

Spotlight on Community Living

Wednesday, July 2, 2014

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

Vol 2, No 9



Executive Director's Message

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

In the very first issue of this year, I talked about falls in the home leading to injuries and deaths and encouraged seniors to take advantage of improving their health by joining health and wellness programs and services at any of the District's six senior wellness centers. In this month's issue of the **Spotlight on Community Living**, I would like to revisit the topic of falls as the data that has been presented to me could benefit you.

According to Dr. Roger A. Mitchell, Jr., chief medical examiner of Washington, D.C., there are over 70 seniors who die annually in the District because of a preventable fall. The fall may not necessarily be one that leads to sudden death such as a senior hitting his head on concrete or a hard surface. Instead, it appears that the majority of the seniors who died due to a

preventable fall died because they were comorbid and as a result of the fall, they sustained a fractured hip. Comorbidity, or the state of living with multiple diseases such as congestive heart failure, diabetes, and cancer, combined with a bone fracturing fall can further exacerbate a senior's health condition and lead to death. You can imagine that fracturing or breaking any bone in the body is very painful and the recovery from such injuries can be an uphill battle for some people, especially if they were not active or exercising prior to the fall. Unfortunately, some of these individuals become even less active and, subsequently, gain weight because they are not eating properly. This leads to further worsening of the disease stage in their bodies, which causes them to succumb to death. According to the

chief medical examiner, the cause of death for those who die within a year after experiencing a fall, would be the fall itself.

One may think that 70 seniors out of the nearly 104,000 seniors in the District is not a huge number, but even if one senior died from a preventable fall, that is one too many. Therefore, it is my vision that we decrease the number of reports of seniors dying from a preventable fall to zero as a result of a new initiative that the District of Columbia Office on Aging is rolling out this month. Through the new initiative, DCOA will dispatch an occupational therapist (OT) to a senior's home to conduct a falls assessment. Through the falls assessment, seniors will receive a report with recommendations on how to eliminate fall hazards in their homes.



Dr. Thompson speaks with seniors after the Town Hall at Bernice Fonteneau Senior Wellness Center. Town hall discussions give seniors a chance to provide feedback to DCOA on services at their site and to hear from Dr. Thompson directly.

For example, the assessment might identify an old piece of rug in the kitchen that could cause a senior to slip or phone cords and other wires that could cause a senior to trip and injure himself/herself. The OT may recommend the installation of grab bars in the stairwell or a walk-in tub if a senior is no longer able to lift his leg high enough without tripping

to get in the tub.

I am confident that through this program, seniors can improve the quality of their lives as we remove barriers that prevent them from experiencing injury. Through this initiative, I hope that we can keep every senior safe. Please contact the District of Columbia Office on Aging at 202-724-5626 to sign up for a falls assessment. ~

SENIOR FEST 2014

Mayor Vincent C. Gray greeted more than 1,500 seniors at Senior Fest 2014 hosted by the D.C. Department of Parks and Recreation and the Office on Aging. A special highlight of the day included Councilmember Marion Barry, Ward 8 singing the Blues.

Seniors enjoyed live entertainment, demonstration bingo and visited exhibitors during the event.

Visit our facebook page for more photos from the event. ~



Mayor Gray greeted attendees during Senior Fest hosted by D.C. Department of Parks and Recreation and the D.C. Office on Aging and shared the new services that will be funded in the budget for seniors. He spoke specifically of the expanded services for wellness centers including extended hours for participants.

SENIOR WELLNESS CENTER TOWN HALL MEETINGS

The D.C. Office on Aging Executive Director John M. Thompson, Ph.D. hosts quarterly roundtable discussions with seniors at various senior wellness centers throughout the city. The agency regularly holds these discussions at our senior wellness centers to

ensure that seniors have an opportunity to weigh in on issues that directly impact their lives.

FINAL MEETING:

**July 16, 2014,
11:00 a.m. — 1:00 p.m.**
Washington Seniors
Wellness Center
3001 Alabama Ave, S.E. ~





COMMUNITY EVENTS CALENDAR

JULY EVENTS

12th • 10 a.m. to 4 p.m.

Join in a block party at Nineteenth Street Baptist Church, 4606 16th St. NW. For more information, call Alice Thompson at 202 535-1321.

13th, 20th and 27th • 1 to 5 p.m.

Iona Senior Services presents a series called "OMG! I'm Middle Aged. Now What?" The three-part series examine various aspects of middle adulthood, such as relationships, career, and health and wellness. Group members will receive a notebook full of helpful resources. The fee is \$75. Iona is located at 4125 Albemarle St. NW. Call 202-895-9448 or email registration@iona.org to register.

14th • 11:30 a.m.

Attend a town hall meeting at Kibar Nutrition Site, 1519 Islamic Way NW. For more information, call Vivian Grayton at 202-529-8701.

15th to Aug. 26th • 1 to 3 p.m.

A six-session class called "Mindful Living 101" will be held by Iona Senior Services every Tuesday except Aug. 5 from July 15th to Aug. 26th. Mindful Living explores deeper connection with emotional and physical selves and

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

covers choices in retirement, changes in ourselves and our relationships, and wellness and personal growth. The fee is \$75. Iona is located at 4125 Albemarle St. NW. Call 202-895-9448 or email registration@iona.org to register.

16th • 11:00 a.m.

DCOA will host a Town Hall Meeting at the Washington Seniors Wellness Center, 3001 Alabama Avenue, SE. Senior participants will have an opportunity to provide feedback directly to DCOA John M. Thompson. For more information call 202-581-9355.

16th • 11:30 a.m.

Learn about medical identity theft at Ward 5 nutrition sites. For more information, call Vivian Grayton at 202-529-8701.

21st • 11:30 a.m.

Attend a town hall meeting at Delta Towers Nutrition Site, 1400 Florida Ave. NW. For more information, call Vivian Grayton at 202-529-8701.

BECOME A DCOA AMBASSADOR

Are you interested in making a difference in your community? Train to become a DCOA Ambassador and help connect your neighbors, friends and family members to connect to DCOA programs and services. DCOA has valuable programs, services and resources to help residents age 60 and older remain in their communities and

assistance for their caregivers. Resources are also available for persons living with disabilities age 18 and older.

Call 202-724-5622 to register for an upcoming training. ~

TRAINING DATES:

July 17, 2014, 10 a.m. - 12 p.m.
August 21, 2014, 10 a.m. - 12 p.m.

ARE YOU INTERESTED IN SERVING YOUR COMMUNITY AS AN AGING ADVOCATE?

The District of Columbia Commission on Aging is a citizen's advisory group to the Mayor, Council of the District of Columbia, Office on Aging, and the general public on the needs and concerns of older Washingtonians. The Commissioners serve as advocates on behalf of the District's nearly 104,000 seniors and accomplish their responsibilities through outreach to individuals and institutions, as

well as to groups and governments. The Commissioners are appointed by the Mayor with the advice and consent of the Council of the District of Columbia.

For more information and to apply to become a member, visit the Office of Boards and Commissions' (OBC) website <http://obc.dc.gov/page/obc-application-form-and-guide-eligibility>. ~

HOSPITAL TRANSITION CARE TEAM

The ADRC Hospital Transition Care Team of the D.C. Office on Aging collaborates with hospitals in DC to offer support and necessary resources to seniors ages 60 and over and persons living with disabilities ages 18-59 as they transition from the hospital into the community.

We link these persons and their

caregivers with support services such as: personal care, housing, transportation, benefits assistance, respite, recreational/social activities and much more.

If you need assistance when being discharged from the hospital, call 202-724-5626. ~

SCHOLARSHIP ON HEALTH AND DISABILITY

The American Association on Health and Disabilities Frederick J. Krause Scholarship on Health and Disability is awarded annually to a deserving student with a disability who is pursuing undergraduate/graduate studies (must be at least enrolled as a Junior in college) in an accredited university who is pursuing studies related to the health and disability, to include, but not limited to public health, health promotion, disability studies, disability research, rehabilitation engineering, audiology, disability policy, special education and majors that will impact quality of life of persons with disabilities. ~

- Applicant must have a disability;
- Applicant must be enrolled FULL TIME as an undergraduate student (junior standing and above) or enrolled PART TIME or FULL TIME in a graduate school;
- Preference is given to students majoring in a field related to disability and health (see Scholarship Program Criteria above);
- Applicant must be a US citizen or legal resident living in the US and enrolled in an accredited United States university.
- Funds are limited to under \$1,000

The 2014-2015 Scholarship Award will be awarded January 2015. It is the discretion of the Scholarship Committee to determine how many scholarships will be awarded each year and the amount of each scholarship.

Applications are due November 15, 2014.

For more information, visit www.aahd.us or call (301) 545-6140. ~

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.