

Age-Friendly DC August 2024 Newsletter



AGE-FRIENDLY=DC



Thanks for Your Help with the 2024 Livability Survey

The 2024 Livability Survey is now closed. A total of 611 community members of all races and ethnicities from every ward completed the annual survey. “The survey really helps us to understand community members’ needs and prioritize our efforts to make the city a better place to grow older,” said Gail Kohn, Coordinator of Age-Friendly DC, “We are tremendously grateful for each and every participant who has shared their experiences and opinions with us.”

The winner of our \$250 drawing will be selected and notified later this month. Next, we will analyze the data and integrate the insights into our strategic plan. Look for the results in our newsletter coming this fall!

The George Washington University Center for Aging, Health, and Humanities & Age-Friendly Initiatives

On behalf of the GW Center for Aging, Health and Humanities and our Age-Friendly planning partners:

Save The Dates

for the 4th annual

2024 Age-Friendly Ecosystem Summit

Tuesday, October 8	- 1-3 PM EST
Wednesday, October 9	- 1-3 PM EST
Tuesday, October 15	- 1-3 PM EST
Wednesday, October 16	- 10AM-12PM PM EST

The George Washington University Center for Aging, Health, and Humanities (Center) fosters collaboration among university and community partners on research, education, and clinical innovations to improve the health, economic growth, social connectedness, and care of older adults and their families. The Center addresses social isolation through research and programs connecting isolated individuals with resources, aligning with the Age-Friendly DC strategic plan to enhance community engagement and reduce loneliness among older adults.

The Center partners with regional age-friendly organizations, including Age-Friendly DC and municipalities in Virginia, Maryland, and North Carolina, fostering cross-collaboration and idea exchange. More details about these partnerships can be found [here](#).

Notable initiatives include hosting the annual Age-Friendly Ecosystem Summits (AFES) and the 2021 AARP/Age-Friendly Social Innovation Challenge. These events, which saw attendance rise from 40 to over 200 participants in 2023, share age-friendly initiatives and raise awareness about ageism and its health impacts. The Center has also hosted six Age-Friendly DC Task Force Meetings.

Dr. Melissa Batchelor, the Center's Director hosts the podcast "This Is Getting Old - Moving Towards an Age-Friendly World," ranked in the top 10% globally and available on major podcast platforms. Almost 60 episodes focus on age-friendly topics, available [here](#). Dr. Batchelor has developed free resources on aging and Alzheimer's care, accessible as an AgeWiseU Insider on her website, MelissaBPhD.com. Nominated by Gail Kohn, Age-Friendly DC Coordinator, Dr. Batchelor received the 2024 Distinguished Diversity Award from the University of North Carolina Wilmington's Alumni Association for her work raising awareness about ageism and its impact on health and well-being.

We are excited to announce the upcoming Age-Friendly Ecosystem Summits (AFES):

- October 8, 2024 (1-3 PM): Shaping Tomorrow – Unlocking the Potential of Longevity, Age-Friendly, and Multisector Planning. Register [here](#).
- October 9, 2024 (1-3 PM): Inclusive by Design – Creating age-friendly and dementia-friendly environments. Register [here](#).
- October 15, 2024 (1-3 PM): Unlocking Potential – Lifelong learning and inclusive education. Register [here](#).
- October 16, 2024 (10 AM-12 PM): Healthy Communities – Promoting health equity and well-being. Register [here](#).

These events are open to all and will foster meaningful partnerships across the region. For details and registration, click [here](#).

DDOT's Commitment to Transportation Equity



The District Department of Transportation (DDOT) is committed to providing fair and impartial access to affordable and reliable transportation to all community members. Over the past few years, DDOT has improved pedestrian safety and access through the Sidewalk Gap Program which aims to install much-needed sidewalks in areas that lack them to reduce pedestrian-driver crashes.

We all deserve equitable access to transportation regardless of age, ability, race, ethnicity, income, location, gender, or sexual orientation. Affordable and reliable transportation is a daily necessity for those traveling between home, work, school, and many other locations essential for everyday life. Without adequate transportation it can be difficult to keep a job, get an education, access healthy food options, receive medical care, and even maintain social connections.

How can you support transportation equity? Get involved! DDOT needs your help with future plans. Your input can help DDOT consider the needs of all community members. You can learn about transportation projects by regularly attending community meetings, engaging with DDOT on [social media](#), and viewing projects on DDOT's [website](#). DDOT wants your input for major projects. For more ways to connect, visit <https://ddot.dc.gov/page/public-involvement-plan>.

Summer Adventures Await: Discover, Create, and Connect at Rock Creek Park!



Join us at Rock Creek Park this summer for a variety of engaging events that will bring our community together. From guided nature hikes and educational talks to cultural exhibitions and volunteer opportunities, there's something for everyone to enjoy.

Discover Rock Creek Park's natural beauty during the "Morning Nature Hike". Delve into local history with the "Civil War Living History Weekend". Unleash your creativity in the "Hands-On Craft Workshop", where you can create your own nature-inspired art. Families can enjoy children's programs designed to inspire and educate young minds about the environment.

Many events are wheelchair accessible, and assistance is available upon request. Come explore, engage, and connect with your community at Rock Creek Park!

For more information and event details, visit the [Rock Creek Park Calander](#).

Key Dates

Many of our Age-Friendly DC partners are hosting exciting events in August! Here's a snapshot of a few recommendations from the Age-Friendly DC team.

- August 2 – August 4 – [DPR Soccer: 3rd Annual Black Star Free Clinic & College Showcase](#)
- August 3 – September 22 – [DC Senior Games](#) – PR, Registration is open until September 7, 2024 (Must be over 50 to participate)
- August 4 – [Wellderness: Fitness](#) – NPS (9 AM – 10 AM), Kenilworth Park and Aquatic Gardens
- August 7 – [Children's Story and Song Time in Georgetown Waterfront Park](#) – NPS (10:30 AM – 11:30 AM)
- August 15 – [Capitol View Library Back to School Community Day](#) (2 PM – 5 PM)
- August 24 – [2024 Library of Congress National Book Festival](#) (9 AM – 8 PM), at Walter E. Washington Convention Center
- August 24 – [Annual Community Day Health and Wellness Fair 2024](#) (2 PM – 6 PM), at Marshall Heights Community Development Center
- August 29 – [“Credit Sense” by DISB](#) (11 AM – 12 PM)

Labor Day Weekend:

- August 31 – September 1 – [DC JazzFest at the Wharf](#)
 - September 1 – [National Symphony Orchestra Free Labor Day Concert](#) (West Lawn of Capitol)
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