



Spotlight on Community Living

Wednesday, March 27, 2013 Serving D.C. residents who are age 18+ with a disability or age 60+ and their caregivers Vol 1, No 6



Executive Director's Message

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

In this month's edition of the **Spotlight on Community Living**, I would like to discuss caregiver support. This is a very important topic for so many people who are sacrificing to provide support to loved ones and I am certain that you can relate to my brief experience below.

Recently, I found myself serving as a caregiver to my pregnant wife who was diagnosed with pneumonia and a sprained muscle near her ribcage. This was a very difficult time for my wife as she was unwilling to take certain types of pain relieving medications because of her pregnancy, which left her in excruciating pain for over three weeks. In my attempt to be a good husband and father to my four-year old daughter, I was cooking, helping with homework and reading bedtime stories, washing clothes, cleaning the house, and grocery shopping as my wife was unable to perform these activities of daily living. Beyond these duties, I did not skip a beat with fulfilling my responsibilities at the *District of Columbia Office on Aging (DCOA)* and incorporating time for exercise into my schedule as part of my renewed commitment to getting fit. As I reflect on this brief period of my wife being "out of commission," I learned the tough job that she has of being a stay-at-home mom. Moreover, I personally understand the tough role of caregivers

who are juggling full-time jobs, raising children and grandchildren, and providing service to individuals needing support so that they can experience a comfortable lifestyle while seeking personal time for relaxation.

For those of you who find yourself having to juggle life's demands while caring for a senior, please consider attending the *National Caucus and Center on Black Aged (NCBA) Caregiver's Symposium*, which will be held on **Thursday, May 9, 2013** at the Samuel J. Simmons NCBA Estates. The Estates is located at 2801 14th Street, NW in Washington, DC. Experts will be on hand to address the critical needs that caregivers face in their efforts to care for loved ones. If you have questions or are interested in attending this symposium, please contact NCBA at 202-637-8400 or register online at caregivers@ncba-aged.org.

In addition to this symposium, I encourage you to take advantage of the following DCOA programs and services for caregivers.

District of Columbia Caregivers' Institute (DCCI)

The purpose of DCCI is to support unpaid caregivers residing in the District of Columbia who have primary responsibility for older, vulnerable District residents. DCCI strives to be a one-stop, centralized

resource to help caregivers make critical decisions, develop and implement a Caregiving Support Plan, advocate for themselves and the older person, and participate in activities designed for personal rejuvenation.

Lifespan Respite Flex Account System

DCOA's Lifespan Respite Flex Account System will allow caregivers flexibility in choosing a respite provider. This will address the issue of affordability barriers in accessing respite care. This funding initiative will provide flexibility and reimbursement for respite care expenses for an extended weekend (or up to a maximum of four days) per caregiver per year.

Faith-Based Partnerships Initiative

DCOA's Lifespan Respite program is expanding its efforts to foster partnerships with faith-based organizations. This target-specific outreach will increase the knowledge of lifespan respite among churches, staff members, and attendees, which promotes coalition building and enhances the caregiving support often needed by church attendees.

Caregiver Buddy System

This is an initiative to connect caregivers with each other to help regain perspective and find comfort in even the most difficult caregiving situations. ~

Online Chat

The online chats are bi-weekly chats that provide caregivers and other stakeholders with important information about respite and other issues impacting caregivers.

Respite Service Provider Database

The respite service database is an online listing of respite service providers across the District of Columbia.

For more information about the aforementioned programs, please contact DCOA at **202-724-5626**. ~

MY SOCIAL SECURITY

My Social Security is a new service that lets you set up an online account and gain quick access to the Social Security information you need the most. You can use your account to get a copy of your Social Security Statement, which includes your earnings record and estimates of your future Retirement, Disability, and Survivors benefits.

If you already get Social Security, you can use your account to view or print your benefit verification letter, check your benefit information, change your address and phone number, and more.

You'll be able to gain access to all your important Social Security information by creating a My Social Security account. Visit www.socialsecurity.gov/myaccount. ~

SAVE THE DATE

for the next
SENIOR SYMPOSIUM
May 10, 2013

For more information,
call
202-724-5626





COMMUNITY EVENTS CALENDAR

ONGOING APRIL AND MAY

THE D.C. OFFICE ON AGING is actively recruiting seniors, former first responders, lead agency personnel and college students to participate in the District of Columbia's First Responder training in the event of an emergency, disaster or catastrophe. The training will start promptly at 9:00 am and finish at 5:00 pm. A continental breakfast and lunch will be provided during the training. The training will be held at the Department of Health, 55 M Street SE, Suite 300, Washington D.C. 20003. Visit www.dcoa.dc.gov for more information or call 202-724-5626 to register.

APRIL

3rd • 11:30am - 1pm

UDC SCHOOL OF NURSING will present a program called "Reclaiming our Health (Breaking the Chain of Infection)" at the Washington Senior Wellness Center, 3001 Alabama Ave. SE. Reserve your spot by calling the center at 202-581-9355.

3rd • 9am - 4:30pm

IONA SENIOR SERVICES AND AARP DC are pleased to offer the AARP Driver Safety at Iona, 4125 Albemarle Street, NW. The cost is \$12 for AARP members; \$14 for non-members. Please bring your own lunch or snacks. Coffee and water will be provided. Learn proven safety strategies to maintain your confidence behind the wheel. Some car insurance companies offer a discount for taking the class. Open to drivers 50 or older. Taught by experienced instructor, Joseph Ryan. Call to register: Joseph Ryan 202-362-0704.

10th • 10am - 2pm

Community Health and Wellness Fair sponsored by the D.C. Office on Aging at Congress Heights Senior Wellness Center, 3500 Martin Luther King, Jr., Avenue, SE. exhibitors include Minimally Invasive Vascular Center, D.C. Fire and EMS Blood Pressure and Glucose Screening and Fire / EMS Education Dept., Marva Jean Herring, D.D.S. Dental Screen, Dental Screenings courtesy of Howard University Dental School, UDC Speech Pathology (Hearing) Screening Program, Top Banana Home Delivered Groceries, Legal Counsel for the Elderly & Ombudsman Long-Term Care Program, Serve DC & Public Service Commission and PEPCO. For more information, call 202-563-7225.

COMPLETE HOUSING APPLICATIONS AT DCOA

DC Housing Authority (DCHA) Applications can now be completed at the D.C. Office on Aging for senior citizens age 62 and older and persons living with disabilities. DCOA personnel have been trained and authorized by DCHA to complete applications for residents interested in subsidized housing.

DCHA estimates that there are over 70,000 families and individuals currently on the existing waiting list for housing. In an effort to modify the current list and verify the list for need, DCHA will be closing the application process on April 12 until further notice.

Staff at DCOA will still be completing applications until April 12. For more information, please call 202-724-5626.

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.

500 K Street, NE, Washington, D.C. 20002
202-724-5622 • www.dcoa.dc.gov

John M. Thompson, Ph.D., FAAMA
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.

MAYOR VINCENT C. GRAY

Invites You To The

FY2014 BUDGET TOWN HALL MEETINGS

Town Hall Schedule

WARD 5

Wednesday, April 10th
6:30 pm - 8:30 pm
Luke C. Moore Academy
1001 Monroe Street, NE

WARD 1

Thursday, April 11th
6:30 pm - 8:30 pm
Columbia Heights Recreation Center
1480 Girard Street, NW

WARD 8

Wednesday, April 17th
6:30 pm - 8:30 pm
Turner Elementary School
3264 Stanton Road, SE

WARD 4

Thursday, April 18th
6:30 pm - 8:30 pm
Brightwood Education Campus
1300 Nicholson Street, NW

YOUTH

Saturday, April 20th
11:00 am - 1:00 pm
Charles Sumner School
1201 17th Street, NW

WARD 2

Saturday, April 20th
2:00 pm - 4:00 pm
Charles Sumner School
1201 17th Street, NW

WARD 6

Thursday, April 25th
6:30 pm - 8:30 pm
Capital Hill Montessori @ Logan
215 G Street, NE

WARD 3

Tuesday, April 30th
6:30 pm - 8:30 pm
Alice Deal Middle School
3815 Fort Drive, NW

WARD 7

Thursday, May 2nd
6:30 pm - 8:30 pm
Dept. of Employment Services
4058 Minnesota Ave, NE

BEWARE OF LOTTERY SCAMS

Too many senior citizens are becoming victims of a Jamaican Lottery Scam as reported on the *Today Show* and other news broadcasts in recent months. One of the latest victims is a resident of the Baltimore area who lost \$400,000 in the scam.

The following information is provided by the DC Metropolitan Police Department to make District residents more aware of lottery scams and how to safeguard against them.

Lottery scams are one of the most common scams throughout the US. The approach is made via email, telephone, fax or letter. A good rule of thumb in these situations is to remember if it sounds too good to be true IT IS! Don't let your excitement get the best of you.

Here's how it might happen:

- The suspect tells the victim that he just won the lottery. All he needs to collect the winnings is to wire them the money for taxes and the international conversion fees.
- The suspect requests that money be wired to a Western Union or MoneyGram location based out of the country, usually Canada, the United Kingdom or Nigeria.
- The victim never sees any winnings.

What to do if approached in this manner

Do not send the money. If you really win the lottery, the lottery association will arrange to take the money for the taxes directly out of your winnings.

Should you become the victim of a theft by trick, con man or other theft by deception contact 311, your locate police district or the Financial Crimes and Fraud Unit on (202) 727-4159.

SEARCH FOR MS. SENIOR D.C. 2013

We are looking for Ms. Senior D.C. 2013, maybe you know her. Ms. Senior D.C. is elegant, poised, talented and very active in her community. If you know a District woman age 60 or older who fits this description, and is interested in representing her peers as Ms. Senior D.C., please make sure she is entered in the Ms. Senior D.C. Pageant 2013. Please send an email to darlene.nowlin@dc.gov or call 202-724-5626 for more information.

SMART911: HAVE YOU CREATED YOUR SAFETY PROFILE?

The city has added a new enhancement to our 911 system. Spearheaded by the District's Office of Unified Communications, "Smart 911" enables citizens to register and create a public safety profile complete with photos of family members, medical information, floor plans, pets, and disabilities that can be made available to emergency responders when a 911 emergency call is made.

Actual 911 emergencies are often accompanied by chaos. The more information a caller provides in advance can save precious minutes, their life or the life of someone they love. Today more than 70 percent of incoming calls to 911 are from mobile devices, making it difficult for emergency workers to determine an exact location of the caller. With Smart911, emergency operators and dispatchers will have additional location information about callers that will help speed their response.

It is 100 % private and secure, the information is only made available to emergency providers and is not shared with anyone else; not even available to other city agencies. It does require an email address for registration. Smart 911 will use that email to send a reminder every 6 months asking that citizens verify that the information in their profile is still accurate. This helps guarantee that our responders never receive old or outdated information.

All citizens who live, work, or visit here are encouraged to create their FREE Safety Profile today at www.smart911.com.

Create your Safety Profile for 9-1-1 at www.smart911.com today. Safety starts with you.