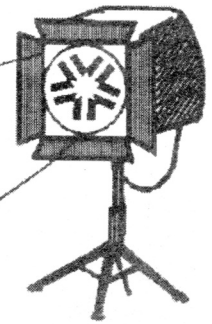


DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XXV, ISSUE 3

A newsletter for D.C. Seniors

March 2014



EXECUTIVE DIRECTOR'S MESSAGE

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

In this issue of "Spotlight on Aging," I would like to discuss hoarding. According to the Mayo Clinic, "hoarding is the excessive collection of items, along with the inability to discard them." Hoarding is referred to as compulsive hoarding syndrome and may be a symptom of obsessive-compulsive disorder.

Individuals who hoard do not perceive that they have a problem with collecting unnecessary items; therefore, loved ones intervening experience challenges in trying to clean their homes.

Let me clarify, a hoarder differs from a collector. A collector is a person who accumulates items, such as model trains and stamps, and deliberately searches for specific collector items of value and proudly displays them.

A hoarder's home is cluttered with random items, such as newspapers, magazines, junk mail, greeting cards and other items stacked on the countertops, sinks, stoves, desks, floors, tables, chairs and other furniture. A hoarder's rationale for keeping all of these items is because it is of value and may be useful in the future.

A hoarder also has difficulty with organizing items and may move items from one stack to another, but refuses to discard any items. Such individuals have excessive attachment to possessions and are uncomfortable when others touch or borrow their belongings.

In a study conducted by researchers Steketee, Frost and Kim (2001), clutter significantly prevented many seniors from functioning effectively at home. For example, hoarders were unable to sleep in their beds because their beds were covered with random items; therefore, they slept in a chair or couch.

In some cases, some seniors had so much clutter in their homes that they were climbing over these items just to get to another room. This is very dangerous, as seniors could fall and break a hip or arm while climbing over these items.

Beyond clutter posing a fall hazard, it is also a fire hazard. Many collected items such as newspapers, magazines and junk mail could quickly fuel a fire, and can make it very difficult for the seniors to safely exit the home and for firefighters to enter the home to extinguish the fire. Lastly, those who hoard are reluctant to allow people into their homes, which could lead to increased social isolation.

If you know of someone who is a hoarder, I encourage you to talk with a doctor as soon as possible. This is an opportunity for a medical professional to intervene and assist the senior with coping with compulsive hoarding syndrome. I also encourage you to contact the D.C. Office on Aging to learn about available resources for assisting seniors with organizing their homes into a safe and productive environment.

Lunar New Year



Mayor Vincent C. Gray celebrated with seniors at the Wah Luck Lunar New Year event.



The Lunar New Year Celebration at the API Senior Services Center included dance and activities, such as this tai chi presentation.

Election Workers Needed for the April 1 Primary

The Board of Elections needs your help! Become an active participant in the electoral process. Sign up to become a poll worker.

You will receive training and a small stipend, up to \$160, for training, setting

up the polling place, and working the entire day on Election Day, April 1, 2014.

The polls are open from 7 a.m. to 8 p.m.

Call the Board of Elections' Poll Worker Hotline at 202-442-4369 for more information.



GOVERNMENT OF THE DISTRICT OF COLUMBIA

VINCENT C. GRAY, MAYOR

Primary Election April 1 Requesting an Absentee Ballot

You do not need a reason to vote by mail, but the Board of Elections must receive your written request **no later than 4:45 p.m. on Tuesday, March 25**. To request an absentee ballot, complete the form online at www.dcboee.org and then print, sign and mail it to the Board or send a letter to: Board of Elections, 441 4th St. NW, Suite 250 North, Washington, DC 20001.

If you send your own letter, you must include the following information:

- Your name, and date of birth
- Your residence address and any change of address
- The address where your ballot

is to be mailed (if different from your residence address)

- Your date of birth
- Your signature

You can request a mail absentee ballot for one election, for all elections held in an entire calendar year, or for all future elections (as a permanent absentee voter).

Your voted ballot must be post-marked by Election Day, April 1 and received at the Board's office by April 11. If you prefer, you may return your absentee ballot by hand to the Board's office or to any polling place by 8 p.m. on Election Day. For more information, please contact the Board of Elections at 202-727-2525.

Learn About Personal Care Attendants

The District of Columbia Commission on Persons with Disabilities invites the community to attend the Personal Care Attendants Community Forum.

Do you or someone you love use a Personal Care Attendant (PCA)?

Come out and hear about the new Personal Care Attendant initiatives, the rights of the consumer, and how the District government is here to help.

Saturday, March 8, 2014 • 1 to 3 p.m.

Old Council Chambers
441 4th St. NW, Washington, DC 20001
(Red line - Judiciary Square Metro station)

For more information or to request reasonable accommodations, please contact Christina Mitchell at 202-481-3877 or christina.mitchell@dc.gov.

DCOA Ranks High in Grade DC

The Grade DC ratings are in for January. DCOA scored a letter grade of "A" overall for the rating period of the advanced customer-service platform. Grade DC was designed to provide the best possible feedback on, and analysis of, service delivery and customer care by District government agencies.

Grade DC allows residents to provide feedback on their encounters with participating agencies by text messages from cell phones, tweets on twitter, Facebook posts, or through the Grade DC.gov website directly.

To provide feedback on customer service or services rendered by DCOA or any other Grade DC agency, visit www.grade.dc.gov.

Voting at an Early Voting Center

You can cast your early ballot at any of the 13 early voting centers throughout the District using the Board of Election's touch-screen voting equipment. The touch screen offers a voter-verifiable paper audit trail of all votes cast.

Each voter will be checked in at the early voting center using electronic pollbooks that are connected together over a secure network so that a voter cannot check in and cast a ballot at more than one location. Please note: It is a crime to attempt to vote twice in any election within the District.

If you want to monitor how the system is working, call the Board's office and ask to serve as an election observer.

Ward 1

Columbia Heights Community Center

1480 Girard St. NW
Saturday, March 22 through Saturday, March 29
8:30 a.m. – 7 p.m.

Ward 2

One Judiciary Square

441 4th St. NW
Monday, March 17 through Saturday, March 29
8:30 a.m. – 7 p.m.
Paper ballots and touch-screen equipment available at this location

Ward 3

Chevy Chase Community Center

5601 Connecticut Ave. NW
Saturday, March 22 through Saturday, March 29
8:30 a.m. – 7 p.m.

Stoddert Recreation Center

4001 Calvert St. NW
Saturday, March 22 through Saturday, March 29
8:30 a.m. – 7 p.m.

Ward 4

Emery Recreation Center

5801 Georgia Ave. NW
Saturday, March 22 through Saturday, March 29
8:30 a.m. – 7 p.m.

Takoma Community Center

300 Van Buren St. NW
Saturday, March 22 through Saturday, March 29
8:30 a.m. – 7 p.m.

Ward 5

Turkey Thicket Recreation Center

1100 Michigan Ave. NE
Saturday, March 22 through Saturday, March 29
8:30 a.m. – 7 p.m.



Ward 6

Kennedy Recreation Center

1401 7th St. NW
Saturday, March 22 through Saturday, March 29
8:30 a.m. – 7 p.m.

King Greenleaf Recreation Center

201 N St. SW
Saturday, March 22 through Saturday, March 29
8:30 a.m. – 7 p.m.

Sherwood Recreation Center

640 10th St. NE
Saturday, March 22 through Saturday, March 29
8:30 a.m. – 7 p.m.

Ward 7

Dorothy Height/Benning Library

3935 Benning Rd. NE
Saturday, March 22 through Saturday, March 29
8:30 a.m. – 7 p.m.

Hillcrest Recreation Center

3100 Denver St. SE
Saturday, March 22 through Saturday, March 29
8:30 a.m. – 7 p.m.

Ward 8

Bald Eagle Recreation Center

100 Joliet St. SW
Saturday, March 22 through Saturday, March 29
8:30 a.m. – 7 p.m.

In the Community



DCOA presented a health and community wellness fair at the Hayes Senior Wellness Center. PEPCO was one of many exhibitors providing information and health screenings to participants and visitors.



DCOA Executive Director John M. Thompson, Ph.D., FAAMA, speaks with seniors during the opening of the North Capitol at Plymouth Residences nutrition site. Mid-day meals will now be available Monday through Friday, from 10 a.m. to 2 p.m.

MARCH IS NATIONAL NUTRITION MONTH

While taste drives most food choices, eating nutrient-rich foods that provide the most nutrition per calorie is one of the best ways to “Enjoy the Taste of Eating Right,” according to the Academy of Nutrition and Dietetics. As part of the 2014 National Nutrition Month theme, the academy encourages everyone to choose the most nutritionally-packed foods you can from each of the five MyPlate food groups every day.

Nutrient-rich foods and beverages provide vitamins, minerals, protein, carbohydrates and other essential nutrients that offer health benefits with relatively few calories. The academy offers the following practical tips to adding nutrient-rich foods and beverages to your daily diet:

- Make oatmeal creamier by using fat-free milk instead of water. Mix in some raisins, dried cranberries, cherries or blueberries, too.

- Make sandwiches on whole-grain bread, such as whole wheat or whole rye. Add slices of avocado, tomato or cucumber to lean roast beef, ham, turkey or chicken.

- When eating out, look for nutrient-rich choices, such as entrée salads with grilled seafood and low-calorie dressing, baked potatoes topped with salsa, grilled vegetables and reduced-fat cheese, and yogurt parfaits made with strawberries and blueberries.

- Drink nutrient-rich, low-sugar beverages, such as low-fat or fat-free milk or 100-percent fruit juice.

- Top foods with chopped nuts or reduced-fat sharp cheddar to get crunch, flavor and nutrients from the first bite.

- Spend a few minutes to cut and bag vegetables so they are in easy reach of every family member. Some ready-to-eat favorites include red, green or yellow peppers, broccoli or cauliflower flowerets, carrots, celery sticks, cucumbers, snap peas and radishes.

- Serve meals that pack multiple nutrient-rich foods into one dish, such as hearty, broth-based soups that are full of colorful vegetables, beans and lean meat. Make chili with a dollop of low-fat yogurt. Serve these with whole-grain breads or rolls.

- For dessert, enjoy a tropical treat by blending mango, plain low-fat milk, ice and a splash of pineapple juice, or stir chocolate syrup into a cup of coffee-flavored yogurt, freeze and enjoy.

The Office on Aging funds more than 50 group meal sites and provides homebound meal delivery for the frail elderly in the District of Columbia. To find out how you can enjoy a nutritious mid-day meal and/or a culturally sensitive meal near you, contact the D.C. Office on Aging Information and Assistance Unit at 202-724-5626.



Volunteer for Age-Friendly DC Block-by-Block Walk

What do you see when you walk around your neighborhood? What about other parts of the city where you may shop, visit friends, or go to medical appointments?

The Age-Friendly DC Block-by-Block Walk, taking place March 20 to April 15, will use volunteers to document what you and others see so that decisions can be made about needed improvements using real-time information.

The walk will also document what is good (great!) about neighborhoods across the District of Columbia. Examples of what Age-Friendly DC Walk organizers are looking for:

- Unsafe sidewalks
- Accessibility of retail outlets and social services
- Personal and pedestrian safety

Want to do more than volunteer? Join the effort as a team leader. Team leaders get special training — though anyone is welcome to participate in the training sessions.

The next training is on Tuesday, March 11 from 7 to 9 p.m. (training is at 8 p.m.) at the Brightwood Community Association meeting (St. Johns United Baptist Church, 6343 13th St. NW)

Register to volunteer and/or to participate in the training by visiting www.agefriendly.dc.gov.



Community Calendar

4th and 18th • noon

Caregivers can get valuable information and resources to assist them with their caregiving responsibilities during the D.C. Caregivers Online Chat at Noon. Log on at noon (or check back at your convenience and hit replay to see what you missed). Visit www.dcoa.dc.gov and click on Online Chat to join the discussion. You may also contact Linda Irizarry at 202-535-1442 or linda.irizarry@dc.gov.

6th, 13th, 20th and 26th • 10:30 a.m.

Learn all about diabetes in a class at the Ft. Lincoln III Senior Nutrition Site, 3298 Ft. Lincoln Dr. NE, each Thursday in March. To register, call Vivian Grayton at 202-529-8701.

8th • 1 to 3 p.m.

The District of Columbia Commission on Persons with Disabilities invites the community to attend a community forum on personal care attendants. It will be held at the old Council chambers, 441 4th St. NW. For more information, call Alice A. Thompson at 202-535-1321.

10th to April 28 • 10:45 a.m. or noon

Choose either session of the weekly "Strength, Balance and Posture" class at Iona Senior Services. Build muscle and improve movement using weights and bands. The instructor works with beginners and advanced students to help them progress at their own rate. Iona is located at 4125 Albemarle St. NW. For more information, call 202-895-9448.

17th • 11 a.m. to 1 p.m.

The Washington Seniors Wellness Center hosts a town hall meeting with Dr. John Thompson, the executive director of the D.C. Office on Aging. The center is located at 3001 Alabama Ave. SE. For more information, call 202-581-9355.

18th • 11 a.m.

The Kibar Nutrition Site, 1519 Islamic Way (4th St.) NW, hosts a seminar titled "Older Adults & Healthy Relations." To register, call Vivian Grayton at 202-529-8701.

19th • 11:30 a.m.

Learn all about the Metro SmartTrip card, including a bus demonstration at the Washington Seniors Wellness Center. The center is located at 3001 Alabama Ave. SE. For more information, call 202-581-9355.

19th • noon

AARP SWWF (Southwest Waterfront) Chapter meets to discuss 2014 goals, resources and services of the Department on Aging, Aging and Disability Resource Center with speaker Dr. Chantelle Teasdale, associate director of the center, and other staff members. The program is presented in conjunction with the 2014 National Women's History Month theme: Celebrating Women of Character, Courage and Commitment. Current AARP members and new prospective members are welcome. The meeting will be held in River Park Mutual Home's community room, 1311 Delaware Ave. SW. For further information, contact

chapter president Betty Jean Tolbert Jones, bettyjeantolbertjones@yahoo.com or 202-554-0901. Cost: \$5 for lunch.

20th

The East River Family Strengthening KEEN Seniors Program will celebrate National Nutrition Month with a "Parade of Aprons Luncheon." Contact Robin Gantt at 202-534-4880, ext. 110, for time and location.

25th • 10 a.m.

Seabury Resources for Aging will host a seminar on diabetes, obesity and heart disease with information provided by WHC Medstar. It will take place at 2900 Newton St. NE. Call Vivian Grayton at 202-529-8701 for more information.

Ongoing

The Washington Seniors Wellness Center offers a new congregate meal program daily. Registration is required for eligible participants, who must be 60 years of age or older and D.C. residents. To register, visit the Washington Seniors Wellness Center at 3001 Alabama Ave. SE or call 202-581-9355.

Ongoing

Seabury's Ward 5 Aging Services Emergency Food Pantry is open from 10 a.m. to 2 p.m. Monday through Friday at 2900 Newton St. NE. Food is free for Ward 5 residents age 60 and older. Food to be distributed on a case-by-case basis. Call Vivian Grayton at 202-529-8701 for more information.

Centenarian Search

The District is searching for *residents who are age 100 or older* to honor during an event planned for this spring. If you know of residents who have *celebrated their 100th birthday by March 30*, please call Darlene Nowlin at (202) 724-5622 or email: darlene.nowlin@dc.gov.

When registering centenarians, please make sure you know the name, birth date and contact information for each individual.

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.,
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202-724-5622 • www.dcoa.dc.gov

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The D.C. Office on Aging does not discriminate against anyone based on actual

or perceived: race, color, religion, 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.**

DCOA Job Announcement

Deputy Chief of Staff

Salary Range: \$91,201 - \$127,662

Closing Date: March 5, 2014

Brief Description of Duties: This position is located in the District of Columbia Office on Aging (DCOA), Office of the Executive Director. This position functions as Deputy Chief of Staff and principal advisor to the Chief of Staff on a variety of major executive policy issues and/or decisions formulated with input of the Chief of Staff. Incumbent performs a variety of authoritative advisory duties within DCOA, as well as outside DCOA on issues in the area of law, policy, plans of action and proper approaches, as they relate to DCOA's projects, initiatives, research and analysis. This is an essential position.

The incumbent advises the Chief of Staff on issues and matters related to policy and legislative review, policy development and implementation, and the interpretation and application of pertinent regulations.

In addition, the Deputy Chief of Staff

- Builds partnerships within the District Government, federal and community organizations to advance DCOA's agenda.
- Acts on behalf of the Chief of Staff in his/her absence.
- Performs other related duties as assigned.

Applications for this vacancy announcement must be submitted online at www.dchr.dc.gov for consideration. Please visit www.dchr.dc.gov to locate partner agencies and community based organizations that provide computer and Internet access.

All inquiries related to employment and job applications should be directed to HR Answers at 202-442-9700.