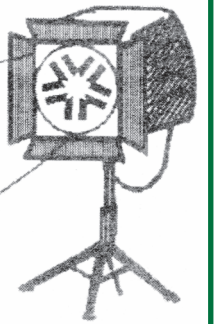


DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XXVIII, ISSUE 3

A newsletter for D.C. Seniors

March 2017



EXECUTIVE DIRECTOR'S MESSAGE

By Laura Newland
Executive Director, D.C. Office on Aging

Thanks to everyone who came out to the Performance Hearing for the D.C. Office on Aging (DCOA), and those who testified before the Committee on Housing and Neighborhood Revitalization and Chairperson Anita Bonds. After more than nine hours of testimony from District residents, seniors and service providers, I think it's safe to say that our community is passionate about making sure the District is a place where all residents have an opportunity to age well and thrive.

I especially want to thank the seniors who were willing to share their stories about the important role DCOA plays in their lives. I know we have work to do, but it's reaffirming to know that so many in our community are truly invested in this process. I look forward to the great work we can accomplish together to make D.C. the best city in the world to age! And we are making great strides.

Last year, we partnered with the Department of Housing and Community Development (DHCD) to pilot a program to reduce the risk of falls and mobility barriers in the homes of qualified seniors and people with disabilities. Thanks to Mayor Muriel Bowser's commitment to aging in place, what was originally planned as a \$1 million pilot, has become the largest DCOA program, with \$8.7 million committed for fiscal year 2017.

This investment is unmatched anywhere else in the country, and will enable more seniors and people with disabilities to remain in their homes and in their communities, where they belong. If you are interested in learning more about the program, contact Home Care Partners at 202-638-0050 for more information on program benefits and how you can apply.

I was also happy to announce that Mayor Bowser has committed \$4 million toward capital improvements of our Senior Wellness Centers. This substantial investment will go towards building upgrades as well as updates to the interior, which participants will help us choose.

My highlight of the hearing was the opportunity to hear so many different perspectives on how best to address the

needs of District seniors and people with disabilities, and the programs that have had an impact on their lives. We heard from seniors who began attending Senior Wellness Centers to exercise, but also found fellowship, new hobbies and a support system. We heard about experiences from a participant at the Deaf and Hard of Hearing Center in Ward 8, who enjoys spending time with other seniors "laughing, and joking, and learning new things."

But we also heard that we need to do a better job reaching underserved and isolated seniors. We need to better engage LGBTQ seniors and ensure they have access to life-sustaining services in a safe and accepting environment. We need to think more broadly about our service-delivery model and ensure equitable access to services across the city. And we need to strengthen our advocacy and ensure that seniors in the District are informed about the policies and issues that will have an impact on their lives.

It's important that we keep these conversations going beyond the Oversight Hearing. These are conversations that need to happen throughout the year in your communities, with your neighbors, families and friends, and with DCOA — particularly during this period of uncertainty at the federal level that may affect the lives of so many District seniors.

Continue to engage with DCOA and tell us about your experiences living in the District. Where do you see yourself in five, 10 and 20 years? What role do you see DCOA playing in your life and your future as you age? How will changes to federal policy change your long-term plans and impact your ability to age in place? These are important conversations that we must have every day.

We'll continue to ask for your feedback and we'll work hard every day to make sure your voices are heard, and that you are driving the conversation around aging. Let's continue to work together, build partnerships, and find new and innovative ways to meet the evolving needs of our community in the District.

Cupid's Kids



Mayor Muriel Bowser delivered Valentine's Day cards made by D.C. Public School students to homebound D.C. seniors at Arthur Capper Apartments in Ward 6. As part of the Cupid's Kids initiative by the D.C. Office on Aging, more than 4,000 Valentines cards were created by students at nine D.C. schools. The cards were delivered to recipients of home-delivered meals, and to case management and Adult Day Health Center clients.

DCOA would like to thank the following schools for helping lift the spirits of many homebound and isolated seniors throughout the District: Aiton Elementary, Beers Elementary, Capitol Hill Montessori at Logan, Garfield Elementary, Hearst Elementary, Hendley Elementary, Ross Elementary, Takoma Education Campus, and Tubman Elementary.

Seeking Centenarians

The D.C. Office on Aging (DCOA) is seeking District residents who are 100 years of age or older to honor during our 31st Annual Salute to Centenarians being held in April.

If you know of residents who will have celebrated their centennial

birthday by April 30, 2017, please call Darlene Nowlin at (202) 724-5622 or email darlene.nowlin@dc.gov.

When registering centenarians, please provide the name, date of birth and contact information for each individual.

Search for Ms. Senior D.C. 2017

Are you a D.C. resident age 60 or older who is actively involved in your community? Are you interested in representing your peers as Ms. Senior D.C. 2017? If so, consider becoming a contestant in the next Ms. Senior D.C. Pageant! We are searching for the elegant lady who will represent the District of Columbia as Ms. Senior D.C. 2017. Contestants are judged on a personal interview, their



philosophy of life, their talent and evening gown presentations. The winner will represent the District of Columbia and compete in the Ms. Senior America Pageant. For more information on how to sign up, please call DCOA at 202-724-5622, email darlene.nowlin@dc.gov, or visit www.dcoa.dc.gov to complete an application.



GOVERNMENT OF THE DISTRICT OF COLUMBIA

MURIEL BOWSER, MAYOR

D.C. OFFICE ON AGING NEWSLETTER

Community Calendar

March events

9th, 16th, 23rd, 30th
5 to 7 p.m.

This spring, Iona's Take Charge/Age Well Academy is offering a new series for women who identify as lesbian/gay/bisexual/trans/queer older adults. "LGBTQ Women, Take Charge of Your Aging" will provide successful aging guidance and inspiration in a positive and supportive setting. Learn about adequate available housing, identify long-term care options, and explore the legal, financial, health and life changes associated with aging. The cost is \$60 when you pre-register and pay online. At-the-door fee is \$75. Scholarships are available. Iona is located at 4125 Albemarle St. NW. For more information, contact Elizabeth Frick at community@iona.org or call 202-895-9420.

13th • 11 a.m. to 1 p.m.

The D.C. Office on Aging, the Mayor's Office on Returning Citizens, Serve D.C., D.C. Central Kitchen, DOES Project Empowerment, Metro Access and Transport D.C. will discuss resources and services for inmates who are scheduled to be released. The discussion will take place in the D.C. Jail, located at 1901 D St. SE. If your agency or organization has a program to offer those soon to be released, contact alice.thompson@dc.gov or call 202-535-1321.

15th • Noon to 2 p.m.

The Southwest Waterfront AARP Chapter will present a series of programs at its March business luncheon meeting. The meeting will take place at Riverpark Mutual Homes in the South Common Room, located at 1311 Delaware Ave. SW. For more information, contact Betty Jean Tolbert Jones at bettyjeantolbertjones@yahoo.com or call 202-554-0901

16th • 6 p.m.

The Chevy Chase and Georgetown chapters of NARFE (National Active and Retired Federal Employees) presents Mark Keen, who will speak about "How to Manage Your Finances More Effectively." He will share timely information on financial topics relevant to retirees and those approaching retirement. Keen writes the monthly financial column "Managing Money" for the NARFE Association's magazine. This free talk takes place at Iona Senior Services, 4125 Albemarle St. NW. Non-NARFE members are welcome. For more information, call 202-518-2519.

18th • 9 a.m. to 3 p.m.

The Mount Sinai Baptist Church will hold a community health and wellness workshop. The church is located at 1615 3rd St. NW. For more information, call Jacqueline Nelson at 202-635-4962

18th • 3 to 3:35 p.m.

The D.C. Office on Aging will hold a presentation on their resources and services at the Kappa Alpha Psi Fraternity, located at 1708 S St. NW.

24th • 5:30 to 8:30 p.m.

Model Cities Senior Wellness Center, located at 1901 Evars St. NE, will host Happy Hour. Come get your dance on with music by DJ Tyzer. The donation of \$10 includes a light buffet and non-alcoholic frozen drinks. For more information, call 202-635-1900.

27th • 10 to 11:30 a.m.

The D.C. Office on Aging, the Mayor's Office on Returning Citizens, Serve D.C., D.C. Central Kitchen, DOES Project Empowerment, Metro Access and Transport D.C. will discuss resources and services for inmates who are scheduled to be released. The discussion will take place in the D.C. Jail located at 1901 D St. SE. If your agency or organization has a program to offer these soon to be released, contact alice.thompson@dc.gov or call 202-535-1321.

March is Women's History Month

Remembering the Honorable Hilda H. M. Mason Five-Term, At-Large D. C. Councilmember (June 14, 1916 - Dec. 16, 2007)

Hilda H. M. Mason was a veteran of the civil rights movement, an inspiring teacher, a formidable D.C. Council Committee chairman, and the self-described "Grandmother of the world."

In 1947, Hilda moved to Washington, D.C. and was accepted at Miner Teachers College, where she earned a B.A. in Elementary Education. She was immediately hired by the D.C. Public School System as an elementary school



teacher, where she soon developed a reputation as a skilled, resourceful teacher, dedicated to improving the academic achievement of the students in her classrooms. By the spring of 1957, she earned an M.A. in Elementary Education from the D.C. Teachers College.

Hilda and her husband Charlie Mason contributed money to the civil rights and the anti-poverty movements for more than four decades in order to help bring about equal rights, equal opportunities, and equal justice for Americans of African descent, and an end to poverty among all peoples. Hilda and Charles Mason were also instrumental in the creation of the University of the District of Columbia in the 1970s, and what became the David A. Clarke School of Law in the 1980s.

As Hilda's involvement in community issues grew, she was urged to run for

the Board of Education, and was elected to represent Ward 4 on the Board in

1971. Hilda went on to be re-elected to the Board of Education in 1975. She helped fight for greater involvement of parents and the community in the education decision-making process; adequate funding for schools; periodic health examinations of students; further emphasis on extending the age range of the student population, particularly

by increasing the availability of early childhood education; reduction in class sizes; and equalization of resources between schools in lower-income areas of the city and schools in more affluent areas.

When At-Large Councilmember Julius Hobson died in office in 1977, Hilda was chosen by the Statehood Party to succeed him. She was elected to the seat in a special election in July 1977. Hilda went on to be re-elected to the At-Large seat in 1982, 1986, 1990 and 1994. In fact, in 1990, Hilda beat Marion Barry in a head-to-head race, winning her fourth term as an at-large member of the D.C. Council, and garnering the distinction of being the only politician to defeat Marion Barry in a D.C. election! In that showdown, the "Grandmother of the World" beat the "Mayor for Life."

SPOTLIGHT ON AGING

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

Saluting Wellness Event Providers



Each month, the Office on Aging presents health and wellness events across the city with the help of many government and community partners.

A special thanks to the Mayor's Office of Community Relations and Services, D.C. Department of Insurance, Securities and Banking, D.C. Department of Homeland Security and Emergency Management Agency, Serve D.C., D.C. Public Service Commis-

sion, Office of the Peoples Counsel, D.C. Yellow Cab, Metro Access, Legal Counsel for the Elderly, The American Kidney Fund, Center for Vein Restoration and others for their commitment to providing free health screenings, information and resources to the community.

If you are interested in hosting an event, contact alice.thompson@dc.gov or 202-535-1321.