



# Spotlight on Community Living

Wednesday, September 3, 2014 Serving D.C. residents who are age 18+ with a disability or age 60+ and their caregivers Vol 2, No 11



## Executive Director's Message

*John M. Thompson, Ph.D., FAAMA, D.C. Office on Aging*

In this issue of the *Spotlight on Community Living*, I believe that it is fitting that we discuss depression and chronic diseases in light of the tragic death of Oscar-winning actor and comedian Robin Williams. Mr. Williams was a very brilliant man who knew how to keep us laughing through movies and standup and now many of us are mourning his untimely death. According to the news, we learned that he died from an apparent suicide and leading up to his death that he experienced severe depression and anxiety. We also learned that his depression was connected to his early stages of Parkinson's disease and that he was not ready to share that information with the public.

According to data posted on WebMD's website, those with Parkinson's disease or multiple sclerosis can experience a 40% likelihood of experiencing depression. Other statistics reveal that people with chronic illnesses face a 25% to 33% greater likelihood of experiencing depression. Those who have experienced a stroke, experience a 10% to 27% likelihood of experiencing depression while those who have a heart attack, experience a 40% to 65% greater likelihood of experiencing depression. People with cancer and diabetes are 25% more likely to experience depression while those with coronary

artery disease who have not had a heart attack can experience an 18% to 20% likelihood of experiencing depression.

If you know someone who has experienced a major illness, chances are that he/she may also be suffering from depression. However, it takes a psychologist or psychiatrist to diagnose one with depression. As I reflect on my experiences of being around family members who were "not themselves," I eventually learned that they were diagnosed with depression. They were sad, withdrawn, and had very little energy. This was not the person that I knew from the years past. The changed behaviors caused me to shy away at times thinking that I was the problem; however, this is the wrong approach as the correct thing to do is to assist the person in seeking professional help.

According to WebMD, "Depression is a condition that generally is associated with being 'stuck' in a mood of sadness or grief." Inevitably, we all have experienced sadness whether it is losing a job, family member, and/or friend or for some other reason. However, those with clinical depression experience sadness/grief for a longer-than-normal duration. Symptoms of clinical depression include persistently sad mood or "feeling blue", feelings of hopelessness and a negative outlook on life,

loss of libido, fatigue, and low energy. There are numerous types of clinical depression, which include major depression, chronic depression, atypical disease, bipolar depression (manic depression), seasonal depression, and psychotic depression.

Depression does not only impact one's mental health, but it can cause or exacerbate other health issues such as heart disease and cancer. People with depression can experience unexplained headaches, neck pain, and/or abdominal pain. Depression can negatively impact sexual desire and performance, sleep and may cause some people to experience social isolation. In extreme cases, some people with depression, like Robin Williams, can commit suicide.

As you can see, depression is very complicated and it does not only impact the individual with the issue, but also those who are connected with the individual. Therefore, it is only in the best interest of everyone that those with depression or those who have any of the symptoms described above seek medical attention. For family members and friends, if you identify any of these symptoms in a loved one, this is your opportunity to provide one of the best gifts to that individual. Get them help! Yes, it can be difficult for people to talk about depression, but let them know that they are not

alone and help is available.

Here at the District of Columbia Office on Aging, we are here to assist you and your loved ones as we have a very solid system of resources that are beneficial for those with depression. Our Aging and Disability Resource Center is a valuable resource for linking people with depression to providers in Washington, D.C. to address their condition. The Center can also connect seniors to other services such as meal programs, transportation, recreational and social programs. We can be reached at 202-724-5622. I have listed our partners and their contact information below. They can assist you or a loved one with depression.

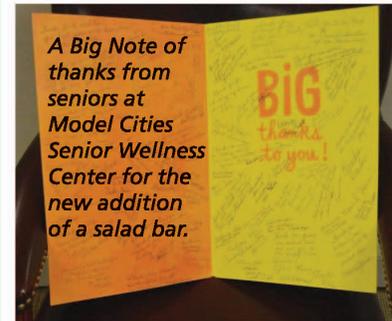
- 1 Department of Behavioral Health
  - a. Access Helpline (1-888-793-4357)
  - b. Mobile Crisis Unit (202-673-9319)
- 2 Washington Hospital Center's Senior Outpatient Program (202-877-6321)
- 3 Psychiatric Institute of Washington (202-885-5600)

Please partner with me in ensuring that those who need help with depression get the necessary care. It is the right thing to do and you will be surprised at how you can help to improve their quality of life. My colleagues are waiting for your call and stand ready to assist you, your loved ones, and friends. ~

## SENIOR WELLNESS PARTICIPANTS SEND NOTE OF THANKS TO DCOA

Model Cities Senior Wellness Center recently sent DCOA a thank you card to show their gratitude for the newly installed salad bar.

"Thanks for enhancing our menu with the salad bar," reads one comment "Thanks for helping us stay healthy," reads another comment.



Last month DCOA added salad bars to the food options for participants at each of the wellness centers across the city. Wellness participants that eat the meal offered at the center now can create their own fresh salad and fruit or enjoy the hot meal.

Model Cities, located in Ward 5 is one of six senior wellness centers that are now featuring the new salad bar. For more information, visit [www.dcoa.dc.gov](http://www.dcoa.dc.gov) or call 202-724-5626 to locate the center nearest you.

## DDOT SEEKING APPLICANTS FOR ADA TRANSITION PLAN ADVISORY

The District Department of Transportation (DDOT) is developing the framework for its Americans with Disabilities Act (ADA)/Section 504 Transition Plan. The plan will outline how DDOT intends to remove barriers for persons with disabilities utilizing

*(continued)*

Happy Grandparents Month!





# COMMUNITY EVENTS CALENDAR

## SEPTEMBER 2014

### 3rd • 1-3 p.m.

Age-Friendly DC Needs Your Feedback! Your feedback on the draft goals and objectives will help ensure the final strategic plan reflects the interests of the community as we work to transform DC into a better place in which to live, work and play and to grow up and grow old. Attend a community meeting at Lamond-Riggs Neighborhood Library, 5401 South Dakota Avenue NE, Room 1. For language interpretation, please call or email at least seven days in advance of the meeting; call (202) 727-7973 or email agefriendly@dc.gov.

### 6th • 10:00 a.m. – 4:00 p.m.

The District of Columbia Office on Aging will present The Generations Community Festival: Celebration of Life, Gateway DC, 2700 Martin Luther King, Jr. Avenue, SE. Activities for the whole family including workshops, information exhibits, children's activities, live entertainment, games and much more. Admission is free and transportation is available for DC residents age 60 and older. Call 202-724-5626 for more information and to reserve your seat.

### 9th • 6-8 p.m.

Age-Friendly DC Needs Your Feedback! Your feedback on the draft goals and objectives will help ensure the final strategic plan reflects the interests of the community as we work to transform DC into a better place in which to live, work and play and to grow up and grow old. Attend a community meeting at Savoy Elementary School, 2400 Shannon Place SE, Gymnasium. For language

interpretation, please call or email at least seven days in advance of the meeting; call (202) 727-7973 or email agefriendly@dc.gov.

### 13th • 10 a.m. – 12 p.m.

Age-Friendly DC Needs Your Feedback! Your feedback on the draft goals and objectives will help ensure the final strategic plan reflects the interests of the community as we work to transform DC into a better place in which to live, work and play and to grow up and grow old. Attend a community meeting at 1100 4th Street, SW, Room E200. For language interpretation, please call or email at least seven days in advance of the meeting; call (202) 727-7973 or email agefriendly@dc.gov.

### 17th • 12 p.m.

DCOA Executive Director John M. Thompson will discuss programs with the Shepherd Park AARP Chapter #2667, People's Congregational Church, 4704 13th Street, NW. Contact: Donna Graham-Harris (301) 585-4759 or grahamharris@earthlink.net for more information.

### 20th • 12 p.m. – 7:00 p.m.

DCOA will participate in the H Street Festival, 4th & H Street to 15th H Street, NE. Hope to see you there! 20th\*10 a.m. – 2 p.m. DCOA will have a table at the Mount Sinai Baptist Church Health Fair, 1615 Third Street, NW. For more information contact Jacqueline Nelson / Paula Lassiter (202) 667-1833. 22th\*11:00 a.m. – 3:00 p.m. DCOA will present a Community Health and Wellness Fair at the DC Public Library / Deanwood Branch, Deanwood Rec-

reation Center, 1350 49th Street, NE. For more information contact Alice A. Thompson (202) 535-1321

### 23rd • 11:30 am – 3:00 pm

DCOA and Glover Park Village will present a Community Health and Wellness Fair at Guy Mason Recreation Center, 3600 Calvert Street, NW. For more information contact Dorothy Biondi 202-337-1817, Alice A. Thompson (202) 535- 1321 24th\* 10:00 a.m. – 3:00 p.m.

DCOA will present a Community Health and Wellness Fair in collaboration with Pennsylvania Avenue Baptist Church & Penn Branch AARP Chapter # 3473. For more information, contact Deacon Mary Douglass (202) 581-1500 & Ms. Gloria Clanton (202) 582-1985 or Alice A. Thompson (202) 535-1321

### 27th • 11:00 a.m. – 3:00 p.m.

Harvest Day Health Fair at Paramount Baptist Church, 4025 Ninth Street, SE. DCOA will provide information on programs and services. Contact Susie Harris (301) 928-8572 for more information or visit our website for more information, www.dcoa.dc.gov.



## JOIN US FOR GENERATIONS COMMUNITY FESTIVAL!

The District of Columbia Office on Aging is proud to announce the 2014 Generations Community Festival: Celebration of Life. This Celebration of Life will take place Saturday, September 6, 2014 from 10:00 a.m. until 4:00 p.m. at Gateway DC Pavilion, located at 2700 Martin Luther King Jr. Avenue, SE, Washington, DC 20032. The 2014 Generations Community Festival will deliver entertainment, empowerment and education to all generations.

Created as a way to bring families together, the Generations Community Festival will also provide resources for older adults and persons living with disabilities in the District's Community. Attendees of the Festival will enjoy live music, health and fitness activities, seminars, a beauty and grooming lounge, kid activities, a food pavilion, vendors and so much more. The 2014 Generations Community Festival is fun for the entire family.

Admission for the 2014 Generations Community Festival is FREE. Transportation will be provided for District residents age 60 and older. Those interested in transportation should contact the D.C. Office on Aging at (202) 724-5626.

- Health & Fitness activities provided by David Rachal III of Fighting Trim Fitness
- Aging in Place Interior Design Seminar hosted by Trystin Kier Francis of The Trystin Kier Company
- Ageless Grooming Lounge provided by Lisa S Barnes of Celebrating You, The Spa
- Sustainability Fair with Jay Cooper of Freedom Farms DC
- Kid's Activity Zone
- Food Trucks and more

### Main stage performances include:

- DJ PoetixAfuw
- Split This Rock DC (Youth poetry slam group)
- BJ, Jazz Artist
- Prophecy and Christopher M Stevenson (Go/Go band)
- Proverb (Reggae/ World band)
- Carolyn Malachi (Soul/RB artist)
- Lady Alma (Soul/RB artist)

*We hope to see you there!*

## SPOTLIGHT ON COMMUNITY LIVING

*Spotlight on Community Living* is published by the External Affairs and Communications unit of the D.C. Office on Aging.

Advertising contained in the Current is not endorsed by the D.C. Office on Aging or by the publisher. The D.C. Office on Aging is responsible for developing and carrying out a comprehensive and coordinated system of health, nutrition, education, employment, training, and social services for the District's elderly population, who are 60 years of age and older. The Office on Aging also administers the Aging and Disability Resource Center, a one-stop shop resource center, designed to assist seniors, persons with disabilities 18 years of age and older and family caregivers navigate the long-term services and supports system.

500 K Street, NE, Washington, D.C. 20002

202-724-5622 • www.dcoa.dc.gov

John M. Thompson, Ph.D., FAAMA  
Executive Director

In accordance with the D.C. Human Rights Act of 1977, as amended, D.C. Official Code Section §§2-1401.01 et seq., (Act), the D.C. Office on Aging does not discriminate on the basis of actual or perceived: race, color, religion, national origin, sex, age, marital status, personal appearance, sexual orientation, gender identity or expression, familial status, family responsibilities, matriculation, political affiliation, genetic information, disability, source of income, or 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 subject to disciplinary action.

## DDOT SEEKING APPLICANTS FOR ADA TRANSITION PLAN ADVISORY (cont'd)

the public right-of-way: such as sidewalks, curb ramps, pedestrian street crossings, pedestrian signals and other pedestrian facilities in the District. The draft ADA Transition Plan will identify needs and plan improvements and enhance compliance with all federal, state and local regulations and standards. To ensure that DDOT addresses users' concerns, DDOT is organizing a Transition Plan Advisory Group to offer feedback on the draft Transition Plan framework. The advisory group will meet approximately three times during the next 10 months.

Persons interested in becoming a member should provide a brief write-up outlining your interest and how you can contribute to this process. Include your name, address, telephone and email address; your experience with people with disabilities; two references with their contact information and any current organizations in which you are participating. Please mail or email your qualifications by September 26, 2014 to:

**Cesar Barreto – DDOT ADA Coordinator**

**55 M Street, SE, 5th floor  
Washington, DC 20003**

**202-671-2829  
info@ddotadaplan.com**