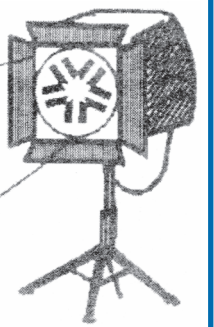


DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XXVIII, ISSUE 6

A newsletter for D.C. Seniors

June 2017



EXECUTIVE DIRECTOR'S MESSAGE

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

At the Office on Aging, our summer is filling up with community events. Every year in June, the District celebrates Gay Pride with two weeks of Pride events, including the Capital Pride Festival and Parade. DCOA is proud to be a part of the celebrations and the opportunity to continue reaching out to LGBTQ older adults. We'll be marching with the Mayor's team at the Parade, and we'll have a booth at the festival the weekend of June 10. We'd love to see you out there!

And that's just the beginning. On Tuesday, June 20, we'll hold the Mayor's Sixth Annual Senior Symposium at Ballou High School — the first time we've held the event in Ward 8. Every year, we strive to deliver the best symposium ever! And my team has been working around the clock lining up dynamic speakers, practical workshops, and informative exhibitors. Last year's Symposium was great, but this year's will be even better.

That same week, we have our Ms. Senior D.C. pageant on June 25. Eight District seniors will compete for the title of Ms. Senior D.C., and the winner will go on to represent the District at the national competition. And, of course, DCOA will be joining the Department of Parks and Recreation for the annual Senior Fest Picnic on June 29th at Oxon Run Park.

We are staying busy this summer, and it's no wonder — you're setting our pace! You're setting an example, not just for District residents, but those across the country on how to age out loud, by living full, healthy lives, giving back to your communities, and speaking up for issues you believe in. You're

showing us that aging does not mean getting old — it means living your life to the fullest. And as Mayor Bowser likes to remind me, my job is to keep up and to ensure that District government is working for you.

At the Office on Aging, we want to make sure that you are driving the conversation about where we want to go, as an agency, as a community, and as a city. You show us that aging is not just about what you have done in the past, it's about what you are doing today. Aging is living.

You **ENRICH** your communities, your families and our younger generations. Mayor Bowser often talks about D.C. values and how our shared D.C. values are what makes D.C. great. You are the core of these values and you instilled them in us. You **EMPOWER** yourselves, your community and each other by taking charge of your health and wellness, staying independent and advocating for the issues you believe in. You **ENGAGE**. You are connected to your community, your churches, neighbors and friends. And you are civically engaged and holding your government accountable.

Because seniors in the District **ENRICH**, **EMPOWER** and **ENGAGE**, these three words are at the core of what we do at the Office on Aging. We want to ensure that all seniors in the District are able to continue to do so — no matter your ward, no matter if you've been here five generations or five minutes. When you join us at the Senior Symposium this month, you will see that these 3Es will be consis-

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Community Calendar

June events

3rd • 11 a.m. to 5 p.m.

Celebrate the neighborhood at the outdoor festival, 28th Annual Glover Park Day, at Guy Mason Recreation Center, 3600 Calvert St. NW. For more information, visit <http://bit.ly/2017GloverParkDay>.

3rd • 11 a.m. to 2 p.m.

Attend the Advisory Neighborhood Commission 4th Senior Resource Fair at Washington Latin Charter School, 5200 2nd St. NW. For more information, contact Krystal Branton at commissionerKrystal@gmail.com or 202-727-8370.

5th, 12th, 19th & 26th • noon

Make an appointment to meet with Bruce Rathbun of AARP Legal Services for Older Adults at the Center for the Blind and Visually Impaired, 2900 Newton St. NE. For more information, call Tinya Lacey, community planner/outreach coordinator at 202-529-8701.

6th 13th, 20th, 27th • 10:30 a.m. to noon

There will be a diabetes self-management workshop at Green Valley Apartments, 2412 Franklin St. NE. For more information, call Tinya Lacey, community planner/outreach coordinator, at 202-529-8701.

6th • 11 a.m. to noon

There will be a presentation on cancer awareness at North Capital at Plymouth, 5233 Capitol St. NE. For more information, call Tinya Lacey, community planner/outreach coordinator, at 202-529-8701.

7th • 10:30 a.m. to noon

The D.C. Office on Aging presents the first annual Benning Ridge Civic Association Resource Fair at Benning Ridge Community Center, 830 Ridge Rd. SE. For more information, contact Sharon Shanklin-Brown at 202-494-8466.

8th • 10:30 a.m. to noon

Learn more about understanding your life insurance policy in an educational seminar at Delta Towers, 1400 Florida Ave. NE. For more information, call Tinya Lacey, community planner/outreach coordinator, at 202-529-8701.

10th, 11th • 3 p.m.

The Capital Pride Parade, with the theme Unapologetically Proud, takes place at 21st & P Streets NW. The next day, the festival will take place on Pennsylvania Ave. NW, between 3rd and 7th Streets NW. For more information, visit www.capitalpride.org/celebration-2017.

15th • 12:15 to 1 p.m.

The D.C. Office on Aging presents a community presentation and senior resource fair at Mt. Moriah Baptist Church, 1631 East Capitol St. SE. For more information, call 202-554-5588.

17th • 11 a.m. to 4 p.m.

The D.C. Office on Aging and North Michigan Park present the 22nd Annual North Michigan Park Family Day at 1333 Emerson St. NE. For more information, contact Grace Lewis at 202-526-7696.

20th • 8 a.m. to 4 p.m.

Attend the Mayor's 6th Annual Senior Symposium at Ballou Senior High School, 3401 4th St. SE. For more information, visit www.dcoa.dc.gov or call 202-724-5626.

21st • 10 a.m. to 2 p.m.

The D.C. Office on Aging and UDC CAUSES present the first annual Senior Community Health, Wellness and Resource Fair at the UDC's new student center, 4200 Connecticut Ave. NW. For more information, contact Lindsey Robertson, 202-274-6623.

21st • 11:15 a.m. to 12:15 p.m.

A support group for the blind and visually impaired meets every third Wednesday of the month at Woodridge Library, 1801 Hamlin St. NE. For more information, call Gloria Duckett, 202-529-8701.

22nd • 11 a.m. to noon

There will be a presentation on cancer awareness at Kibar-Halal, 1519 4th St. NW. For more information, call Tinya Lacey, community planner/outreach coordinator, at 202-529-8701.

29th • 10 a.m. to 2 p.m.

Attend the Parks and Recreation Senior Fest at Oxon Run Park, at 9th and Valley Streets. For more information, call 202-664-7153.



GOVERNMENT OF THE DISTRICT OF COLUMBIA

MURIEL BOWSER, MAYOR

D.C. OFFICE ON AGING NEWSLETTER

Age Out Loud D.C.

Seniors from across the city celebrated the month of May, Older Americans Month, with a full schedule of events to celebrate the month, which highlights the contributions of older adults to their communities. This year's theme was Age Out Loud.

The month kicked off with the Mayor's Older Americans Month Breakfast, where more than 300 older adults enjoyed a great breakfast

and entertainment. DCOA hosted a series of Brain Games, a competition to test memory through fun facts and trivia in teams of four. The finals will be held this month; check your local center for more information.

Seniors also participated in a social media campaign to share with others how they Age Out Loud. Take a look at a few seniors as they proclaim to others how they Age Out Loud.



Centenarians Honored in the District

Mayor Muriel Bowser honored the District's oldest residents at the 31st Annual Salute to District of Columbia Centenarians.

The residents were treated to a luncheon and entertainment, and they were presented with a special plaque from Mayor Bowser, as well as a medallion to celebrate their longevity. Of the 30 centenarians who were in attendance at the luncheon, the oldest was 106-year-old Ada Clark of Ward 7.

According to the Social Security Administration, there are more than 300 people in the District who are age 100



or older. The oldest person registered with the Office on Aging is 113 years old and a resident of Ward 4.

To view a complete photo album from the event visit the agency website at www.dcoa.dc.gov or the Flickr page.

Director's message

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tent throughout the programming. But beyond that, you will see that these 3Es

will be central to all that we do, day in and day out, and that everything we do at DCOA is with purpose — to Enrich, Empower and Engage, just as you do every day.

SPOTLIGHT ON AGING

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The D.C. Office on Aging does not discriminate 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.



Be there for the crowning of Ms. Senior D.C. 2017 on Sunday, June 25 at 2:30 p.m. at the UDC Theater of the Arts, 4200 Connecticut Avenue, NW. For tickets or information, visit www.dcoa.dc.gov or call Daisy Savage at 202-829-0423.

Mayor's Sixth Annual Senior Symposium

DATE Tuesday, June 20, 2017

TIME 8:00 am - 9:00 am: Registration and Continental Breakfast
9:00 am - 3:00 pm: Symposium and Exhibit Hall

LOCATION Ballou Senior High School
3401 4th St. SE, Washington, DC 20032

Join us for the **Mayor's Sixth Annual Senior Symposium!** This event will feature dynamic speakers, educational workshops and over 70 exhibitors. Workshop topics include: Healthcare, legislation, elder justice, fall prevention, arts in aging, nutrition, accessing government resources and more!

This event is **FREE** and is open to District residents aged 60 and older, caregivers and professionals in the field of aging. **Registration is required.**

Limited transportation will be provided from senior sites across the city. For more information visit the **DCOA website**.

Sign up through your local senior site or [click here](#) to register.

ENRICH your knowledge and health
EMPOWER advocacy and change
ENGAGE with your community

GOVERNMENT OF THE DISTRICT OF COLUMBIA
MURIEL BOWSER, MAYOR