



DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



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A newsletter for D.C. Seniors

October 2016



EXECUTIVE DIRECTOR'S MESSAGE

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

Fall is here! I had the TV on the other night, and I looked up and realized with horror that QVC was selling Christmas trees and Christmas decorations. In September. We live in a culture that's always pointing us to what's next — the next big thing, the next big event, the next big whatever. And somehow we miss all the in-between things and wonder where our days went.

One of the things that I love about this job is that when I see you out in the community, you remind me over and over that I need to remember that what happens now is important. That yes, it's good to be strategic and plan ahead, but I can't forget that what we do today is critical for seniors, people with disabilities, and their caregivers living in the District. We can't wait for a year from now, five years from now, to be great. You need us to be there for you today.

I've started asking people in my life, and people I meet, about how connected they are to services where they live and what they wish they knew. Over and over, people tell me that they wish they had a reliable source of information for caregiver support. Caregiving is a relationship. A critical one that holds our families and communities together.

Several years ago, my dad got really sick really quickly for no identifiable reason and spent time in an intensive care unit. It

was terrifying. I shared caregiver responsibilities while he was at the hospital and when he was moved back home for a short period of time. Taking care of my dad changed our relationship. And it changed me, too.

My time as a caregiver was short-lived, but I know for many of you, this is an ongoing responsibility. As an agency, we've been thinking quite a bit about the services we provide, and we know that when we serve caregivers, we're serving seniors and people with disabilities. In many cases, it's caregivers who prevent people from living in nursing homes or other long-term care. We need to serve you, too.

If you're a caregiver and interested in knowing what might be available to you (or if you know a caregiver), please call our Information & Assistance line at 202-724-5626. DCOA provides support for caregivers through adult day health programs, respite, and online chats with other caregivers. Check out our website at www.dcoa.dc.gov for more detailed information.

In all of our agency work, we strive to make your lives a little easier, providing support and programs that allow you to have less stress and more information. I hope each of you is able to step outside, breathe in the crisp fall air, and enjoy it for exactly what it is. A perfect fall day.

Town Hall Meetings



DCOA held a series of Aging Services Town Hall Meetings in each ward of the city to present programs, services and the budget. During follow-up meetings, seniors will be asked to provide their feedback on how to best serve seniors.

Scam Related to D.C. Photo Enforcement Tickets

The District of Columbia Department of Motor Vehicles is warning customers about a scam email that claims to be trying to collect money from past due tickets.

Victims of the scam receive an email from info@localmailserver.info, and are told that they have a Notice of Unsatisfied Photo Enforcement Ticket. The notice also directs customers to click the link to "Lost Traffic Tickets."

If you receive this email, DO NOT CLICK THE LINK or reply.

Photo Enforcement tickets are mailed through the United States Postal Service to the address of record based on the tag number. Also, D.C. DMV mails the Notice of Unsatisfied

Photo Enforcement Ticket, and it contains specific information on how to contest the ticket by submitting a request for adjudication.

D.C. DMV only contacts customers via email if they have registered for DC DMV's email ticket alert system (see <http://dmv.dc.gov/service/registration-email-ticket-alert-service-tas>). Then they will receive an email notifying them to log into their account when there is a ticket update.

Customers who receive the scam email notice should report it to the Federal Trade Commission at www.ftc.gov/complaint, which has detailed information for consumers on how to handle such scams.



GOVERNMENT OF THE DISTRICT OF COLUMBIA

MURIEL BOWSER, MAYOR

Community Calendar

October

5th • 11 a.m. to noon

D.C. Office on Aging will make a presentation about its resources and services at Riggs LaSalle Recreation Center, 501 Riggs Rd. NE. For more information, call Alice A. Thompson at 202-535-1321.

5th, 19th, 24th, 25th

Join Seabury Resources for Aging on a trip to the new National African American Museum of History and Culture. The trip leaves from Kibar, 1519 4th St. NE on Oct. 5; from Edgewood Commons, 635 Edgewood Terr. NE on Oct. 19; from Wesley House, 400 Commodore Joshua Barney Dr. NE on Oct. 24; and from Ft. Lincoln I, 2855 Bladensburg Rd. NE on Oct. 25. For additional details, call Norma Hardie at 202-529-8701.

8th • 10 a.m. to 2 p.m.

The D.C. Office on Aging, in collaboration with Gethsemane Baptist Church, will hold an informational event sponsored by the Women's Ministry. The church is located at 5119 4th St. NW. For more information, call Shirley Fields at 202-882-4972.

11th • noon to 2 p.m.

The Capitol Hill Chapter of AARP #2881 meets at Liberty Baptist Church, 527 Kentucky Ave. SE. For more information, call Alice A. Thompson at 202-535-1321.

14th • 8 a.m. to 3 p.m.

The Pepco Energy Assistance Summit will take place at Pepco Holdings, Inc., 2nd Floor Conference Center, 701 9th St. NW. For more information, call Alice A. Thompson at 202-535-1321.

14th • 10:30 a.m. to 2 p.m.

The D.C. Office on Aging, in Collaboration with the Hattie Holmes Senior Wellness Center, will hold a Community Health, Wellness & Informational Fair at the center, 324 Kennedy St. NW. For more information, call Teresa Moore at 202-291-6170.

15th • 11 a.m. to 3 p.m.

Hillcrest Day 2016 takes place at Hillcrest Recreation Center, 3100 Denver St. SE. Contact Michelle Peete at michelleamospeete@gmail.com to learn more.

16th • noon to 4 p.m.

14th Annual Foggy Bottom/West End Neighbor Block Party takes place at I and 22nd St. NW. For more information, email friendsblockparty@gmail.com.

19th • 9:30 a.m.

The Seabury Resources for Aging Ward 5 Advisory Council meeting takes place at 2900 Newton St. NE. For more information, call Norma Hardie at 202-529-8701.

20th • 11 a.m. to 2 p.m.

There will be a combined District of Columbia Retired Educators, Inc. fall membership meeting and D.C. Office on Aging-sponsored Community Health, Wellness and Informational Fair, plus a Walgreens' flu shot clinic, at Nineteenth Street Baptist Church, 4606 16th St. NW. Contact JoAnn Turner, president of DCREA, at 202-526-4953.

23rd • 3 p.m.

The Washington Seniors Wellness Center presents The Choraleers in their 30th annual concert, "Let Heavenly Music Fill the Air," at Westminster Presbyterian Church, 400 I St. SW. Parking on site; or take the Green Line to Waterfront station.

25th • 9 a.m. to 3 p.m.

The Office of Disability Rights, in partnership with several District Government agencies, will host the 9th Annual Mayor's Disability Awareness Expo at the D.C. Convention Center. For more information, call Alice A. Thompson at 202-535-1321.

25th • 6:30 to 8 p.m.

Iona and Brighton Gardens of Friendship Heights are partnering to provide free programs for adult children and other caregivers. The second in the three-part program is titled "Helping a Family Member Who Doesn't Want Your Help." This session will provide strategies for staying effective and involved as a caregiver without burning out. On Nov. 9, the topic will be "Supporting a Family Member with Memory Loss." Both will be held at Brighton Gardens, 5555 Friendship Blvd., Chevy Chase, Md. To register, email registration@iona.org or call 202-895-9409.

26th • 10 a.m. to 3 p.m.

The Quilting Club at Hattie Holmes Senior Wellness Center is hosting a quilt demonstration and workshop. There will be projects on display, giveaways and a raffle. The center is located at 324 Kennedy St. NW. For more information, call 202-291-6170.

27th • 10 a.m. to 2 p.m.

A health and wellness information fair focusing on health education and breast cancer awareness will be held at Petersburg, 3298 Fort Lincoln Dr. NE. For more information, call Norma Hardie at 202-529-8701.

Public hearing on Washington Gas rate hike

The Office of the People's Counsel (OPC) wants District consumers to know that the Public Service Commission has scheduled four community hearings for the public to provide comments on Washington Gas Light Company's (WGL) proposed \$17.4 million rate increase request. Since its initial

filing on February 26, 2016, WGL has increased its request to \$19.9 million.

If the rate case is approved as filed, the average customer's monthly bill could go up about 25 percent beginning in March 2017. OPC has been closely reviewing WGL's request and is working to ensure that consumers

are not hit with an unfair and excessive rate increase and that they receive reliable and safe natural gas service.

People's Counsel Sandra Mattavous-Frye encourages consumers to let their voices be heard by participating in Commission hearings. The dates and locations are:

Wednesday, Oct. 5

Southwest Public Library
900 Wesley Pl. SW
6 to 8 p.m.

Saturday, Oct. 15

Thurgood Marshall Academy
2427 Martin Luther King, Jr. Ave. SE
10 a.m. to noon

SPOTLIGHT ON AGING

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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.**

Breast Cancer Awareness Month

October is National Breast Cancer Awareness Month. Breast cancer is the second most commonly diagnosed cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point.

The good news is that many women can survive breast cancer if it's found and treated early.

Talk to a doctor about your risk for breast cancer, especially if a close family member of yours has had breast or ovarian cancer. Your doctor can help you decide when and how often to get mammograms.

Project WISH

Project WISH (Women Into Staying Healthy) recommends that women 40

and over have a yearly mammogram — unless otherwise recommended by a practitioner. Take time to care for you.

Project WISH is a District breast and cervical cancer screening program for women in the D.C. metro area. Free breast and cervical cancer screening and diagnostic follow-up services are offered to eligible women, 21 to 64 years of age, who have limited health insurance, no health insurance, or only Medicare Part A.

Project WISH also provides patient navigation, transportation assistance, and cancer education to all women enrolled in the program.

Call Project WISH to find out if you are eligible at (202) 442-5900.