

Spotlight on Aging

VOLUME XXX, ISSUE 1

A newsletter for D.C. Seniors

January 2019



EXECUTIVE DIRECTOR'S MESSAGE

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

Happy New Year! Thanks to everyone who joined us for the many holiday celebrations throughout the city last month, and especially the Mayor's Annual Senior Holiday Celebration at the D.C. Armory! We had a great time celebrating with you — and celebrating YOU!

If you missed it, I hope you'll plan to join us for the many activities and events we have planned in 2019. Every year we look forward to bigger and better ways to engage with you out in the community. Stay connected with my office in the coming months to learn more about opportunities to get active with the D.C. Office on Aging. Sign up for our monthly e-newsletter by calling 202-724-5626 or emailing us at dcoa.communications@dc.gov.

This is especially important during the winter months. With shorter, colder days and wintery weather, we'll be spending more time indoors. And with good reason — colder temperatures can be dangerous, and pose some serious health challenges as you age. Here are some safety tips to help get us all through these colder months.

On cold days, avoid strenuous outdoor activities. Freezing temperatures can put increased strain on your heart — which is especially dangerous for residents over the age of 65 who already have a heart condition.

If you need to work outside, remember to dress in layers of dry clothing, wear a windproof outer layer, a hat and gloves. Pay attention to your body temperature, and take frequent breaks to go inside to warm up.

After a snow event, residents over the age of 60 who are homeowners can qualify to receive assistance shoveling snow from their walkway. Serve D.C.'s Volunteer Snow Program is a free service that matches D.C. seniors with volunteers to shovel their walkways after a snow event. To learn more about the program, or to get on the list to be matched with a volunteer, call 202-727-7925.

During very cold days, stay indoors in a heated space as much as possible. To help your body warm itself, the CDC recommends eating balanced meals, warm drinks and broth, and avoiding alcohol.

Remember that it's never safe to warm your home using your oven! You may be putting yourself and your household at risk of fire, serious injuries, and carbon monoxide poisoning. If your heating system isn't working in your rental apartment building, contact your property management office. If you don't receive a response, dial 311 for assistance.

During the winter months, we also need to be vigilant in protecting our mental health. Too many days indoors without exercise, coupled with less exposure to sunlight and vitamin D, can leave us feeling a little down. It's just as important to schedule some activities that will get us moving and socializing.

I encourage you to stop by one of our six Senior Wellness Centers or a Department of Parks and Recreation site near you, and get involved with some of the winter programming to keep you active and connected. Call

Get Involved

Tuesday, Jan. 8

6:30 – 8 p.m.

Glover Park Citizens Association Meeting
Community presentation on resources & services provided by D.C. Office on Aging
Benjamin Stoddert Elementary School
4001 Calvert St. NW – Ward 3

Wednesday, Jan. 9

noon – 2 p.m.

Office of Tax & Revenue
D.C. Seniors Real Property Tax Workshops
Anacostia, Bellevue, Congress Heights
AARP Chapter #4870
Covenant Baptist Church
3845 S. Capitol St. SW – Ward 8
Contact: Sandy Allen 202-255-1659

Wednesday, Jan. 16

9:30 – 11:30 a.m.

UDC Senior Companion Health & Wellness In-Service Training
Community presentations provided by D.C. Office on Aging and our collaborating partners
UDC, 4200 Connecticut Ave., NW – Ward 3
Building 44 Room A03

Thursday, Jan. 17

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

Thursday, Jan. 17

noon

The Chevy Chase (D.C.) and Georgetown chapters of NARFE (National Active and Retired Federal Employees)
Cleveland Park Library
3310 Connecticut Ave. NW, Mtg. Room 1
No charge and all are welcome
Contact: ansul2032@verizon.net or 202-518-2519

Tuesday, Jan. 22

1 – 3 p.m.

Office of Tax & Revenue
D.C. Seniors Real Property Tax Workshops
Peoples Congressional Church
4704 13th St. NW – Ward 4
Contact: Shirley Fields, 202-746-6082

Wednesday, Jan. 23

7 a.m. – 6:30 p.m.

Federal Bureau of Prisons Community Outreach Workshop
“Soon-to-be-Released Senior Inmates” that are D.C. Residents
U. S. Penitentiary – Hazelton
1640 Sky View Dr.
Bruceton Mills, WV

Friday, Jan. 25

10 a.m. – 2 p.m.

Senior Spa Day
Emery Heights Recreation Center
5801 Georgia Ave. NW
Contact: Shawn Perry (301) 509-9013

Monday, Jan. 28

9:30 a.m. – 1 p.m.

D.C. Jail community outreach to soon-to-be-released inmates
Provided by D.C. Office on Aging and collaborating partners
1901 D St. SE & 1901 E St. SE – Ward 6

Monday, Jan. 28

7 – 8 p.m.

Community presentation provided by D.C. Office on Aging
Victory Christian Baptist Church
3100 Adams St. NE – Ward 5

Wednesday, Jan. 30

11 a.m. – 2 p.m.

D.C. Office on Aging Sponsored Community Health & Resource Fair
Young at Heart Community Club
Brentwood Recreation Center
2311 14th St. NE – Ward 5

my office at 202-724-5626 to locate a site near you.

Remember these colder months can be particularly isolating for the frail and seniors who live alone. Take some time to connect with your neighbors and friends, and check-in with each other. If you're interested in learning more about staying safe, active and healthy during the winter months — or if you're just looking to talk to someone — DCOA is here for you. Reach out to us at 202-724-5626.



GOVERNMENT OF THE DISTRICT OF COLUMBIA

MURIEL BOWSER, MAYOR



D.C. Seniors Celebrate the Holiday



Mayor Bowser takes a selfie with D.C. Cameo Club members and D.C. seniors.



Thank you to our many volunteers from MPD, DCPS Junior ROTC, U.S. National Guard, U.S. Navy, and PEPCO.

Mayor Muriel Bowser and the D.C. Office on Aging hosted nearly 4,000 seniors for the Mayor's 20th Annual Senior Holiday Celebration at the D.C. Armory. District residents from all eight wards attended this holiday event, and were greeted by carols from the D.C. Seniors Cameo Club and the "human tunnel" of volunteers that opened up to a colorful venue, decorated in billows of white, silver and tropical teal.

Free health screenings, information on senior resources to help D.C. residents as they age in place, free manicures, facials and giveaways were provided by more than 80 exhibitors during the event. Seniors also had the opportunity to take free photos alone or with friends with props and a shimmering back drop. The Senior Fit and Well Program led by William Yates and instructors from various sites provided a fitness warm-up for seniors.

A musical performance by the group 4Eva Soul, featuring DJ Fresh, and a tribute to Teddy Pendergrass kept the seniors on the dance floor and reminiscing. Performances by seniors from across the city included the MC Steppers, the API Senior Center Dancers, a Latin dance by Josefina Campos, and Nat King Cole's "Christmas Song" sung by Ms. Senior D.C. Phyllis Jordan. DJ Nate D. Skate spun many tunes to keep the dance floor crowded, including songs to celebrate the holidays, and music from old to new.

A special thanks to the EOM staff and volunteers from PEPCO, MPD Cadets, the armed services and the D.C. Public Schools Jr. ROTC Programs who volunteered during the event with food service and our great welcoming committee. Thanks also goes to Aetna, which provided the photo booths and giveaways for attendees.



MPD Chief of Police Peter Newsham joined MPD cadets and recruits to welcome D.C. seniors.



Mayor Muriel Bowser greets D.C. centenarian Ms. Lillian Palmer.



The DC Office on Aging staff, sending warm wishes for a safe and prosperous New Year!

Spotlight on Aging

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

Tell us your vision for our future

Mayor Bowser has challenged all of us to go into the next four years guided by the question: What would you do if you were not afraid to fail?

- Share your answer with us at dc2me.com
- Join the conversation on social media by using #dc2me
- Or visit us at the following community engagement locations:

Wednesday, Jan. 2, 10 a.m.

Mayor/Council Swearing-In Ceremony, Ward 2, Washington Convention Center, 801 Mt. Vernon Place, NW

Monday, Jan. 21, 11 a.m.

Annual MLK Day Parade, Ward 8, MLK Avenue & Good Hope Road, SE

Sunday, Jan. 27, 4 p.m.

Sherman Circle Social, Ward 4, Sherman Circle Park

