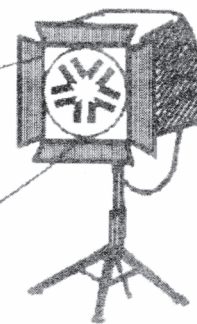


DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XXVII, ISSUE 11

A newsletter for D.C. Seniors

November 2016



EXECUTIVE DIRECTOR'S MESSAGE

By Laura Newland

Executive Director, D.C. Office on Aging

Happy Thanksgiving! This is my favorite time of the year. Not only do we take time out to give thanks with and for our loved ones, but it's also a time to show appreciation for those who dedicate their lives to caring for others. November is National Family Caregivers Month and National Adoption Awareness Month.

Many of you have heard me share stories about my childhood and my parents, but you may not know that I was adopted as a child. So I am especially appreciative of those who are committed to providing a safe, stable and loving environment to others in need.

During this past year, I've had the opportunity to speak with many of you about your lives. I've realized that there's a particular segment of our senior population who may feel overlooked — grandparents caring for grandkids. Recently at one of our Town Hall meetings, I was asked what types of resources the Office on Aging provides for seniors who are raising a second generation. While DCOA provides assistance and support specifically to relatives who are caring for their loved ones with various needs, I'll admit that there's more work to be done to support grandparents raising grandkids.

According to the 2010 Census, there are more than 2.7 million households in the U.S. with grandparents raising their grandchildren. There were more than 6,000 children under the age of 18 living in grandparent-led households in D.C. as of 2014, according to the Annie E. Casey Foundation Kids Count Data Center.

The District of Columbia Child and Family Services Agency (CFSA) runs a Grandparent Caregiver Program. District residents who qualify for this program may receive monthly financial assistance to help care for children living with them. You can call 202-442-6100 or visit www.cfsa.dc.gov for more information.

You can also contact DCOA at 202-724-5626 or www.dcoa.gov for more information on the caregiver support services available for seniors. If you're interested in adoption or foster care, please contact CFSA at 202-671-LOVE or visit www.adoptdckids.org.

I hope every one of you has a wonderful Thanksgiving. And a very special thank you to caregivers and grandparent caregivers — your contributions are vital to our community. Next time you see me in the community, I'd love to hear from you about how we can serve you better!

Ms. Senior America Pageant

District seniors took Atlantic City by storm during the Ms. Senior America Pageant activities held at the Resorts Hotel Superstar Theater, Oct. 16-21.

Ms. Senior D.C. Billie LaVerne Smith was among 46 contestants to compete during the pageant. Wearing an elegant apple red gown, adorned with rhinestones on flesh tone netting in the front and back that mirrored her tiara, Ms. Senior D.C. presented her philosophy of life, challenging the audience to share their gifts with others.

Playing a jazz number on the piano during the talent segment, Ms. Senior D.C. gave you a taste of Duke Ellington's "Don't Get Around Much Anymore" from the Broadway musical *Sophisticated Ladies*.

Ms. Missouri Senior America Peggy Lee Brennan was crowned the winner of the contest that celebrates the age of elegance for women age 60 and older. Brennan is an actress, dancer and singer, and is most known for her role as Radar's girlfriend in the hit television series *M*A*S*H*.

Representing the state of Maryland, Sherri McGhie, was selected first runner-up, and Elaine Willingham from Alabama was selected second runner-up during the contest.

District dance sensations the MC Steppers danced during the first and second preliminaries and the pageant finals. Each day they donned glitzy, se-



Ms. Senior D.C. Billie LaVerne Smith is pictured with Ms. Florida Senior America Rose Tydus after the crowning of Ms. Senior America Peggy Lee Brennan.

quined costumes and performed a different dance number to the sounds of Stevie Wonder. Their final performance culminated with "Uptown Funk" by Bruno Mars.

Congratulations to Ms. Senior D.C. Billie LaVerne Smith and the MC Steppers, led by choreographer Monica Carroll, for representing their peers during the Ms. Senior America Pageant 2016. We may not have captured the crown, but they definitely know that we have talented seniors here in the District of Columbia!

Adult Day Care

Adult day care programs provide specialized care for dependent individuals who are at risk of nursing home admission. Services may include medical, social, therapeutic and recreational support in a supervised setting. Meals and transportation are provided. There is no fee for service; however, donations are encouraged.

The Office on Aging funds the Downtown Cluster's Day Care Center, Genevieve N. Johnson Senior Day Care

Program, and the Weinberg Wellness & Arts Center to provide adult day health services for persons age 60 and older. We also have worked with our sister agency, the Department of Health Care Finance (DHCF), to enroll Medicaid eligible participants who are age 55 and older into adult day care programs.

The programs provide nursing staff, social workers and others to create a safe environment where mental stimu-

See **ADULT DAY CARE**, page 45

SAVE THE DATE!

Mayor's Annual Senior Holiday Celebration

Thursday, December 8 • 10 a.m. to 2 p.m.

D.C. Armory

2001 East Capitol Street SE

Call 202-724-5622 to reserve your ticket today.



GOVERNMENT OF THE DISTRICT OF COLUMBIA

MURIEL BOWSER, MAYOR

Community Calendar

November

8th • 10 a.m. to noon

A Health Benefits and Wellness Fair will be held at 111 Massachusetts Ave. NW. To learn more, contact Linda J. Greene at 202-233-2586.

12th • 4 p.m.

Iona is hosting a ukulele jam and sing-along led by Maureen Andary, an acclaimed ukulele and guitar teacher in the Washington, D.C. area. Bring your own music stand and instrument to join in. Sheet music and light refreshments will be provided. Iona is located at 4125 Albemarle St. NW. RSVP to 202-895-9407.

15th • 2 to 3 p.m.

You can honor your loved one without spending more than you can afford — if you know how to do it. This free 45-minute talk titled, “What Everyone Needs to Know about Planning Funerals,” and Q&A will be presented by the Funeral Consumers Alliance of Mary-

land and Environs (FCAME) and sponsored by Iona's Take Charge/Age Well Academy. The talk will take place at the Tenley Friendship Library, 4450 Wisconsin Ave. NW. Pre-registration is appreciated. Contact Elizabeth Frick at community@iona.org or 202-895-9420.

16th • 10:30 a.m. to 2 p.m.

The D.C. Office on Aging, in Collaboration with Community Preservation & Development Corporation and the Overlook Senior Apartments, present the 2016 Community Health, Wellness and Informational Fair. It will be held at 3700 9th St. SE. For more information, contact Katrina Polk at 202-870-6974 or Jeanette Covington at 202-907-2324.

16th • 11 a.m.

The Center for the Blind & Visually Impaired's Low Vision Support Group meets every third Wednesday of the month. The next meeting will be Nov. 16 at 2900 Newton St. NE. For more information, contact G. Duckett at 202-529-8701.

17th • 5 to 9 p.m.

The Seabury Resources for Aging fundraiser will be held at Madam's Organ restaurant. For more information, contact V. Grayton at 202-529-8701.

19th • 9 a.m. to 2 p.m.

The 12th annual community fair and pre-Thanksgiving dinner will take place at First Rising Mt. Zion Baptist Church, 602 N St. NW. To learn more, email frmz.communityfair@yahoo.com.

20th • 2 p.m.

A free film viewing and Q&A with the filmmakers featuring *Adoption Shorts* by Nicole Burton and *Friends and Adopted: For the Life with Me* by Jean Strauss will be held at Iona Senior Services. The latter film follows Dave and Joe as they embark on journeys to find their origins. Their heartwarming sagas, with their unexpected and moving conclusions, illuminate the impact secrets can have over an entire lifetime. Iona is located at 4125 Albemarle St. NW. To RSVP, call 202-895-9407.

21st • 6 to 7 p.m.

A presentation on resources and services provided by the District of Columbia Office on Aging will be made to the Capitol View Civic Association at Hughes United Methodist Church at 53rd and Ames Streets NE. For more information, call Alice A. Thompson at 202-535-1321.

22nd • 10 a.m.

The Center for the Blind and Visually Impaired will tour the National Museum of African American History and Culture. For more information, contact V. Grayton at 202-529-8701.

24th • 9:30 a.m. to 2 p.m.

Unity Health Care is partnering with Safeway, Salvation Army and other community-focused organizations to host the Annual Feast of Sharing at Walter E. Washington Convention Center, 801 Mt. Vernon Pl. NW. To learn more, contact Caroline Kuo at 202-717-7984 or ckuo@UnityHealthCare.org.

Adult day care

From page 44

lation and various enriching activities maintain adults with varying levels and forms of dementia.

Music and art therapy, recreational activities and, in most cases, physical therapy are used to stimulate brain activity, socialization, verbalization and encourage interaction with others. Physical therapy, in most cases, is also used to strengthen balance, endurance and gait of participants.

Our programs are also using Linked-Senior — computer software that helps attendees stay mentally engaged. The

software offers tools to help them reminisce through songs and movies.

Participants can also work independently or in groups on games like Armchair Travel or Jeopardy. You are probably familiar with Jeopardy, where there are categories or clues, but Armchair Travels allow participants to share thoughts and memories of places and helps those around them to feel as if they have traveled to these destinations themselves.

Each center also offers activities that are unique to that location.

If you are looking for a place to send your loved one during the day, or a way to keep them from being sent to a nurs-

ing home prematurely, check out one of three DCOA-funded centers to provide that break or solution you need.

Downtown Cluster's Day Care Center

Asbury Methodist Church
926 11th St. NW, DC 20002
202-347-7527

Genevieve N. Johnson

Senior Day Care Program

4817 Blagden Ave. NW, DC 20011
202-723-8537
**Weinberg Wellness &
Arts Center**
4125 Albemarle St. NW, DC 20016
202-895-0238

SPOTLIGHT ON AGING

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

tual 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.**

Moving toward becoming a World Class Age-Friendly City

Age-Friendly DC is leading the charge to transform the District into an easier place to grow older. Join us at a series of community meetings to learn about what has been happening and share your feedback.

Obtain a copy of the Age-Friendly DC 2016 Progress Report by joining us at one of these DC Public Library gatherings or view soon at <http://agefriendly.dc.gov>.

You are invited to join Age-Friendly DC at these neighborhood libraries. Catch up on what DC residents, community organizations and DC agencies are doing to implement this World Health Organization-inspired initiative.

Ward 6 – November 2 – 5:30 p.m. Southwest

900 Wesley Place, SW

Ward 3 – November 5 – 12:30 p.m. Tenley-Friendship

4450 Wisconsin Avenue, NW

Ward 5 – November 10 – 4:30 p.m. Woodridge

1801 Hamlin Street, NE

Ward 7 – November 15 – 4:00 p.m. Benning (Dorothy I. Height)

3935 Benning Road, NE

Ward 1 – November 15 – 4:30 p.m. Mount Pleasant

3160 16th Street, NW

Ward 8 – November 15 – 5:30 p.m. Anacostia

1800 Good Hope Road, SE

Ward 2 – November 16 – 5 p.m. Georgetown

3260 R Street, NW

Ward 4 – November 19 – 10 a.m. Shepherd Park (Juanita E. Thornton)

7420 Georgia Avenue, NW

**Questions? Call Age-Friendly DC at
(202) 727-7973 or
email agefriendly@dc.gov.**

Age-Friendly DC
WE ARE DISTRICT OF COLUMBIA
GOVERNMENT OF THE
DISTRICT OF COLUMBIA
MURIEL BOWSER, MAYOR

