

Spotlight on Community Living

Wednesday, September 7, 2016

Serving D.C. residents who are age 18+ with a disability or age 60+ and their caregivers

Vol 5, No 10



Executive Director's Message

Laura Newland

Thanks to everyone who came out to the Mayor's Fifth Annual Senior Symposium! We had more than 600 seniors and caregivers attend the symposium at the historic Paul Laurence Dunbar High School.

The theme for this year's event was "Healthy Homes. Healthy Hearts. Healthy Living." One of the highlights of the symposium was our guest speaker, Dr. Patricia Davidson who is a local internist and cardiologist. She gave a great no-nonsense presentation that left everyone thinking about how they eat and how they live their lives—including me! I presented Dr. Davidson with a plaque to recognize her commitment to the District of Columbia and making sure health information is accessible for all of us.

You told me that you wanted a symposium that provided you with useful information—what

it means to live healthier, how to connect to community resources, how to access government resources, etc.—so we worked with an advisory panel with seniors from all eight wards on coming up with our programming for the symposium.

I'd like to give special thanks to our government and community partners who served on panels and provided information at the exhibit hall. Our partner agencies do a LOT for seniors in the community (and some even fund DCOA programs like Safe at Home—funded by the Department of Housing and Community Development—and the Aging and Disability Resource Center—funded by the Department of Health Care Finance!), and I'm glad you got to see for yourself the good work that they're doing and how committed we

all are in District government to making sure you're living well.

The Senior Symposium began a great discussion about healthy aging in the community, and we want to continue the conversation. Over the past year, I've told you that I want to hear more from you directly about what we're doing, and how we're doing it. Four times a year (once a quarter), I hold town halls at our senior wellness centers. This fall, I'm upping the ante.

DCOA is going to host a two-part Senior Services Town Hall series in September and October on senior services in the District. The first conversation will provide information about DCOA's services (and how funds are allocated), trends in the District, and other useful information needed to start thinking about the entire system of services and supports.

During the first meeting, we'll identify community volunteers to lead a conversation with the group that will then be translated back to me in a presentation a couple weeks later—about the current services, whether we should make any changes (and if so, what they are), how to prioritize people needing services when services reach capacity, and whatever else you think I need to do about the services we offer and how you receive those services.

I know you have a lot of ideas—I've heard from many of you already—so I really want to know your thoughts based on your experiences and what you know you and your friends and family will need further down the road. My executive team and I will be leading the conversation in each ward in the city, and I'll be at the community presentation in each ward be-

cause I want to hear from you directly. This is the first time we've tried something like this, so I'm excited to hear from you about what's important to you.

This will definitely require commitment from you to make this work, but I know you're up to the challenge! You've heard me say over and over that the foundation of making the District the best place in the world to live and age well is strong community investment. I know we have that foundation here, and I'm looking forward to hearing your thoughts on what would make DCOA even better. Thanks for joining me in this important work, and I look forward to seeing you in the community! To find dates, locations, and other important details about the Senior Services Town Hall series, please visit dcoa.dc.gov or ask your local senior wellness center.

COMMUNITY EVENTS CALENDAR – SEPTEMBER

7th, 14th, 21st and 28th • 6 to 8 p.m.

Iona Senior Services offers a course called "Mindful Living," in which participants will think about how you want to live your life, enjoy reflective learning and find deeper connection with your emotional and physical being. Learn healthy aging approaches to wellness, community, purpose-filled living, and practical lifestyle choices in this series facilitated by Lylie Fisher, founder and director of Iona's Take Charge/Age Well Academy. The cost is \$75. Iona is located at 4125 Albemarle St. NW. Sign up or learn more by calling 202-895-9420.

13th and 27th • noon

Join the D.C. Caregivers Online Chat at Noon to discuss "Caregiving and Hospice Care" on Sept. 13 and "Fear of Falling: Preventing Falls and Fear" on Sept. 27. Log on to <http://dcoa.dc.gov/page/caregiver-chat> at noon or visit at your convenience and hit replay to see the chat. For more information, contact linda.irizarry@dc.gov or call 202-535-1442.

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15th • 3:30 to 5:30 p.m.

Iona offers a one-time class called "Graceful Transitions," focusing on lessening clutter and preparing to move. This class will provide inspiration and practical hints on how to tackle these tasks effectively. It is facilitated by Donna Eichelberger, a senior living specialist and senior move manager. The cost is \$10 if you register by Sept. 8, \$15 after that. It will be held at Iona, 4125 Albemarle St., NW. Call 202-895-9448 for more information or to register.

24th • 9 a.m.

The Office of the Tenant Advocate will hold its 9th Annual Tenant and Tenant Association Summit at the Kellogg Conference Center located on the campus of Gallaudet University, 800 Florida Ave. NE. The summit serves as a forum to bring together tenants, tenant associations, housing attorneys and advocates, policy

experts, community leaders, and District officials to discuss matters of concern to the District's tenant community. This year's theme is "Don't Complain ... Organize." The day's events will include a plenary session as well as workshops, which will provide participants with information and tools to effectively advocate for themselves and other renters. There will be two clinics. The legal clinic will provide attendees with an opportunity to meet one-on-one with an attorney to discuss their housing issues. The seniors and persons with disabilities registration clinic will allow eligible tenants to register their status to

2016 Fall Lifespan Respite Caregivers Conference

Educating, Empowering, and Supporting Family Caregivers

Friday, September 16, 2016, 8:30am—3:30pm
R.I.S.E. Demonstration Center

2730 Martin Luther King Jr. Avenue, SE, Washington, D.C. 20032



For additional information, contact Linda Irizarry at (202) 535-1422 or email Linda.Irizarry@dc.gov.

***Respite provided for qualifying caregivers.**



WORKSHOPS

- Behavioral Symptoms Management Training
 - The Working Caregiver
- Grandparents Raising Grandchildren
- Elder Abuse and Caregiving
- Caregiving for the LGBTQ Community
 - Caregiving for Veterans
- Building Cooperative Relationships & Problem Solving



qualify for lower rent increases under rent control. Advanced registration required. Register at

<http://ota.dc.gov> and click on "online registration" or call 202-719-6560.