial status, family responsibilities, matriculation, political affiliation, disability, source of income, and place of residence or business. Sexual harassment is a form of sex discrimination which is prohibited by the Act. In addition, harassment based on any of the above protected categories is prohibited by the Act. Discrimination in violation of the Act will not be tolerated. Violators will be subjected to disciplinary action.

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

Get Involved

Wednesday, Feb. 6

10 a.m. – 2 p.m.

D.C. Office on Aging's & Central Union Mission's 3rd Annual Community Health Fair for the Residents of Central Union Mission
65 Massachusetts Ave. NW – Ward 6

Thursday, Feb. 7

11 a.m. – 1:30 p.m.

DCOA & partners present the Young at Heart Group
Greater Mt. Calvary Holy Church
605 Rhode Island Ave. NE – Ward 5
Contact: Helen Harris, 240-462-0805

Friday, Feb. 8

10 a.m. – 3 p.m.

Howard University College of Dentistry Health, Wellness & Resource Fair
600 W St. NW – Ward 1
Contact: Romella Rogers, 240-499-6010

Wednesday, Feb. 13

10:30 a.m. – 2:00 p.m.

Hattie Holmes Senior Wellness Center Community Fair
324 Kennedy St. NW – Ward 4
Contact: Teresa Moore, 202-291-6170

Thursday, Feb. 14

7 – 8 p.m.

Glover Park ANC 3 B Meeting
D.C. Office on Aging presentation on resources and services
Stoddert Elementary School
4001 Calvert St. NW – Ward 7

Friday, Feb. 15

10 a.m. – 3 p.m.

Howard University College of Dentistry Health, Wellness & Resource Fair
600 W Street, NW – Ward 1
Contact: Romella Rogers, 240-499-6010

Thursday, Feb. 21

10 a.m. – noon

Train to become a DCOA Ambassador
D.C. Office on Aging
500 K St. NE – Ward 6
Contact: sadia.ferguson@dc.gov or 202-727-0374

Tuesday, Feb. 26

10 a.m. – 2 p.m.

The Senior Zone Senior Spa Day
Ft. Stanton Recreation Center
1812 Erie St. SE – Ward 8
Contact: 202-810-5940

Senior Dental Services Program

Offered through Community of Hope and funded by D.C. Health, the Senior Dental Services Program provides comprehensive dental care, outreach, oral health education, and care coordination to seniors (65 years and older) who reside

in the District of Columbia with adjusted gross income of less than \$100,000.

For more information, contact Community of Hope (Dental Main Line) at 202-540-9862 to inquire about eligibility for services.

Registration Open for D.C. Centenarians

The D.C. Office on Aging (DCOA) is seeking District residents who are 100 years of age or older to honor during its 33rd Annual Salute to Centenarians being held in April.

If you know of residents who will have celebrated their centennial birthday by April 30, call 202-724-5626 or email dcoa.communications@dc.gov. When registering centenarians, please make sure you know the name, date of birth and contact information for each individual.

Mayor's message

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by dialing (855) 756-7520 and using extension 38887.

If you are unable to join this call or you wish to attend an in-person forum, I hope you will join us at one of three other budget engagement forums on Thursday, Feb. 21 (Arthur Capper

Community Center), Saturday, Feb. 23 (Deanwood Recreation Center), or Monday, Feb. 25 (Roosevelt High School). You can learn more about the forums and other Fair Shot February events at mayor.dc.gov.

Thank you for your support and for working with us to build a more inclusive and Age-Friendly Washington, D.C.