



Spotlight on Community Living

Wednesday, November 28, 2012 Serving D.C. residents who are age 18+ with a disability or age 60+ and their caregivers Vol 1, No 2



Executive Director's Message

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

This issue of **Spotlight on Community Living** is about our goal to transform Washington, DC into an "Age-Friendly" city within five years. Mayor Vincent C. Gray recently announced his New Community Living strategic plan for serving seniors and persons with disabilities in the District of Columbia. The essence of this plan is to ensure that DCOA's customers have access to adequate and affordable home and community-based services (HCBS) that promote active, productive living, wellness, socialization, and intergenerational programs. However, the expectation does not stop at HCBS as we all, regardless of age, depend on more than HCBS to survive and maintain a quality life.

I am excited to describe to you the District's Age-Friendly City movement - a movement that will benefit seniors and persons with disabilities! The age-friendly campaign was established by the World Health Organization (WHO). In the United States, WHO has partnered with AARP to identify cities that are willing to transform into age-friendly communities. Sometimes change can be difficult because it involves adapting to new ways of performing functions and interacting with different people. However, I believe that this change is a much needed one for the District of Columbia and one you will support as it will facilitate the transformation of

perspectives so that all will recognize this city's seniors as a primary stakeholder.

In an age-friendly city, the District will address eight domains or areas to receive "makeovers" as identified by WHO. They include outdoor spaces and buildings, transportation, housing, social participation, respect and social inclusion, civic participation and employment, communication and information, and community support and health services. As you can see, every domain impacts a senior in some type of way and our job as the District government is to improve these domains in such a way that it adds value to a senior's quality of living in the District of Columbia. For example, I frequently receive complaints from seniors that certain traffic lights do not allow seniors sufficient time to cross the street. Through an age-friendly city movement, it is the District's job to work with all interested stakeholders to address this as one of many issues that could be easily resolved to promote a safe environment. In another example, we understand that District seniors need more transportation to recreational activities. Well, a solution could be the utilization of idle school buses that could transport seniors to different venues during the day while students are in school.

There are major steps that must be in place in order to realize this age-friendly city

within five years. First, the District government must assemble the Mayor's Age-Friendly City Steering Committee, which will consist of aging service providers, innovation leaders, researchers, advocates, business leaders, and representatives from special populations. Second, the Mayor will commission a comprehensive needs assessment study to examine the District's current efforts related to the aforementioned domains. As part of this assessment, there will be a series of public forums to hear from you to determine what you would like us to include in our plan for an age-friendly city. Third, based on the results of the needs assessment, the steering committee will develop its recommendations for the Mayor's consideration. Finally, the fourth step is to execute our plan to transform the District into an age-friendly community.

I hope that I have given you an adequate snapshot of what our age-friendly city might look like in five years and I trust that you will play an integral role in shaping the future landscape of the District. In the interim, please share your ideas with us about making Washington, DC an age-friendly city by calling us at 202-724-5622. We look forward to hearing from you! Through a collective effort, we will make the District an age-friendly city for all seniors! ~

SUMMER INTERNSHIP FOR STUDENTS WITH DISABILITIES

If you are currently an undergraduate, graduate, or recent graduate and self-identify as a person with any type of disability, you are eligible to apply. American Association of People with Disabilities (AAPD) Summer Internship Program is a ten week experience offering participants an opportunity to work in either the public or private sector. Interns receive a stipend, travel to and from Washington DC, and accessible housing.

AAPD's summer internship program makes the Washington, DC internship experience available to motivated people with disabilities, developing a new generation of leaders and offering host employers access to a talented, diverse work force. Each summer, AAPD places students and recent graduates with all types of disabilities in paid 10-week summer internships in Congressional offices, federal agencies, nonprofit and for-profit organizations. AAPD provides accessible housing, a living stipend, and travel to and from Washington, DC for all summer interns.

DEADLINE: APPLICATIONS MUST BE RECEIVED BY 5:00 PM (Eastern Time) on or before Friday, January 11, 2013.
Email: internship@aapd.com

Apply online at:
<http://www.aapd.com/applicants/summer-internship-applicants.html>

DCOA RECEIVES TOP SCORE

The Grade DC ratings are in for October and the D.C. Office on Aging (DCOA) has received the highest grade for all 10 participating agencies. DCOA scored an "A" overall in its first rating period of the advanced customer-service platform Grade DC, designed to provide the best possible feedback on, and analysis of, service delivery and customer care by District government agencies. This is the highest score of all 10 of the agencies being rated during this period.

DCOA was one of five agencies added to the original five pilot agencies participating in grade.dc.gov. Newly added agencies include the Metropolitan Police Department (MPD), Fire and Emergency Medical Services (FEMS), the Office of Unified Communications (OUC - 911/311) and the D.C. Public Library (DCPL). The original five agencies are the Department of Consumer and Regulatory Affairs (DCRA), the District Department of Transportation

(cont'd on next page)



**Tell Us What You Think!
We Want To Know!**

Four easy ways to give us your feedback:



text (202) 499-2529 tweet @dcagingnews
facebook DistrictofColumbiaOfficeonAging





COMMUNITY EVENTS CALENDAR

NOVEMBER

Ongoing

AARP Legal Counsel for the Elderly's Self Help Office is available by appointment at Iona Senior Services, 4125 Albemarle Street, NW. Seniors can receive answers to legal questions, complete a claims report, write a consumer complaint letter, check for benefits and so much more! Please call Iona at 202-895-9448 for more information.

30th • 11am – 2pm

Councilmember David A. Catania and the Committee on Health will host an education and awareness fair in honor of World AIDS Day 2012. The event seeks to increase awareness about HIV/AIDS and provide crucial information and services to District residents. The fair will take place in the Ground-Floor Atrium of the John A. Wilson Building, 1350 Pennsylvania Ave NW.

DECEMBER

5th • 10am-2pm

Join District seniors from across the city at the Mayor's Annual Senior Holiday Celebration at the D.C. Armory, 2001 East Capitol Street, SE. The event will feature information and senior resource exhibits, free health screenings and immunizations, health and wellness demonstrations, live music and entertainment, a festive lunch and more. For tickets and information, call 202-724-5626.

13th • 11am

Seabury Resources for Aging will present the "Safe During Winter—Lunch and Learn Series" at each of their Ward 5 sites. For more information, contact Vivian Grayton, 202-529-8701.

14th • 9am

Become a DCOA Ambassador! Receive training on government funded resources for senior citizens, the disabled age 18 and older and caregivers. Call 202-724-5622 to register for this or upcoming training sessions. DCOA Ambassador Training will be held at the DCOA headquarters, 500 K Street, NE.

14th • 10am – 2pm

Terrific Inc. will host a Holiday Party for seniors in wards 1 and 4 at the 19th Street Baptist Church, 4606 16th Street, NW. The event will feature a skit "That's My Show." For more information, contact James Thompson at 202-234-4128.

18th • 2 – 4pm

Attend the Seabury Resources Open House at 2900 Newton Street, NE. RSVP to Vivian Grayton (202) 529-8701.

19th • 10am

The Ward 5 Mini-Commission on Aging will meet at Seabury Resources for Aging, 2900 Newton Street, NE. Interested persons may contact Vivian Grayton at 202-529-8701 for more information.

DCOA RECEIVES TOP SCORE *(cont'd from previous page)*

(DDOT), the Department of Motor Vehicles (DMV), the Department of Parks and Recreation (DPR) and the Department of Public Works (DPW).

Grade.dc.gov allows residents to provide feedback on their encounters with participating agencies by text, tweet, Facebook post or by the grade.dc.gov website directly. To provide feedback on customer service or services rendered for DCOA or any other Grade DC agency, visit www.grade.dc.gov.

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.



Commodity Supplemental Food Program (CSFP) Senior Farmers' Market Nutrition Program (SFMNP)



The Commodity Supplemental Food Program provides nutritious food and nutrition education to low-income DC residents: Women who are pregnant, up to 1-year postpartum; Children ages 1 thru 5 years; and Seniors 60 years or older. The Senior Farmers' Market Nutrition Program provides checks to CSFP seniors for the redemption of fresh fruits and vegetables.

Monthly Food Package

- Fruits
- Fruit Juice
- Cheese
- Vegetables
- Low Fat Milk
- Non Fat Milk
- Meat/Fish
- Rice/Pasta/ Potatoes
- Cereal
- Beans
- Peanut Butter

Certification and Distribution Sites

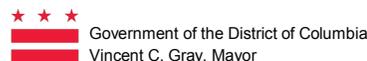
- 2901 14th Street, NW
(202) 265-8200 x307
- 3720 MLK, Jr. Avenue, SE
(202) 715-7695
- 5601 East Capitol Street, SE
(202) 645-6087

Each site is open Monday through Friday, 8:30 a.m. - 4:00 p.m.
For certification, please bring proof of address, income, age, & identification.

For more information, call D.C. Office on Aging at (202) 535-1417



In accordance with Federal law and U.S. Department of Agriculture (USDA) policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint alleging discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (866) 632-9992 (Voice). TDD users can contact USDA through local relay or the Federal Relay at (800) 877-8339 (TDD) or (866) 377-8642 (relay voice users). USDA is an equal opportunity provider and employer.



WORLD AIDS DAY 2012 DECEMBER 1



Get involved and support our campaigns

HIV DOES NOT DISCRIMINATE, GET TESTED TODAY!

According to the 2010 District of Columbia HIV/AIDS Epidemiology Report, nearly 40% of all persons in the District currently living with HIV are over the age of 50 years old.

More and more, older adults are diagnosed with sexually transmitted diseases, including HIV. Older adults are also being diagnosed late in their disease. Untreated, many Older Adults have compromised their quality of life. **TERRIFIC, Inc.'s Older Adults and HIV Program** seeks to educate, offer testing, integrate linkages to care and provide training and support for community providers.



For information on Safe Sex, HIV testing, Older Adult Peer and Support Groups, HIV training and free condoms, contact Susan Shepard at TERRIFIC, Inc. (202) 462-8526 or (202) 234-4128; or visit www.terrificinc.org