



Age-Friendly Block-by-Block Walk

Update

March 28, 2014

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Mayor Vince Gray Participates in Ward 7 Walk

Mayor Vince Gray, joined by DC government officials, young people, older adults, Ward 7 residents, AARP-DC representatives and Councilmember Yvette Alexander walked a bit of Ward 7 on Saturday, March 22.

Braving colder-than-expected morning weather, Mayor Gray walked several blocks and identified sidewalk and curb cut problems, the presence of litter, poorly marked crosswalks, and more.

Mayor Gray and Age-Friendly DC Coordinator Gail Kohn, pictured on the right, spent time discussing the challenges of trees in an urban setting. While the District government is investing in expanding the tree canopy, growing trees with expanding roots can wreak havoc on sidewalks. One of the many challenges of urban living!

Pictures of the March 22 Walk with Mayor Gray will soon be online. The next update will share the link.



PHOTO: VADYM GHIJLIK



Block-by-Block Kicks Off on the First Day of Spring

The Age-Friendly DC Block-by-Block Walk kicked off March 20 in Wards 4, 5, and 8. In Wards 4 and 8, residents aged 60 and older took to the streets with UDC and Trinity University students. In Ward 5, Volunteers of America Chesapeake walked each block in SMD 5C03.

Eighteen Trinity students from professor Jan Kress’s occupational therapy class participated in the Walk, joining forces with residents in Ward 8 in several SMDs. A handful of Kress’s students walked with residents in Ward 4.

Kress, an educator and OT consultant in the DC metro area, joined her students on the Walk. In response to the question “Why participate?” Kress replied:

I am an individual that loves to perpetuate OT in all shapes and forms. When Tori Goldhammer, an OT colleague, mentioned the walk I jumped simply because there is no better way to translate classroom teaching into real time practice. This semester the students are studying geriatrics and assistive technology, the walk was a perfect way for them to use their therapeutic use of self to learn how the outdoor environment affects older Americans ability to either engage or disengage in everyday activities.

As Occupational Therapists we help people, groups and populations achieve health, well-being, and participation in life through engagement in occupations, translated through the things we do every day.

The Trinity students were not the only ones out March 20. Three students from the University of the District of Columbia walked with residents who participate in programming at Hattie Holmes Senior Wellness Center in Ward 4.

And the Volunteers of America Chesapeake Development & Communications Team and volunteers from their DC Core Services Program pitched in March 20 to “meet & greet our community neighbors and assess the current service offerings throughout Ward 5.” VOA blogged the experience in [Seen on the Scene – Checking out DC’s Ward 5.](#)



Photo from Volunteers of America Chesapeake, <http://wheninededyou.wordpress.com/2014/03/21/seen-on-the-scene-checking-out-dcs-ward-5/>



Essential Component of the Walk: DC311 Mobile App

The **DC311** mobile app, available for free for mobile devices, is an essential part of the Age-Friendly DC Walk. The mobile app (and online tool **SeeClickFix**, <http://seeclickfix.com/>) makes reporting problem sidewalks and pedestrian crossings, to name only two challenges, easy and actionable by the appropriate DC government agency.

OCTO has created accounts for each Single Member District especially for the Walk. When you register for the Walk, you'll learn more about how to use this tool.



Join us! Participate in the Age-Friendly DC Walk

Interested in participating? Joining is free and easy. Go to the [Age-Friendly DC website's Walk page](http://agefriendly.dc.gov/node/791082) (<http://agefriendly.dc.gov/node/791082>) to learn more and to register.

As a volunteer, you'll meet new people, contribute to the work of this new citywide effort supported by Mayor Vince Gray, the DC Council and AARP-DC.

Fill the Gaps in Teams Walking SMDs!

As of March 28, 2014, all Wards have some SMDs scheduled to be walked. That leaves many areas in need of teams. We hope you will help fill the gaps.

The majority of volunteers register individually, leaving Age-Friendly DC to assign teams by Single Member District. The status of each SMD is on the [Age-Friendly DC website's Walk page](http://agefriendly.dc.gov/node/791082) (<http://agefriendly.dc.gov/node/791082>).

The Walk and Social Media

There are several ways to follow Age-Friendly DC and the Block-by-Block Walk on social media:

- Use the hashtag #AFDCWalk on Twitter
- Follow Age-Friendly DC on Twitter: [@AgeFriendlyDC](https://twitter.com/AgeFriendlyDC)
- Follow Age-Friendly DC on Instagram: [instagram.com/agefriendlydc](https://www.instagram.com/agefriendlydc)

I spy an unsafe sidewalk



The Walk is a Community “I Spy”!

Ward 7 residents identified numerous sidewalk and other problems March 22. An example is the sidewalk pictured to the left and below. Those on the Walk spied the sidewalk problem, took pictures, and noted the location so the Age-Friendly DC staff could share the details with 311.



About Age-Friendly DC

The goal of Age-Friendly DC is to identify neighborhood assets and challenges preventing the District from being an Age-Friendly City *and* to make improvements so that the District of Columbia is, in fact, a friendly place not only for older residents, but for residents of all ages.