

Spotlight on Aging

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A newsletter for D.C. Seniors

July 2018



EXECUTIVE DIRECTOR'S MESSAGE

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

June was an eventful month here at the Office on Aging! We've loved spending time with you as we've kicked off the summer, celebrating our city's diversity in the Capital Pride Parade and our first ever senior Pride party, experimenting with virtual reality and robotics at our Senior Symposium, crowning a new Ms. Senior D.C., and hanging out with you and our friends at the Department of Parks and Recreation at SeniorFest!

After all, we're not just government employees, we're your neighbors, your friends and part of your community. That's what makes D.C. a city I'm proud to call home.

One of the many gifts of my role at DCOA is how much I've been challenged to think bigger about how we can live and love together as a community.

I don't talk about this much, but I've struggled with depression. I'm not embarrassed to say that, because I think many of you have, too, or know someone who does.

The Centers for Disease Control and Prevention (CDC) just announced that the suicide rate is increasing in the United States. You may have heard me say during a town hall that recent research shows that loneliness (which is close cousins with depression) has negative health impacts similar to heavy smoking.

Mental health is very closely linked to physical health. At DCOA, we talk a lot about physical health, but we don't talk as much about mental health. Let's change that.

I know stigma sometimes gets in the way of talking openly about mental health, but the more that we can be open about what we're feeling, the more we can admit that we might need more support than we let on.

Depression is something that many of us experience. For me, admitting that I need help remains my toughest lesson (and one that I've repeated over and over). I bet many of you can relate. But here's the thing — we're meant to live together in community. We need each other.

We have nothing to be ashamed of, and the more we talk about it, the stronger we get as a community. I hope you'll reach out to your friends, to your neighbors, to us, and be open to having these honest conversations about mental health.

As I often say, D.C. is the biggest small town I know. I thought I moved to D.C. to escape small towns, but now I know that I was just looking for the one that fit me. And I'm in an amazingly privileged position to say that we at DCOA want to strengthen and support the best community there is. Know that we're here for you. You belong here. DCOA — with you.

New Ms. Senior D.C. Crowned



Executive Director Laura Newland and Deputy Mayor HyeSook Chung congratulate Ms. Senior D.C. Phyllis M. Jordan with Ms. Senior America Carolyn M. Slade.

Eight District women met weekly for nearly two months to learn their steps, practice their talents, and perfect their philosophies on the road to becoming the next Ms. Senior D.C.

Phyllis M. Jordan, who sang "Four Women" by Nina Simone and wore a turquoise blue off-the-shoulder gown with mermaid bottom during her evening gown and philosophy of life presentations, was crowned Ms. Senior D.C. 2018. Her a cappella presentation showed off her voice as well as the four women — Aunt Sarah, Saffronia, Sweet Thing and Peaches — depicted in the song, released in 1966.

Margaret Carter was awarded First Runner-up, Best Talent and Best Interview, and she heated up the crowd in a red gown adorned with beads and a knee-length split, and with her interpretive dance to "Fever" by Peggy Lee.

Second Runner-up was Paulette Cunningham, who presented her poem titled "Life." Joycelyn Thompson was Third-Runner-up, Best Salesperson and Best Evening Gown. She entertained the crowd with her Caribbean Wind dance in a colorful costume that included green sequins, green ostrich feathers, a green lame, pleated cape and native flag headwear. The contestants voted Phyllis Jordan Ms. Congeniality.

Ms. Senior D.C. 2017 Frances Curtis-Johnson performed her talent from last year, where she portrayed a Radio DJ on WFRJ 97.5 local radio, a call-in show for seniors. She began the

show with "Superstition" by Stevie Wonder, and ended with the beat of Chuck Brown's "Chuck Baby." She presented her farewell address and her final walk as Ms. Senior D.C., thanking all who supported her doing her reign.

Special guest for the event, Ms. Senior America Carolyn Slade Harden, greeted attendees and sang "I Love Being Here with You" by Peggy Lee. She changed some of the words of the song, and acknowledged a few D.C. members by name.

During her visit here, many of the ladies took her to the National Museum of African American History and Culture for a tour. The D.C. Seniors Cameo Club also hosted a meet and greet at Tesora Restaurant directly after the pageant.

Representatives from the Ms. Senior America Pageant who attended the event included Robin Rosenthal Milne, executive director, Senior America, Inc.; Kat Fanelli, national pageant director; Sam Fanelli, sound engineer; Annmarie Pittman, national pageant choreographer and Ms. Virginia Senior America past administrator; and Fran Owens, secretary, National Senior America Alumni Club.

The MC Steppers opened and closed the program with dances to the music of Chaka Kahn, including the pageant theme song, "Every Woman."

Congratulations to all of our contestants! Job well done!



GOVERNMENT OF THE DISTRICT OF COLUMBIA

MURIEL BOWSER, MAYOR



Get Involved

Wednesday, July 11 11 to 11:30 a.m.

D.C. Office on Aging, the 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: Neighborhood Watch To RSVP or to request reasonable accommodations, please call 202-442-8150 or email engagement.dc@dc.gov

Thursday, July 19 2 to 5 p.m.

Out & About: Seabury Resources for Aging LGBTQ Older Adults on the Move "Love is Strange" Film Screening & Program Launch Party Contact Billy Kluttz, LGBTQ Program Coordinator, at bkluttz@seaburyresources.org or 202-397-1726 to learn more.

Thursday, July 26 11 a.m. to 2 p.m.

D.C. Office on Aging Graciously Supports the Gettysburg Community Association

Community Health, Wellness & Informational Fair
Gettysburg Senior Building
3005 Bladensburg Rd. NE – Ward 5

Saturday, July 28 10 a.m. to 3 p.m.

Community Health and Informational Fair
Nineteenth Street Baptist Church
4606 16th St. NW – Ward 4
Contact: Church Office
202-882-7345

Saturday, July 28 10 a.m. to 2 p.m.

Serve 2018 Day
East Friendship Baptist Church
4401 Brooks St. NE – Ward 7
Contact: Tracey Smith 202-277-7440

Saturday, July 28 9 a.m. to 2 p.m.

Health Seminar
Galatians Baptist Church
822 Tewkesbury Pl. NW – Ward 4
Contact: JoAnn Summers
jsummers5245@verizon.net

7th Annual Senior Symposium

Hundreds of seniors gathered at Dunbar Senior High School for the Mayor's Seventh Annual Senior Symposium, titled "Making Technology Work for You."

Seniors had their choice of topics at three sessions of workshops, which included subjects such as how to build a robot, traveling through virtual reality, smartphone assistance, and learning how to be money smart.

Other activities included visiting the exhibit hall with more than 100 exhibitors of government and communi-

ty service providers and technology-focused companies.

They also listened to keynote speaker Joycelyn Tate of Tate Strategies, who discussed seniors and technology, and how apps like NextDoor can keep seniors connected to their communities.

At the Main Stage, host Rayceen Pendarvis led the entertainment with vocalist Nia Simmons, the Lori Williams Jazz Ensemble (compliments of Washington Performing Arts), and dance contests. The event featured something for everyone.

Spotlight on Aging

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

Brain Games Return

The 2nd Annual DCOA Brain Games is a citywide trivia competition for seniors in the District to promote brain health. The Games will start with inter-ward competitions, July 18 to 31. The playoffs and champion game will be held in September, and one ward will be named the D.C. Citywide Brain Games Champion! If you are interested in joining a team, please contact your Lead Agency.

DC OFFICE ON AGING 2ND ANNUAL BRAIN GAMES JOIN A TEAM AND REPRESENT YOUR WARD!

IT'S GAME TIME!



CHAMPIONSHIP: SEPTEMBER 12, 2018

CONTACT YOUR LEAD AGENCY TO REGISTER

Ward 1 - TERRIFIC: 202-234-4128
Ward 2 - TERRIFIC: 202-595-1990
Ward 3 - IONA: 202-895-9448
Ward 4 - TERRIFIC: 202-882-1824

Ward 5 - Seabury: 202-529-8701
Ward 6 - Seabury: 202-397-1725
Ward 7 - ERFSC: 202-534-4880
Ward 8 - ERFSC: 202-562-6860



WE ARE
DC GOVERNMENT OF THE
DISTRICT OF COLUMBIA
MURIEL BOWSER, MAYOR

SENIOR TELEPHONE TOWNHALL



WHO

- DC Office on Aging
- Mayor's Office of Community Relations and Services
- Office of the Deputy Mayor for Health and Human Services
- Special Guests
- Residents Like You!

WHEN

First Wednesday of every month (except July)
11:00 AM to 11:30 AM
Call-in number: 855-756-7520, Code: 30984#

HOW

To RSVP or to request reasonable accommodations, please call 202-442-8150 or email engagement.dc@dc.gov

DATES AND TOPICS

Wed, Jul 11 – Neighborhood Watch
Wed, Aug 1 – Smart Budgeting
Wed, Sept 5 – Keeping Up on Technology
Wed, Oct 3 – Healthy Living, Healthy Eating

