

Spotlight on Community Living

Wednesday, February 5, 2014

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

Vol 2, No 4



Executive Director's Message

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

As this issue of the **Spotlight on Aging** we will focus on "civic engagement." Civic engagement is, "individual and collective actions designed to identify and address issues of public concern." In our community, some of the concerns germane to our seniors include social isolation, poor quality health, uninhabitable homes needing repairs, and stresses related to caring for a loved one or raising a grandchild. Through civic engagement, caring seniors can play a significant role in helping fellow seniors in meeting their many different needs.

According to research, seniors can improve their overall emotional wellbeing by being engaged in volunteer opportunities to positively contribute in

their communities. Other research studies have established that creating and bolstering opportunities for continued civic engagement exhibits a strong positive association with seniors' physical health and functioning, life satisfaction, subjective wellbeing, and mortality. Another benefit of seniors being engaged in their communities is that they do not become susceptible to social isolation as they are physically connected with their communities. Thus, it only makes sense for DCOA to continue promoting civic engagement. One ideal approach for getting our seniors and other citizens involved is through DCOA's Ambassador Program.

As you may recall, DCOA launched the Ambassador

Program exactly two years ago this month. This was an awesome opportunity to move the agency forward as it sought new ways to link volunteers to seniors who had not received services from the agency. The agency's Ambassador Program creates a safety net in the District to respond to the unmet needs of seniors, persons with disabilities and family caregivers in the community. Since February 2012, the agency has trained hundreds of volunteers and looks forward to training more individuals who are passionate about helping the District's citizens with accessing long-term services and supports and respite through DCOA.

Civic engagement is a positive movement across

the country. We have an opportunity to capitalize on the momentum in the District of Columbia. However, it takes sacrifice, passion, and a commitment to want to serve others, especially those who simply need a helping hand. I view civic engagement as a win-win situation for the giver and the receiver. For the receiver, there is an unmet need that is being addressed. For the giver, it is a sense of accomplishment and a chance to simply do something good for someone.

If you or someone you know is interested in becoming a DCOA Ambassador, please contact Darrell Jackson, Jr. at 202-724-5622. I look forward to meeting you at an upcoming Ambassador Program Training! ~

DCOA PROGRAM WORKS WITH HOSPITALS TO SUCCESSFULLY DISCHARGE PATIENTS

In FY 2013, approximately 86 persons received assistance through the DCOA Hospital Discharge Planning Program.

An initiative to assist hospitals in DC with their discharge planning process, the program offers support to seniors age 60 and older and persons with disabilities age 18 and older as they transition from the hospital into the community. Providing assistance is vital so that residents can live independently in the community for as long as possible.

Effective discharge planning can decrease the chances that a patient is re-admitted to the hospital, help in recovery, ensure medications are prescribed and administered correctly, and ensure adequate preparation of the patient or caregiver to be able to attend to the patient's needs.

DCOA IN THE COMMUNITY

Recently, DCOA held a Community Health and Wellness Fair at the Hattie Holmes Senior Wellness Center. The purpose of the health fair was to encourage seniors to educate themselves about health needs and health services the District provides.

Information exhibits and health screenings included blood pressure and glucose checks by the D.C. Fire and EMS, glaucoma screening by the Prevention of Blindness Society and vision screening by Walmart Pharmacy. Additionally, DCOA, D.C. Board of Elections and Ethics, D.C. Homeland Security and Emergency Management Agency, Office of the Peoples Counsel and ServeDC all provided information and



(Below) Mayor Vincent C. Gray, DCOA Executive Director John M. Thompson and Ms. Senior D.C. Nancy A. Berry pose with centenarian Laura Griffin in Fort Lincoln.

resources on their programs and services.

If you are interested in hosting a health and wellness fair in your community, contact Alice Thompson at 202-535-1321 or alice.thompson@dc.gov.



- Elicits patients' input and encourages them to request discharge planning if a referral has not already been made
- Develops a comprehensive assessment, information and education program to support patients and caregivers
- Creates strong, collaborative discharge team to support the patients and caregiver's goals and needs during the discharge planning process. Ensure that resources are available to meet the patient's discharge goals.

For more information or to get assistance with a hospital discharge plan, call 202-724-5626. ~





COMMUNITY EVENTS CALENDAR

FEBRUARY

6th • 12 - 2 pm

A community health and information fair will be held at the Holy Temple Church of Christ, 429 12th St. NE. For more information, call Alice Thompson at 202-535-1321.

10th • 11 am

Seabury Resources for Aging presents Ward 5's Healthy Heart Day at nutrition sites. For locations and more information, call Vivian Grayton at 202-529-8701.

11th • 11:30 am

Enjoy a black history program sponsored by the Choraleers of the Washington Seniors Wellness Center. The program features lecturer Ben Wright on remembering Emmett Till,

along with songs, drama and dance. The Washington Seniors Wellness Center is located at 3001 Alabama Ave. SE. For more information, call 202-581-9355.

12th and 26th • 6:30 – 8 pm

A new discussion group for adult children of parents with memory loss meets on Wednesdays Feb. 12 and 26 and continues on March 12 and 26 at Iona Senior Services, 4125 Albemarle St. NW. The group is designed for participants interested in learning ways to cope with challenging behaviors, situations, and emotions presented by a parent with declining memory. The series is free, but space is limited. To register, call 202-895-9448.

13th • 10 am

A black history program will be presented at the Center for the Blind & Visually Impaired, 2900 Newton St. NE. For more information, call Vivian Grayton at 202-529-8701.

13th

The East River Family Strengthening Collaborative KEEN Seniors Program will host its annual Valentine's Day/Black History Luncheon. The event is free. For the time and location, contact, Robin Gantt, recreational activities outreach coordinator at 534-4880.

21st • 11 am

Learn all about the D.C. libraries at Seabury Resources for Aging's Ward 5 Library Day. For locations and more information, call Vivian Grayton at 202-529-8701.

22nd • 10 am to 12 pm

The Hattie Holmes Senior Wellness Center located at 324 Kennedy Street, NW will celebrate Black History Month with a special program and honored guests. For more information call 202-291-6170.

26th

A community health and information fair will be held in the lobby of the Frank D. Reeves Municipal Center, 2000 14th St. NW. Call Alice Thompson at 202-535-1321 for the time and more information.

PEPCO WARNS CUSTOMERS OF FAKE INVOICES

Pepco is warning its customers that scammers posing as third-party energy suppliers are sending fake utility bills via email to some utility customers around the country. Pepco asks customers to only pay their utility bill by visiting pepco.com or by sending the hard copy of the remittance portion of the invoice through the mail.

Pepco advises customers to ask for official photo identification from any person who shows up at their door. Employees from reputable

companies, such as Pepco, will carry official company identification cards. If proper identification cannot be produced, customers should notify police and the company with whom the individual claims to be associated. If customers have any doubt about the validity of a person's claim to represent Pepco, they should call the company immediately at 202-833-7500. For more information and updates, visit www.pepco.com ~

UPCOMING DCOA PERFORMANCE OVERSIGHT HEARING

The Committee on Health, chaired by Councilmember Yvette Alexander, will convene the Committee's FY '14 Performance Oversight Hearing for the D.C. Office on Aging on Tuesday, February 25, 2014 at 10 am. The hearing will take place in Room 500 of the John A. Wilson Building, 1350 Pennsylvania Avenue, NW.

Persons wishing to testify may contact Ravna Smith, rsmith@dccouncil.us or by calling 202-741-2111. ~

ELECTION YEAR 2014 – APRIL 1, 2014 PRIMARY ELECTION

The Democratic, Republican, DC Statehood Green, and Libertarian parties have qualified to hold primaries to select their party's nominee in the general election for the following partisan offices:

- Delegate to the US House of Representatives
- Mayor of the District of Columbia
- Chairman of the Council of the District of Columbia
- At-Large Member of the Council of the District of Columbia
- Ward 1, 3, 5 and 6 Members of the Council of the District of Columbia
- Attorney General for the District of Columbia (tentatively included pending outcome of Bill 20-134)
- United States ("Shadow") Representative
- United States ("Shadow") Senator
- District of Columbia Democratic State Committee Offices

If you are a voter who is already registered, you must complete any changes to your party affiliation on or before March 3, 2014 in order to participate in the primary election. To confirm your registration, including party affiliation, visit the website at www.boee.org. Registration applications sent by mail must be postmarked by March 3, 2014.

Where and when can I vote?

You have the choice to vote early, by mail, or at your polling place on Election Day. Request your absentee ballot online. All requests must be received by March 25, 2014.

Your voted absentee ballot must be postmarked on or before April 1, 2014 and received by April 11, 2014.

For more information contact: DC Board of Elections

441 4th Street, NW, Suite 250 North, Washington, DC 20001

Tel: (202) 727-2525 | TTY: (202) 639-8916, Toll free: 1-866-DC-VOTES ~

DCOA TO CELEBRATE CENTENARIANS

DCOA is seeking persons age 100 or older to honor at an upcoming event to celebrate the District's oldest residents. If you know of someone that should be honored, please make sure they are registered with the D.C. Office on Aging. To register a D.C. resident call 202-724-5622 or send an email to darlene.nowlin@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

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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.