

*Celebrating 40 Years*

DISTRICT OF COLUMBIA OFFICE ON AGING

# Spotlight On Aging

VOLUME XXVII, ISSUE 9

A newsletter for D.C. Seniors

September 2016



## EXECUTIVE DIRECTOR'S MESSAGE

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

Thanks to everyone who came out to the Mayor's Fifth Annual Senior Symposium! We had more than 600 seniors and caregivers attend the symposium at the historic Paul Laurence Dunbar High School.

The theme for this year's event was "Healthy Homes. Healthy Hearts. Healthy Living." One of the highlights of the symposium was our guest speaker, Dr. Patricia Davidson, who is a local internist and cardiologist. She gave a great no-nonsense presentation that left everyone thinking about how they eat and how they live their lives — including me! I presented Dr. Davidson with a plaque to recognize her commitment to the District of Columbia and making sure health information is accessible for all of us.

You told me that you wanted a symposium that provided you with useful information — what it means to live healthier, how to connect to community resources, how to access government resources, etc. — so we worked with an advisory panel with seniors from all eight wards on coming up with our programming for the symposium.

I'd like to give special thanks to our government and community partners who served on panels and provided information at the exhibit hall. Our partner agencies do a LOT for seniors in the community (and some even fund DCOA programs like Safe at Home, which is funded by the Department of Housing and Community Development, and the Aging and Disability Resource Center, funded by the Department of Health Care Finance!), and I'm glad you got to see for yourself the good work that they're doing and how

committed we all are in District government to making sure you're living well.

The Senior Symposium began a great discussion about healthy aging in the community, and we want to continue the conversation. Over the past year, I've told you that I want to hear more from you directly about what we're doing, and how we're doing it. Four times a year (once a quarter), I hold town halls at our senior wellness centers. This fall, I'm upping the ante.

DCOA is going to host a two-part Senior Services Town Hall series in September and October on senior services in the District. The first conversation will provide information about DCOA's services (and how funds are allocated), trends in the District, and other useful information needed to start thinking about the entire system of services and supports.

During the first meeting, we'll identify community volunteers to lead a conversation with the group that will then be translated back to me in a presentation a couple weeks later — about the current services, whether we should make any changes (and if so, what they are), how to prioritize people needing services when services reach capacity, and whatever else you think I need to do about the services we offer and how you receive those services.

I know you have a lot of ideas — I've heard from many of you already — so I really want to know your thoughts based on your experiences and what you know you and your friends and family will need further down the road. My executive team

## Walgreens Flu Clinics at Senior Wellness Centers

The D.C. Office on Aging will partner with Walgreens to hold Flu Clinics at the following locations:

### Wednesday, Sept. 7

Hattie Holmes Senior Wellness Center  
324 Kennedy St. NW, Ward 4  
Time: 10 a.m. to 2 p.m.  
Contact: Teresa Moore, 202-291-6170

### Monday, Sept. 12

Bernice Elizabeth Fonteneau Senior Wellness Center  
3531 Georgia Ave. NW, Ward 1  
Time: 10 a.m. to 2 p.m.  
Contact: Michelle Singleton, 202-727-0338

### Tuesday, Sept. 13

Model Cities Senior Wellness Center  
Time: 10 a.m. to 2 p.m.  
1901 Everts St. NE, Ward 5  
Contact: Stacie Macke, 202-635-1900

### Wednesday, Sept. 14

Hayes Senior Wellness Center  
500 K Street, NE Ward 6  
Time: 10 a.m. to 2 p.m.  
Contact: Andre Lane, 202-727-0357

Vaccines are also open to all D.C. Office on Aging Employees.

### Thursday, Sept. 22

Behrend Adas Israel Senior Fellowship  
2850 Quebec St. NW, Ward 3  
Time: 10 a.m. to 12:30 p.m.  
Contact: Kimberly Cauthen, 202-230-1742

### Friday, Sept. 23 or Friday, Sept. 30

Congress Heights Senior Wellness Center  
3500 Martin Luther King, Jr. Ave. SE, Ward 8  
Time: 10 a.m. to 2 p.m.  
Contact: Regina Jeter, 202-563-7225

### Wednesday, October 5 or Thursday, October 6

Washington Seniors Wellness Center  
3001 Alabama Ave. SE, Ward 7  
Time: 10 a.m. to 2 p.m.  
Contact: Tamika Tyree, 202-581-9355

and I will be leading the conversation in each ward in the city, and I'll be at the community presentation in each ward because I want to hear from you directly. This is the first time we've tried something like this, so I'm excited to hear from you about what's important to you.

This will definitely require commitment from you to make this work, but I know you're up to the challenge! You've heard me say over and over that the foundation of making the Dis-

trict the best place in the world to live and age well is strong community investment. I know we have that foundation here, and I'm looking forward to hearing your thoughts on what would make DCOA even better. Thanks for joining me in this important work, and I look forward to seeing you in the community! To find dates, locations, and other important details about the Senior Services Town Hall series, please visit [www.dcoa.dc.gov](http://www.dcoa.dc.gov) or ask your local senior wellness center.



# Senior Farmers Market Nutrition Program Information

## Dear Grocery Plus participant,

We regret to inform you that we will not distribute Senior Farmers Market Nutrition Program (SFMNP) checks until September. At that time, you will receive \$30 in SFMNP checks, which is an increase from last year. In September, you will get your SFMNP checks at the same time as you pick-up your Grocery Plus box.

Questions that you might be asking:

“Why do we have to wait until September? We have never waited that long.”

Grocery Plus has been working with our government counterparts, and due to some technical issues, the checks will not be ready until September. We did not want to distribute checks that may not work properly, or to only distribute checks to a few participants while making others wait. You will still need to redeem your checks by Nov. 30.

“My friend has checks, where did they come from?”

Those checks are from the Produce Plus program. Produce Plus gives an individual \$10 to spend at farmers markets, and has been operating since June 1. All Grocery Plus participants qualify

for Produce Plus, but there are a limited amount of checks distributed at each farmers market. These checks are distributed on a first-come, first-served basis.

“I want to buy fresh produce now. What else can I do?”

Many farmers markets in D.C. allow you to use your SNAP dollars (Food Stamp) to purchase fresh fruits and vegetables, and some even double your SNAP dollars, allowing you to buy more while spending less! If you would like to enroll in SNAP, call DC Hunger Solutions at 202-640-1088 or visit your nearest Department of Human Services Economic Security Administration (ESA) office.

Here are just a few of the farmers markets in DC where you can shop using your SNAP dollars:

## Northwest D.C .

Petworth Community Market: Saturdays, 9 a.m. to 1 p.m., Upshur St. and 9th St. at Georgia Ave. NW

Columbia Heights Farmer' Market: Saturdays, 9 a.m. to 1 p.m., Wednesdays 4 to 7 p.m., 14th and Park Rd. NW

Mount Vernon Triangle FreshFarm Market: Saturdays 10 a.m. to 1 p.m., 5th and K St. NW

## Northeast D.C.

Rhode Island Avenue Farmers' Market: Thursdays, 4 to 7:30 p.m., 2300 Washington Pl. NE

D.C. Open Air Farmers' Market at FRK Stadium: Thursdays and Saturdays, 7:30 a.m. to 4 p.m., Benning Rd. & Oklahoma Ave. NE, Parking Lot No. 6

D.C. Urban Greens Farm Stand: Wednesdays, 2 to 4 p.m., Unity Health Center, East of the River, 113 45th St. SE

## Southeast D.C.

Easter Market Outdoor Farmers Market: Tuesdays, 7 a.m. to 7 p.m., Saturdays, 7 a.m. to 6 p.m., Sundays, 9 a.m. to 5 p.m., 225 7th St. SE

D.C. Urban Greens Farm Stand: Thursdays, 3 to 5 p.m., Fort Dupont Ice Rink, 3379 Ely Pl. SE

Congress Heights Senior Wellness Center: Thursdays, 10 a.m. to noon, 3500 MLK Jr. Ave. SE

## Southwest D.C .

Arcadia's Mobile Market: Tuesdays, noon to 2 p.m., Community of Hope Conway Health and Resource Center, 115 Atlantic St. SW

Southwest Farmers' Market: Saturdays, 10 a.m. to 2 p.m., 425 M St. SE

## 2016 Fall Lifespan Respite Caregivers Conference

Educating, Empowering, and Supporting Family Caregivers

Friday, September 16, 2016, 8:30am—3:30pm

R.I.S.E. Demonstration Center

2730 Martin Luther King Jr. Avenue, SE, Washington, D.C. 20032



For additional information, contact Linda Irizarry at (202) 535-1422 or email Linda.Irizarry@dc.gov.

\*Respite provided for qualifying caregivers.



### WORKSHOPS

- Behavioral Symptoms Management Training
  - The Working Caregiver
- Grandparents Raising Grandchildren
  - Elder Abuse and Caregiving
- Caregiving for the LGBTQ Community
  - Caregiving for Veterans
- Building Cooperative Relationships & Problem Solving



## Fall Prevention Information

The D.C. Office of Aging and the Falls Free Coalition will be hosting the Fourth Annual Falls Prevention Awareness Day on Sept. 22 from 10 a.m. to 2 p.m. at the sites below. The primary activities include: a home safety talk, tug and strength test by physical and occupational therapists, medication reviews by pharmacists, vision testing by optometrists and ophthalmologists, and an overall review of risk factors.

- Ward 1: Bernice Fonteneau, 3531 Georgia Ave. NW, 202-727-0338
- Ward 3: Satterlee Hall, St Alban's Episcopal Church, 3001 Wisconsin Ave. NW
- Ward 4: Hattie Holmes Senior Wellness Center, 324 Kennedy St. NW, 202-291-6170
- Ward 5: Model Cities Senior Wellness Center, 1901 Evarts St. NE, 202-635-1900
- Ward 6: Hayes Wellness Center, 500 K St. NE, 202-727-0357
- Ward 7: Washington Seniors Wellness Center, 3001 Alabama Ave. SE, 202-581-9355
- Ward 8: Congress Heights Senior Wellness Center, 3500 Martin Luther King, Jr. Ave. SE, 202-563-7225

Please contact the site near you to schedule your participation.

For more information, contact Linda Irizarry at 202-535-1442 or linda.irizarry@dc.gov.

# Mayor's Fifth Annual Senior Symposium



Chief of Staff Garret King, Ms. Senior DC 2015 Wendy D. Bridges, Ms. Senior DC Billie LaVerne Smith, Diane "Lady Di" Mackey, and Executive Director Laura Newland pose after lunch.



More than 600 seniors and caregivers attended the Mayor's Fifth Annual Senior Symposium at Paul Laurence Dunbar Senior High School.



Great interaction as seniors get tech assistance in the Mobile Tech Lab through teenagers in the CyberSeniors program during the day.



Carroll "Mr. C" Hynson, Jr. of WHUR 96.3 FM was the Master of Ceremonies for the event. He is a great partner of DCOA in the senior community.



Executive Director Laura Newland helps a senior take a selfie at the event.



Executive Director Newland speaks to the attendees across the room during the meal.



Special thanks to Washington Performing Arts Society for providing the great music at the venue during lunch.



Two great senior advocates and volunteers.



Government and community partners provided informative exhibits with resources for seniors.

# Community Calendar

## SEPTEMBER

7th, 14th, 21st and 28th • 6 to 8 p.m.

Iona Senior Services offers a course called "Mindful Living," in which participants will think about how they want to live their life, enjoy reflective learning, and find deeper connection with their emotional and physical being. Learn healthy aging approaches to wellness, community, purpose-filled living, and practical lifestyle choices in this series facilitated by Lylie Fisher, founder and director of Iona's Take Charge/Age Well Academy. The cost is \$75. Iona is located at 4125 Albemarle St. NW. Sign up or learn more by calling 202-895-9420.

13th and 27th • noon

Join the D.C. Caregivers Online Chat at Noon to discuss "Caregiving and Hospice Care" on Sept. 13, and "Fear of Falling: Preventing Falls and Fear" on Sept. 27. Log on to <http://dcoa.dc.gov/page/caregiver-chat> at noon or visit at your convenience and hit replay to see the chat. For more information, contact [linda.irizarry@dc.gov](mailto:linda.irizarry@dc.gov) or call 202-535-1442.

15th • 3:30 to 5:30 p.m.

Iona offers a one-time class called "Graceful Transitions," focusing on lessening clutter and preparing to move. This class will provide inspiration and practical hints on how to tackle these tasks effectively. It is facilitat-

ed by Donna Eichelberger, a senior living specialist and senior move manager. The cost is \$10 if you register by Sept. 8; \$15 after that. It will be held at Iona, 4125 Albemarle St. NW. Call 202-895-9448 for more information or to register.

24th • 9 a.m.

The Office of the Tenant Advocate will hold its 9th Annual Tenant and Tenant Association Summit at the Kellogg Conference Center located on the campus of Gallaudet University, 800 Florida Ave. NE. The summit serves as a forum to bring together tenants, tenant associations, housing attorneys and advocates, policy experts, community leaders, and District officials to discuss mat-

ters of concern to the District's tenant community. This year's theme is "Don't Complain...Organize." The day's events will include a plenary session as well as workshops, which will provide participants with information and tools to effectively advocate for themselves and other renters. There will be two clinics. The legal clinic will provide attendees with an opportunity to meet one-on-one with an attorney to discuss their housing issues. The seniors and persons with disabilities registration clinic will allow eligible tenants to register their status to qualify for lower rent increases under rent control. Advance registration required. Register at <http://ota.dc.gov> and click on "online registration" or call 202-719-6560.

## The District of Columbia 2016 Real Property Tax Sale

The Office of Tax and Revenue has just completed the 2016 tax sale, which started July 18th. Homeowners who received a notice of tax sale — or who are not sure whether their home was included in the tax sale — **should seek assistance immediately.**

Each year, the District of Columbia holds a "tax sale" auction. If a home or other property is past-due on taxes, the District will place a lien on the property and sell that lien to the highest bidder at the tax sale auction.

The District does not sell the home outright at the tax sale. However, the tax sale could lead to a foreclosure lawsuit, thousands of dollars in additional fees, and even loss of the home.

Once the home has been included in the tax sale, the homeowner must pay

all the past-due taxes and any additional legal fees. This is called "redeeming" the property. After the homeowner redeems the property, the tax sale lien will be removed and the home will no longer be threatened by a foreclosure lawsuit based on past due taxes.

It is important for homeowners whose property was included in the tax sale to act quickly. The District provides a six-month grace period after the tax sale before a lawsuit may be filed. Property owners should take action right away to protect themselves against a costly foreclosure lawsuit and ensure that they can remain secure in their homes.

The District offers a number of programs to assist seniors with their real property tax burdens. These include:

**Homestead and Senior/Disabled**

**Credits:** The "homestead" and "senior/disabled" real property credits can reduce real property tax bills by more than half. But the credits are not automatic — eligible homeowners must submit an application to the Office of Tax and Revenue.

**Senior Tax Deferral:** The District will allow qualifying seniors age 65 and over to defer payment of their real property taxes for as long as they continue to live in the home. Homeowners who have fallen behind in taxes may even be able to defer taxes retroactively, along with fees relating to a tax sale lawsuit.

**Schedule H Income Tax Credit:** The Schedule H credit is part of the D.C. state income tax return. Schedule H provides a refundable credit of up to \$1,000. Even homeowners who are not required to file taxes may be eligible to

claim this refundable credit. If you did not claim the credit in recent years, you may still be able to claim the credit for up to three years past.

**D.C. Housing Finance Agency Tax Lien Extinguishment Program:** Finally, there is even a grant program offered by the D.C. Housing Finance Authority that will pay all the past-due taxes of qualifying homeowners.

Legal Counsel for the Elderly can provide detailed information about these programs and may be able to assist homeowners with their applications. LCE can also represent senior homeowners in court to help save their home from tax sale foreclosure.

**If your home was in the tax sale, or if you are behind in your real property taxes, contact Legal Counsel for the Elderly's Hotline today at 202-434-2120.**

## 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.,  
Washington, D.C. 20002  
202-724-5622 • [www.dcoa.dc.gov](http://www.dcoa.dc.gov)

### Executive Director

Laura Newland

### Editor

Darlene Nowlin

### Photographer

Selma Dillard  
SABB Photography

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.**

## Voices of Wisdom: Conversation Clubs for Homebound Seniors

George Washington University's **Center for Aging, Health and Humanities**, in conjunction with **Age-Friendly DC** (part of the AARP Network of Age-Friendly Communities through the World Health Organization (WHO) Global Network of Age-Friendly Cities and Communities) and **So Others Might Eat (SOME)**, have been funded by the AARP Foundation to study one of the 10 Age-Friendly Domains (found in the Age-Friendly DC Strategic Plan).

This study is researching Domain 7, which is Communications and Information: Promotion of and access to the use of technology to keep older resi-

dents connected to their community, friends and family.

The group to be studied is **homebound individuals age 50+ in DC**. You do not have to be homebound in order to participate in calls, but will not be part of the study group.

We are developing a group called **Voices of Wisdom** to have "conversation clubs" that would meet via telephone conference calling to discuss topics of interest to them. People want to stay connected, and staying connected is important to a person's wellbeing.

Call 202-750-0986 for more information.