

Spotlight on Aging

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A newsletter for D.C. Seniors

May 2018



EXECUTIVE DIRECTOR'S MESSAGE

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

Thanks to everyone who joined us last month at our budget oversight hearing! I had the pleasure of presenting Mayor Muriel Bowser's fiscal year 2019 budget, "A Fair Shot," and the investments made to support seniors, people with disabilities and caregivers. It was great to see so many of you testifying and speaking up about your budget priorities and what's needed to continue making D.C. the best city in the world to live and age! To view my full testimony, visit: www.dcoa.dc.gov.

Here at the Office on Aging, we celebrate our older Americans every day of the year. But this month we join the rest of the country in celebrating May as Older Americans Month. The theme this year is Engage at Every Age, recognizing the many ways older adults make a difference in our communities and in our lives. Here in D.C., our older residents are the core of what makes our city great. They keep our communities strong and vibrant, and remind us of what it means to be a true Washingtonian.

This month, I invite you to tell us about an older adult who has made a significant impact on your life — whether it's someone from your past, or someone you know today — write in to us and share your story of an older adult who has challenged you, comforted you, or inspired you throughout your life.

Now I know I've written about my parents and grandparents before, and I often talk about their impact on my life when I'm out in the community. So I want to try something new — I want to highlight new members on my team and give you the opportunity to get to know them. This month, we welcomed Alexis Griffin to our Executive Management Team as our new Director of Finance.

Alexis brings a wealth of experience to the agency, previously serving on the Mayor's budget team managing the Health and Human Services cluster

budget. Prior to joining District government, Alexis worked in the private sector in banking and corporate finance. A Howard University alum, Alexis hails from Chicago, but is proud to call the District home!

We are excited to be working with Alexis and I know she's just as excited about working for our older District residents. When I asked her about an older adult who has impacted her life, here's what she had to say:

My favorite older Americans are my grandparents, Ethel and James Heads, who migrated from the South to Chicago with their seven kids in the '60s, in search of better opportunities. They are the pillars of wisdom and guidance for our family, and inspire me with their love for life and for each other.

When I visit, I enjoy when the three of us hang out, with my grandparents always providing great food, the best jokes and entertaining stories. They've been married for over 62 years and are a true example of dedication and commitment to family. I'm also thankful to them for creating a culture of love and hard work in our family, which has provided me with the resiliency and confidence to reach my goals.

My grandparents are still in Chicago, and I miss them every day. But I'm happy to be at the Office on Aging where I get to be reminded of them through the seniors I engage with out in the community.

I also want to hear from you. Is there an older adult who has made a significant impact on your life? Tell us about it. Write to us at the D.C. Office on Aging, 500 K Street NE, Washington, DC 20002, or email us at askthedirector.dcoa@dc.gov. Tell us all about that person who has left a mark on who you are today, or where you are going in the future. I'm looking forward to reading about the many extraordinary older Americans who have shaped your lives. Happy Older Americans Month!

I Was There

District residents came together to commemorate the 50th anniversary of the assassination of Dr. Martin Luther King, Jr., as part of the "I Was There" project on April 4 at the African American Civil War Museum.

Garret King, chief of staff, representing Executive Director Laura Newland, welcomed guests to the breakfast event, and highlighted the extraordinary history of the District's older residents as a vital part of D.C. today. Residents shared their stories as part of the video interview project, sponsored by the Commission of the Martin Luther King Jr. Holiday. More residents will be interviewed over the next few months.

D.C. historian Janette Hoston Harris, executive director Standup for Democracy (Free DC) Anise Jenkins, Former Ward 1 Councilmember Frank Smith, and social justice advocate Sharlene Kranz of the Student Nonviolent Coordinating Committee (SNCC) shared their memories of April 4, 1968 and life in Washington, D.C. around that time with Denise Rolark Barnes, publisher of *The Washington Informer*. The interviews gave pertinent historical back-

ground of that era, tidbits of experiences, and shared memories of Martin Luther King, Jr., himself.

Ms. Senior D.C. Frances Curtis Johnson served as the MC for the event, which included a welcome and reflections by Secretary of the District Lauren Vaughn, who also is the chair of the Commission on the Martin Luther King Jr. Holiday, and greetings from Reverend Thomas Bowen, director, Office of Religious Affairs.

Sharing the perspective of a younger generation, the poem "Remembering a Life" by Nordette Adams was read by Darlene Nowlin, D.C. Office on Aging. Sandra Bears, Ms. Senior D.C. 2005, sang a rousing tribute to Dr. King, "Wind Beneath My Wings" by Bette Midler. Bears also ended the program with a traditional closing song, "We Shall Overcome," as the group held hands with arms crossed, symbolic of the civil rights movement.

Special thanks to D.C. Commissioner on Aging Chuck Hicks for coordinating the "I Was There Project." If you have a story you would like to share as part of the video project, email mrblackhistory@yahoo.com.



The D.C. Office on Aging is pleased to welcome Alexis Griffin as the new Director of Finance.



GOVERNMENT OF THE DISTRICT OF COLUMBIA

MURIEL BOWSER, MAYOR



Get Involved

Thursday, May 3

10 a.m. to 2:30 p.m.

D.C. Office on Aging Sponsored
Capital Dialysis Community
Presentation & Workshop
American Renal Associates
140 Q St. NW – Ward 5
Contact: Lauren Yaffe, 202-636-9411

Friday, May 4

10 a.m. to 3 p.m.

DCOA and our collaborating partners
graciously support
John Wesley A.M.E. Zion Church
“TGIF” Health & Resource Fair
Valet parking
1615 14th St. NW – Ward 1
Church office: 202-667-3824

Friday, May 11

2 to 3:30 p.m.

D.C. Central Kitchen

Culinary Job Training Program
Agency Engagement Meeting
425 2nd St. NW

Tuesday, May 15

9 to 11 a.m.

Mayor Muriel Bowser’s Older Americans
Breakfast
2018 Theme: “Engage at Every Age”
Nineteenth Street Baptist Church
4606 16th St. NW – Ward 4

Thursday, May 17

10 a.m. to noon

Train to become a DCOA Ambassador
500 K St. NE – Ward 6
Contact: darlene.nowlin@dc.gov
or 202-727-8364 to register.

Thursday, May 17

10 a.m. to 2 p.m.

Seabury Resources for Aging Services

Ward 6 Older Americans Month 2018
Annual Health
& Informational Fair
2018 Theme: “Engage at Every Age”
St. Augustine’s Episcopal Church
555 Water St. SW – Ward 6

Friday, May 18

10:30 a.m. to 1:30 p.m.

Terrific, Inc. Presents
A Celebration of Older Americans Month
2018 Theme: “Engage at Every Age”
Annual Health & Resource Fair
Nineteenth Street Baptist Church
4606 16th St. NW – Ward 4
Contact: Edwinta Jenkins, 202-882-1824

Wednesday, May 23

10 a.m. to 2 p.m.

Ward 5 Seniors Day Out —
A Celebration of Older Americans Month
2018 Theme: “Engage at Every Age”

North Michigan Park Recreation Center
1333 Emerson St. NE – Ward 5
Contact: Tinya Lacey, 202-529-8701

Friday, May 25

10 a.m. to 2 p.m.

Community Preservation and
Development Corp.
Older Americans Month Celebration
2018 Theme: “Engage at Every Age”
THEARC Black Box
1901 Mississippi Ave. SE – Ward 8
Contact: Dr. Katrina Polk, 202-699-1282

Tuesday, May 29

10:30 a.m. to 2:30 p.m.

D.C. Office on Aging graciously supports
the Older Americans Month @
The Golden Rule Plaza –
Health & Resource Fair
2018 Theme: “Engage at Every Age”
1050 New Jersey Ave. NW – Ward 6

FY2019 Wards 4 and 5 Senior Wellness Center Program Operations Grants

The Government of the District of Columbia Office on Aging (DCOA) is soliciting applications from qualified applicants to operate two District Senior Wellness Centers (SWC). SWCs promote healthy lifestyles, good nutrition, exercise and general wellness among the District’s elderly population, aged 60 and above.

A total of \$373,747 is available for funding in Ward 4 SWC, and up to \$426,241 available for the Ward 5 SWC in the District of Columbia. Funding has been provided to DCOA from both Federal- and District-appropriated funds.

A Notice of Funding Availability (NOFA) and the Request for Applications (RFA) have been released. The deadline for submission is Friday, June 1, 2018, at 2:30 p.m. EDT. A Pre-Application Conference will be held on Monday, May 7 at 10 a.m. at the D.C. Office on Aging, 500 K St. NE, Washington, D.C. 20002, Conference Room 114.

Applications can be obtained from the D.C. Office on Aging Office and website, www.dcoa.dc.gov, and on the website of the Office of Partnerships and Grants Development, www.opgd.dc.gov.

Spotlight on Aging

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

When Disaster Strikes, Be Prepared Workshop

w/ DCRA & FEMS

**@ WASHINGTON SENIORS
WELLNESS CENTER
FRIDAY, MAY 18, 2018
2:00 – 3:30 PM**

