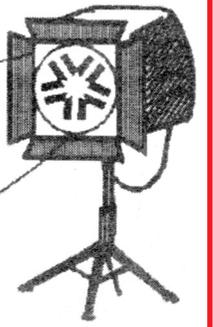




DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XXIV, ISSUE 9

A newsletter for D.C. Seniors

September 2013



EXECUTIVE DIRECTOR'S MESSAGE

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

In this month's edition of "Spotlight on Aging," I would like to share some news about D.C. Office on Aging's (DCOA) partnership with D.C. Public Schools (DCPS) to establish an intergenerational program. This partnership unites awesome and caring seniors with energetic and bright children enrolled in DCPS's Early Childhood Program.

This partnership started in January 2013 at Langdon Education Campus in Ward 5. At Langdon, we were able to recruit senior volunteers to work with 3- and 4-year-old students. Activities included seniors reading to the children and the children reading to the seniors, seniors serving children lunch and snacks, and simply providing them with quality time that is absent in some children's homes.

Based on my conversation with the senior volunteers, they found their experience to be a productive and rewarding one. It was an opportunity for them to give back.

I trust that this provides you with a snapshot of the endless opportunities to influence the life of a child in the classroom. Other seniors have shared ideas about starting a gardening program involving the children. If you have a green thumb and would like to share your expertise, I believe that we can pair you with eager, young children with whom you can spend time as a mentor and broaden their horizons. I know from personal experience that when my daughter was 3 years old, I exposed her to the art of gardening, and now she enjoys planting flowers and picking weeds out of the flower bed.

Gardening may not be your forte, but you may have an interest in exposing children to the arts, history or some other area of interest. This is your golden opportunity to share wisdom, give back in a very meaningful way, and observe how the students benefit from the interaction. I trust that through your efforts, children will be better prepared for kindergarten as they build strength in reading and interacting with people of all ages.

Students went back to school on Monday, August 26, and I am excited to announce that DCOA/DCPS's Intergenerational Program now includes five schools! If you are interested in working with early childhood students, I encourage you to contact Tony Moreno at 202-535-1372 or tony.moreno@dc.gov to get information about how to start the registration and training process.

Rallying for Statehood



Mayor Vincent C. Gray asked citizens to join him for a D.C. Rally for Statehood and Determination, and a march to the Lincoln Memorial for the 50th Anniversary March on Washington Commemoration. Seniors answered the call and assisted with making signs and attending the historic event.



D.C. Commission on Aging Chairperson Romaine Thomas is one of many who attended the rally.

Looking for Exceptional Agers to Help Unlock the Secrets to a Long, Healthy Life

Researchers from the National Institute on Aging want to know why some people live in excellent health into their 80's, 90's and older, while others face failing health much sooner.

To unlock the secret of exceptional aging, researchers are recruiting healthy, active seniors 80 and older into the IDEAL (Insight into Determinants of Exceptional Aging and Longevity) Study. The IDEAL study is part of the Baltimore Longitudinal Study of Aging.

The 'exceptional agers' in the IDEAL study

- can walk a quarter of a mile unassisted without pain or shortness of breath,

- have no significant memory loss or cognitive impairment, and
- have no serious medical conditions.

Those who qualify for this study will receive a complete physical exam every year, including tests of strength, stamina and mental sharpness. This will help researchers observe the aging process and identify the secrets of aging well.

If you or someone you know might qualify as an exceptional ager, learn more at www.blsa.nih.gov. If you are interested in participating in the IDEAL Study, call 1-855-80 IDEAL (1-855-804-3325) to see if you qualify.



GOVERNMENT OF THE DISTRICT OF COLUMBIA

VINCENT C. GRAY, MAYOR

Community Calendar

September events

4th • 10 a.m. to 2 p.m.

Learn more about healthy living at the Langston/Carver Health Fair. Call Vivian Grayton at 202-529-8701 for the location and further information.

6th • 10 a.m. to 2 p.m.

Ward 5 seniors are invited to "Seabury Ward 5 Community Day - Unleash the Power of Movement" at the North Michigan Park Recreation Center, 1333 Emerson St. NE. Make a reservation by calling Vivian Grayton at 202-529-8701

10th • 2 to 4 p.m.

The next part of Iona Senior Service's Livable DC Series is "Prepare to overcome everyday challenges and thrive" with Marlene Berlin, pedestrian safety advocate; Becca Smokowicz, Housing Counseling Services; and Bob Pohlman, Coalition for Nonprofit Housing and Economic Development. This free seminar takes place at Iona, 4125 Albemarle St. NW. To register, call 202-895-9448 or go to <http://iona.org/education-and-events/online-registration-for-free-events.html>.

12th • 10 a.m. to 12 p.m.

The DC Office on Aging (DCOA) Ambassador Program is a free interactive, member-based program designed to reach out to older adults and their caregivers to help them learn about the services and resources available to them through DCOA. If you are interested in expanding your network and educating older adults

about the services and resources available to them, take part in the next ambassador training workshop to learn about all of the programs and services that DCOA offers to the community and how you can become an Ambassador. Call 202-724-5622 to register today.

12th • 2 p.m.

Art Cart: Saving the Legacy is a research project to assist elder artists in documenting their artwork. Join former Iona artists in residence with other program artists in a free panel discussion moderated by Patricia Dubroof, director of the gallery at Iona. Visit the website to see images of the artists' work: www.artsandcultureresearch.org/ac-artists1. The program takes place at Iona, 4125 Albemarle St. NW. To register, call 202-895-9448 or go to <http://iona.org/education-and-events/online-registration-for-free-events.html>.

18th • 9 a.m. to 4 p.m.

The AARP driver safety course, geared for ages 50 and up, will be held at the Washington Senior Wellness Center, 3001 Alabama Ave. SE. A certificate will be given at completion of the course. The cost is \$12 for AARP members; \$14 for non-members. Registration is required. Call 202-575-7711.

18th • 10 a.m. to 3 p.m.

DCOA will partner with the Nineteenth Street Baptist Church Health Ministry, Zion Baptist Church and Zion Baptist Senior Day Program to present a Community Health and Wellness Fair at 4606 16th St. NW. The event will feature flu vaccines, health

screenings, legal counseling and information and resources from government partners, utilities and senior resources. For more information, call 202-829-2773.

18th • 11:30 a.m.

The Delta Towers Senior Nutrition Site will hold a financial fraud seminar. It will be held at 1400 Florida Ave., NE. Call Vivian Grayton at 202-529-8701 for more information.

24th and 25th • 12:30 to 4:30 p.m.

Learn proven safety strategies to maintain your confidence behind the wheel at this AARP driver safety course. It will be held at the Hattie Holmes Senior Center, 324 Kennedy St. NW. The cost is \$12 for AARP members; \$14 for non-members. Space is limited, so register by calling 202-291-6170.

26th • 10 a.m. to 3 p.m.

Vida Senior Center will host a health fair at 1842 Calvert St. NW. Stop by to receive information on health and wellness and receive health screenings. Call 202-483-5800 for more information.

Early October event

6th • 3:30 p.m.

The Choraleers will present the group's annual concert at St. John Christian Methodist Church, 2801 Stanton Rd. SE. For more information about this free concert, call 202- 581-9355

FREE FALL RISK SCREENS

Monday, September 23rd 10:00 AM-2:00 PM

Free Fall Risk Screening open to all DC seniors. Have healthcare professionals check your balance, strength, vision and medications to help prevent falls! Appointments required. Please contact one of the following sites to make your appointment.

Ward 2. Contact Kenyatta Hazlewood
George Washington University Hospital
 900 23rd St. NW
 Washington, DC 20037
 (202) 715-4210
kenyatta.hazlewood@gwu-hospital.com

Ward 4. Contact Teresa Moore
Hattie Holmes Senior Wellness Center
 324 Kennedy St. NW
 Washington, DC 20011
 (202) 291-6170

Ward 6. Contact Sherrel Briscoe
Hayes Senior Wellness Center
 500 K St. NE
 Washington, DC 20002
 (202) 727-0357

Ward 8. Contact Sherry Compton
Congress Heights Senior Wellness Center
 3500 Martin Luther King, Jr. Ave. SE
 Washington, DC 20032
 (202) 563-7725



The Age-Friendly Cities initiative is an international effort to help cities prepare for two global trends: the rapid aging of populations and increasing urbanization. The program targets the environmental, social and economic factors that influence the health and well-being of older adults.

BECOMING AN AGE-FRIENDLY CITY:

Moving to Action

Age-Friendly DC

Event: Age-Friendly DC Senior Forum
Place: The Howard Theatre
 620 T Street NW
 Washington, DC 20001
Date: Saturday, September 21, 2013
Time: 9:30 - 11:30 am
RSVP: Register online: www.dcoa.dc.gov
 or call (202) 724-5622.

For more information, call (202) 741-5875.

Light refreshments will be served.
 Transportation will be provided from select DCOA senior wellness centers and sites.

Please visit www.dcoa.dc.gov for locations and pick-up times.

Together we can make the District of Columbia a friendlier place for all ages



Prepare for Emergencies

National Preparedness Month is an annual campaign to encourage Americans to take steps to prepare for emergencies in their homes, schools, organizations, businesses and communities. One of the key messages is: Be prepared in the event an emergency forces you to be self-reliant for three days (72 hours) without utilities and electricity, water service, access to a supermarket or local services, or without the guarantee that police, fire or emergency medical services will be able to respond rapidly (as is the case in some disasters where sustained dangerous conditions preclude immediate responses). Preparing can start with three important steps:

Make an Emergency Go Kit

Preparing an Emergency Go Kit in advance can save precious time if you must evacuate or seek shelter. Put the following items in a sturdy, easy-to-carry container such as a backpack or suitcase with wheels. Keep your kit in an easily accessible place.

Add the following to your kit:

- At least a three-day supply of water (one gallon per person per day). Store in sealed, unbreakable containers.

- A three-to five-day supply of non-perishable canned food, and a non-electric can opener
- Flashlight
- Battery-powered or hand crank radio
- Extra batteries
- Wrench and/or pliers to turn off utilities
- Whistle to signal for help
- First aid kit
- Prescription medications for at least one week
- List of family physicians, important medical information, and the style and serial number of medical devices, such as pacemakers
- Cell phone charger
- Extra set of eyeglasses, or contact lenses and solution
- Rain gear, sturdy shoes, and a change of clothing
- Blankets, bedding, and/or sleeping bags
- Identification, credit cards, cash
- Photocopies of important family documents including bank and home insurance information
- Extra set of car and house keys
- Local maps
- N95 dust masks to help filter con-

taminated air

- Plastic sheeting, duct tape, and scissors to shelter in place
- Tools: screwdrivers, waterproof matches, a fire extinguisher, flares, plastic storage containers, needle and thread, pen and paper, a compass, garbage bags, moist towelettes, and regular household bleach
- Special items for seniors, family members with disabilities, infants, and young children

Change batteries in all your equipment at least once a year. An easy way to remember is to do it when you turn your clocks back in the fall.

In any emergency you or a family member may be cut, burned, or suffer other injuries. Basic supplies will make you better prepared to help you or your loved ones with injuries.

First aid items you should have:

- Two pairs of Latex, or other sterile gloves (if you are allergic to Latex)
- Sterile dressings to stop bleeding
- Cleansing agent/soap and antibiotic towelettes to disinfect
- Antibiotic ointment to prevent infection
- Burn ointment to prevent infection
- Adhesive bandages in a variety of sizes
- Eye wash solution to flush the eyes or as general decontaminant
- Thermometer
- Prescription medications you take every day such as insulin, heart medicine and asthma inhalers. You should periodically rotate medicines to account for expiration dates
- Prescribed medical supplies such as glucose and blood pressure monitoring equipment and supplies

Make a plan for what to do in an emergency

Below are simple steps to take to ensure you and your family is prepared:

- Program emergency numbers into all phones
- Pick two places where your family will reunite after an emergency: a place near your home and a place outside the District in case you cannot return home after an emergency
- Make sure everyone knows the addresses and phone numbers of both meeting places
- Know and practice all possible exit routes from your neighborhood
- Put important family records (birth certificates, healthcare records, passports) in a safe place, such as a fireproof and waterproof safe or a bank safety deposit box
- Practice your plan with all household members
- Identify an easily accessible location in your home to store your Emergency Kit and make sure everyone in the home is aware of the location

Be informed:

During and after an emergency, it might be difficult to get information or instructions right away. Tune in to the following radio stations, which will broadcast official information and instructions from the District government.

- WTOP 103.5 FM / 103.9 FM
- WAMU 88.5 FM
- WHUR 96.3 FM
- WASH 97.1 FM

Sign up to receive emergency text alerts by visiting <http://alert.dc.gov>.

For more information visit the websites of HSEMA <http://hsema.dc.gov> or call 311.

“Seniors are YOU ready?”



Smart911 means better service for you and your loved ones

Join us for Onsite Registration in your area

- 9/5 1:00 pm Bernice Fonteneau Senior Wellness Center, 3531 Georgia Avenue, NW
- 9/11 10:45 am Congress Heights Senior Wellness Center, 3500 MLK, Jr. Ave., SE
- 9/12 11:30 am Washington Seniors Wellness Center, 3001 Alabama Avenue, SE
- 9/13 10:00 am Kennedy Recreation Center, 1401 7th Street, NW
- 9/17 12:30 pm St. Albans, 3001 Wisconsin Avenue, NW
- 9/18 1:00 pm Model Cities Senior Wellness Center, 1901 Everts Street, NE
- 9/24 10:00 am Hattie Holmes Senior Wellness Center, 324 Kennedy Street, NW
- 9/30 10:00 am Hayes Senior Wellness Center, 500 K Street, NE

Smart911 is a free service brought to you by the
Office of Unified Communications

It is 100% Private and Secure.

Give emergency responders the information they need to help you



Smart911.com
The trusted source of critical data on 9-1-1 callers



311DCgov



SPOTLIGHT ON AGING

Spotlight On Aging is published by the Information Office of the D.C. Office on Aging for D.C. senior residents. Advertising contained in the *Beacon* is not endorsed by the D.C. Office on Aging or by the publisher.

500 K St., N.E.,
Washington, D.C. 20002
202-724-5622 • www.dcoa.dc.gov
John M. Thompson, Ph.D., FAAMA

Executive Director

Darlene Nowlin

Editor

Selma Dillard

Photographer

The D.C. Office on Aging does not discriminate against anyone based on actual or perceived: race, color, reli-

gion, national origin, sex, age, marital status, personal appearance, sexual orientation, familial status, family responsibilities, matriculation, political affiliation, disability, source of income, and 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 subjected to disciplinary action.

The Office on Aging is in partnership with the District of Columbia Recycling Program.