



Spotlight on Community Living

Wednesday, May 7, 2014

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

Vol 2, No 7



Executive Director's Message

John M. Thompson, Ph.D., FAAMA, D.C. Office on Aging

Happy Older Americans Month! In this issue of the **Spotlight on Aging**, I am elated to celebrate the achievements and contributions of our seniors across the District of Columbia! This year's theme, "Safe Today. Healthy Tomorrow," underscores the importance of helping our seniors to stay healthy and active while mitigating unintentional injuries such as falls. By remaining focused on our service to District seniors, we can be confident that they will experience a better quality of living in their communities for many years.

According to the Administration for Community Living, older citizens are at a much higher risk of unintentional injuries and even deaths as compared to the younger population.

For older Americans, unintentional injuries result in at least 6 million visits to medical facilities and more than 30,000 deaths every year. The Centers for Disease Control and Prevention reports that medical costs associated with unintentional injuries are estimated at \$30.4 billion. Besides healthcare costs being astronomical, some of these seniors lose some of their independence, which means adapting to a new lifestyle that could threaten their level of physical activity.

DCOA is here to assist every District senior in maintaining their independence and remaining healthy. Seniors can take advantage of the free wellness centers located across the District of Columbia. At these centers, seniors can strengthen their

physical well-being as well as enhance their emotional well-being. For the month of May, seniors can participate in free special programs held at our wellness facilities. These events include, "Enhancing the Health & Safety of Older Americans," "The East River Swing A Special Evening of Elegance," "Senior Awareness Day Event," "Senior Health & Fitness Info Fair," "Senior Appreciation Day," and many more events.

For information on the locations of our senior wellness centers, hours of operation, and the dates and times of the special programs, please contact the District of Columbia Office on Aging at 202-724-5626, check out our website at www.dcoa.dc.gov, or e-mail us at dcoa@dc.gov. ~

DCOA Executive Director John M. Thompson presented the Volunteer of the Year Award at the Retired and Senior Volunteer Recognition Program held at the Navy Yard. Celeste Ellerbee was nominated by the principal of the school for her work as a classroom aide at the Langdon Educational Center. She has been an essential part of the classroom there for the last 13 years. She is known to adapt to the learning styles, behaviors and abilities of each of her students to ensure they are successful no matter how difficult the assignment.

Mrs. Ellerbee has a talent for helping students with different learning styles, behaviors and abilities. In the classroom, she has taken the time to develop a relationship with each student. She also has the ability to teach each student in such a way that the students do not realize the difficulty of their assignments. Mrs. Ellerbee believes that each student is as unique in their learning as their personality. Her teaching methods reflect her beliefs about children.

According to the principal at Langdon, Ms. Shannon Foster, the staff appreciates her because she is an innovator, mentor and a leader. She is continually sharing ideas, mentoring and helping colleagues and peers. No matter the situation, she continues to conduct herself in a respectful and professional manner. She added, "I believe that Celeste Ellerbee is everything that the Outstanding Volunteer of the Year should be: VALUABLE, COMMITTED AND INSPIRATIONAL. Every principal yearns to have a staff member like her and I consider myself extremely fortunate to have her at my school.

DCOA applauds Ms. Ellerbee for her dedication and commitment to early childhood learning in the District of Columbia.~



CITYWIDE OLDER AMERICANS MONTH ACTIVITIES 2014 – "SAFE TODAY. HEALTHY TOMORROW."

The month of May is observed annually as Older Americans Month to celebrate the many contributions of Older Americans to their communities. Older Americans Month this year is celebrated under the theme "Safe Today. Healthy Tomorrow." The D.C. Office on Aging understands the importance of injury prevention and safety awareness in helping older adults remain active, healthy, safe and prepared for emergencies. Those that are able are living active lifestyles, participating in activities and giving back to the community.~

5th-16th: 31st Annual DC Senior Olympics

Department of Parks and Recreation Medal competition in more than 15 sporting events, including, swimming, tennis, track and field, basketball, table tennis. Various locations across the city visit dpr.dc.gov or call 202-664-7153, for more information.

7th: 8 a.m. – 4:30 p.m. Mayor's Third Annual Senior Symposium

Hyatt Regency Washington on Capitol Hill. 400 New Jersey Avenue, NW, Registered participants will attend workshops, connect to technology, and get information on government resources in an information exhibit area.

9th: 9 a.m. – 4 p.m. Enhancing the Health & Safety of Older Americans Washington Seniors Wellness Center, 3001 Alabama Avenue, SE, For more information contact 202-534-4880

9th: 12 p.m. Mother's Day Celebration

VIDA Senior Center, 1842 Calvert Street, NW
Contact Information: Miguel Guerrero, 202-483-5800

14th: 10 a.m. – 2 p.m. Seabury Resources for Aging

Ward 6 Lead Agency Open House 901 A Street, NE
For more information, contact 202-727-0357

15th: 5 – 9 p.m. The East River Swing a Special Evening of Elegance

East River Family Strengthening Collaborative KEEN Seniors Program. Contact Information: Robin Gantt (202) 534-4880 ext 110 or Chicquita Bryant (202) 534-4880 ext 125

16th: 10 a.m. – 2 p.m. TERRIFIC, Inc. "Safe Today!

Healthy Tomorrow" Health Fair 19th Street Baptist Church 4606 16th Street, NW. For more information, contact 202-882-1824

14th: 10 a.m. – 2 p.m. Seabury Resources for Aging

Ward 6 Lead Agency Open House 901 A Street, NE.
For more information, contact 202-727-0357

16th: 10:30 a.m. – 2 p.m. Senior Awareness Day Event

East River Family Strengthening Collaborative Pilgrim Rest Baptist Church, 4611 Sheriff Road, NE
Contact Ms. Hazel Jackson, (202) 398-1843 or 296-8283 ext 19

20th: 10 a.m. – 2 p.m. Seabury Ward 5 Senior

Community Day Edgewood Terrace, 635 Edgewood Street, NE, For more information, contact 202-529-8701

23rd: 1 – 3 p.m. Senior Appreciation Day

First Baptist Senior Center, 715 Randolph, Street, NW, For more information call 202-723-4313

28th: 9 a.m. – 3 p.m. Senior Health & Fitness Day Info

Fair 2014 Bernice Fonteneau Senior Wellness Center, 3531 Georgia Avenue, NW, Contact Information: 202-727-0338

(continued on next page)





COMMUNITY EVENTS CALENDAR

MAY EVENTS

6th • 1 to 2 p.m.

Hayes Senior Wellness Center will hold a program on wise food choices. The center is located at 500 K St. NE. For more information, call Pauline Kabore at 202-727-0357.

8th • 10 a.m.

The DCOA Budget Oversight hearing, to take place before the Committee on Health, has been rescheduled to Thursday, May 8 at 10 a.m. in Room 123 of the John A. Wilson Building, 1350 Pennsylvania Avenue, NW. Persons interested in providing testimony should contact Rayna Smith, Committee Director, at 202-724-8170 or rsmith@dccouncil.us.

10th • 11 a.m. to 3 p.m.

A senior health fair will be held in the large meeting room of the Watha T. Daniel Library, 1630 7th St. NW. For more information, call 202-727-0907.

12th+

Take a yoga, tai chi, strength or other fitness class at Iona Senior Services. New classes start the week of May 12 and run for six weeks. The drop-in rate is \$13 per class meeting, but if the entire session is paid for when signing up, the rate drops to \$10 per class. Sign up at the front desk at 4125 Albemarle St. NW. For more information, call Darryl Simpson at 202-895-0238.

12th • 11 a.m.

North Capitol at Plymouth will hold a town hall meeting at 5233 N. Capitol St. NE. For more information, call Vivian Grayton at 202-529-8701.

14th • 10 a.m. to 2 p.m.

D.C. Office on Aging Executive Director John M. Thompson, Ph.D., FAAMA will be the guest speaker at the Washington retired teachers chapter meeting. The meeting will be held at the Howard University School of Divinity, 1400 Shepherd St. NE. Contact Emma Jean Coates at 202-483-6060 for more information.

15th • 11:30 a.m.

Attend a seminar called "Older Adults & Healthy Relationships" hosted by Seabury Ward 5 Aging Services. The program will be held at 1400 Florida Ave. NE. For more information, call Vivian Grayton at 202-529-8701.

16th • 1 to 2 p.m.

Learn about reverse mortgages at the Hayes Senior Wellness Center, 500 K St. NE. For more information, call Pauline Kabore at 202-727-0357.

21st • 1 to 2 p.m.

Hayes Senior Wellness Center, 500 K St. NE, presents a program on seniors and money. For more information, call Pauline Kabore at 202-727-0357.

27th • 12 to 12:45 p.m.

D.C. Office on Aging Executive Director John M. Thompson, Ph.D., FAAMA and his staff will make a community presentation to the Penn Branch Chapter # 3473. The event will be held at the Pennsylvania Avenue Baptist Church, 3000 Pennsylvania Ave. SE. For more information, call Gloria Clanton at 202-582-1985.

29th • 10 a.m. to 2 p.m.

The 6th Annual Olmstead Community Integration Conference will be held at the Kellogg Conference Hotel at Gallaudet University, 800 Florida Ave. NE. For more information, call Melinda Hasbrouck at 202-671-2894.



Sally Sullivan was presented with the Tom Nelson Award from the D.C. Long-Term Care Ombudsman Program (DCLTCOP) where she has served as a volunteer ombudsman for 6 years. As a retired nurse, Mrs. Sullivan wanted to make a difference in her community. She wanted to offer her skills and enthusiasm to positively impact the lives of others, as well as her own.

Mrs. Sullivan enjoys advocating and protecting the rights of vulnerable seniors, and being a part of something that supports her values, beliefs, and life goals. As a volunteer ombudsman, Mrs. Sullivan investigates and resolves complaints for or on behalf of long-term care residents; and ensures that their rights are protected. She also educates the community about long-term care issues.

Ms. Sullivan has improved the quality of life and care for District residents in long-term care facilities and their families. Because of Mrs. Sullivan's continued volunteerism with the DCLTCOP, our program successfully accomplishes its goals impacting long-term care residents. This includes increasing awareness of LCE/DCLTCOP and educating and empowering residents to be self-advocates. ~

POSTAL INSPECTORS WARN OF TAX REFUND SCAMS

Now that the April 15 tax deadline has passed, many Americans eagerly awaiting tax refunds are receiving a shocking surprise: scammers may have already beaten them to their refund.

It's a problem Postal Inspectors have been investigating at an alarming rate. Identity thieves are stealing people's names and Social Security numbers, creating bogus W-2 forms and other tax documents, and then filing a phony tax return — all to collect a fraudulent refund before you do.

Victims don't realize they've been scammed until they file taxes online and it won't go through, or an expected refund never arrives, or when the Internal Revenue Service notifies the taxpayer that multiple returns were already submitted in his name.

The Postal Inspection Service is charged with protecting America's mail system from illegal use. Many of these fraudulent tax refunds are sent by mail and deposited in bogus bank accounts created with the stolen personal identifiable information. Postal Inspectors are working closely with the IRS to stop these criminals.

Tax refund scams are growing and it victimizes both the taxpayer and the federal government. Recently the federal government reported it lost \$4 billion in fraudulent tax refunds last year. For an individual, it can take months to receive the tax refund the scammer stole from him.

Anyone can become a victim of a tax refund scam. Postal Inspectors recommend taxpayers do the following to protect themselves:

- File your taxes early.
- Always safeguard your personal identifiable information. Never provide your Social Security number unless absolutely necessary and with a trusted entity.
- Check your credit score often. The same identity thieves who are filling fraudulent tax refunds in your name may also use your information to conduct other financial crimes.
- The IRS does not send unsolicited emails. If you receive a phone call or email from someone claiming to be IRS, verify it by calling 800-829-1040.

If your tax refund doesn't arrive in a reasonable time, you can check its status online at www.irs.gov. If you suspect tax-related identity theft, call the IRS at 800-908-4490.

The U.S. Postal Inspection Service, our nation's oldest federal law enforcement agency, is committed to protecting consumers from mail fraud. To learn more about common scams and fraud prevention tips, please visit postalinspectors.uspis.gov.

TRAIN TO BE A DCOA AMBASSADOR

Make a difference in your community by learning more about the programs and services offered by DCOA. Your knowledge can help connect us with persons in the community who need our assistance. Sign up today for the DCOA Ambassador training by calling, 202-724-5622 to register!~

SPOTLIGHT ON COMMUNITY LIVING

Spotlight on Community Living is published by the External Affairs and Communications unit of the D.C. Office on Aging.

Advertising contained in the Current is not endorsed by the D.C. Office on Aging or by the publisher. The D.C. Office on Aging is responsible for developing and carrying out a comprehensive and coordinated system of health, nutrition, education, employment, training, and social services for the District's elderly population, who are 60 years of age and older. The Office on Aging also administers the Aging and Disability Resource Center, a one-stop shop resource center, designed to assist seniors, persons with disabilities 18 years of age and older and family caregivers navigate the long-term services and supports system.

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Executive Director

In accordance with the D.C. Human Rights Act of 1977, as amended, D.C. Official Code Section §§2-1401.01 et seq., (Act), the D.C. Office on Aging does not discriminate on the basis of actual or perceived: race, color, religion, national origin, sex, age, marital status, personal appearance, sexual orientation, gender identity or expression, familial status, family responsibilities, matriculation, political affiliation, genetic information, disability, source of income, or 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 subject to disciplinary action.

SMART911 COMMUNITY PRESENTATIONS

The D.C. Office of Aging and the Office of Unified Communications (OUC) continue their campaign to make more seniors aware of Smart911, the safety profile that provides first responders information to better assist them when responding to emergencies.

The DCOA has partnered with the OUC to present these presentations citywide in an effort to keep District seniors safe and more prepared during emergencies. If you have a church group, an organization, residence building or other entity that is interested in hosting a presentation, call 202-727-8364 or email darlene.nowlin@dc.gov to sign up today!

Give 9-1-1 the information they need to better help you and your family in the event of an emergency. Visit the Office of Unified Communications for more information at www.ouc.dc.gov or www.smart911.com to register.~