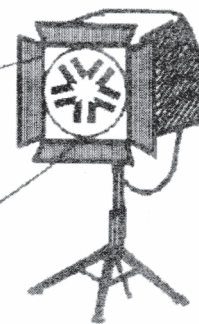


DISTRICT OF COLUMBIA OFFICE ON AGING

# Spotlight On Aging



VOLUME XXVI, ISSUE 7

A newsletter for D.C. Seniors

July 2015



GOVERNMENT OF THE DISTRICT OF COLUMBIA  
OFFICE ON AGING



Office of the Executive Director

June 17, 2015

Dear Colleagues,

It is with mixed emotions that I announce my resignation as Executive Director of the District of Columbia Office on Aging (DCOA) effective Monday, June 29, 2015.

Since joining DCOA in March 2011, I have been blessed to work with many talented professionals within District Government and around our great nation. I must say that since 2011, we have built a governmental agency that has experienced so many wonderful accomplishments. Our efforts have led to the completion of the first senior needs assessment in over three decades and the development of the agency's five year strategic plan, which includes decentralizing the Aging and Disability Resource Center and transforming Washington, D.C. into an age-friendly city (AFC). I can confidently say that we have met 75% of the strategic goals, and we have two years remaining to reach 100% of the goals once we fully satisfy the World Health Organization's requirements for AFC.

In addition to the strategic plan, we have transformed from an agency in 2011 with only 25 full-time equivalents (FTEs) and a budget of \$26 million to an agency in 2015 with 76 FTEs and a budget of \$43.5 million. We streamlined services for seniors and persons with disabilities by acquiring the Commodity Supplemental Food Program from the Department of Health and secured an extremely capable partner with the Capital Area Food Bank. We also acquired the Money Follows the Person Program from the Department of Health Care Finance, which has helped us to move more citizens from institutional settings back into the community. This is the humanistic approach, but also a great way to preserve the Medicaid budget.

Our agency has also been instrumental in establishing the District's Silver Alert System. I am confident that through this system, numerous District governmental agencies and private organizations will continue to work tirelessly in locating missing seniors and ensuring that they return home safely. In addition, we have partnered with the Consumer Financial Protection Bureau to provide the Money Smart training program to our seniors. It is our best defense to reduce financial exploitation among the senior population. Because of this great work, we have been honored by Acting U.S. Attorney Vincent Cohen.

Moreover, we have established a number of new programs including the Senior Symposium, Nursing Home Transition Program, the Volunteer Ambassador Program, the Senior Home Repair Intergenerational Program, the Pre-K Intergenerational Program, Call-In-Talk Line, First Responders Program, and the Falls Prevention Home Assessment Program.

I am also pleased that we were able to overhaul senior transportation that resulted in a 3-week reduction in wait time and increased access to new destination points across the city. It is worth mentioning that because of the hard work of the team, we have been nationally recognized by the National Association of Area Agencies on Aging for establishing a best practice in transportation with the advent of the Seabury Connector Card, which provides seniors with increased transportation options.

Thank you for partnering with DCOA during my four years and four months here! Although it is time for me to close this chapter in my life, I am confident that my dedicated colleagues at the agency will continue to serve the District most vulnerable citizens.

Best,

John M. Thompson

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500 K Street, N.E., Washington, D.C. 20002 (202) 724-5622

## Information Senior Drivers Should Know

If you are 70 years or older you must renew your driver's license in person at a DC DMV Service Center:

### Georgetown Service Center

3222 M St. NW  
Canal Level  
Washington, DC 20007

### Penn Branch Service Center

Penn Branch Shopping Center  
3220 Pennsylvania Ave. SE  
Washington, DC 20019

### Rhode Island Service Center

(Located in Rhode Island Row, at the corner of Rhode Island Ave. NE (Near CVS) and Washington Pl. NE and closest to Rhode Island Metro)

2350 Washington Pl. NE, Suite 112N  
Washington, DC 20018

### Southwest Service Center

95 M St. SW  
Washington, DC 20024

To register, have your physician complete the certification on the driver's license application, and pass the eye test. If necessary, you may be issued a 45-day temporary license to allow time to obtain your physician's certification on the driver license application.

We understand that mobility and independence are crucial to all District residents. Therefore, it is our goal to work with you to ensure you can continue to drive safely. In many cases, it may be necessary to restrict driving to daylight hours or to require special equipment on your vehicle. In other cases, your physician may make recommendations to us about ways in which you can continue to drive.

Many of you self-regulate by electing to stop driving when you believe you are no longer able to safely operate a vehicle.

See **SENIOR DRIVERS**, page 26



GOVERNMENT OF THE DISTRICT OF COLUMBIA

MURIEL BOWSER, MAYOR

# Staying safe in summer heat



The District of Columbia Government, through the DC Homeland Security and Emergency Management Agency (HSEMA), implements the District Heat Emergency Plan when a heat emergency occurs and the National Weather Service (NWS) issues an “extreme heat warning” for DC. The District Heat Emergency Plan provides information on the District operations to aid all constituents — particularly vulnerable populations with health issues, the homeless, and visitors to the city.

On days when the “heat index” (a measurement of the air temperature in relation to the relative humidity, used as an indicator of the perceived temperature), or temperature reaches 95 degrees, the DC Government will activate Cooling Centers. The Cooling Centers will be activated in publically accessible government facilities, homeless shel-

ters, and senior citizen wellness centers, and will be open until 6 p.m., or until a time specified by the facilities below.

HSEMA, in conjunction with the DC Department of Health, will also disseminate emergency information to the public through the DC webpage at [www.dc.gov](http://www.dc.gov).

#### In case of a heat emergency:

- Stay indoors as much as possible.
- Turn on the air-conditioner or fan.
- DO NOT leave children or pets in vehicles.
- Drink plenty of water.
- Wear light-colored, lightweight and loose-fitting clothes.
- Apply sunscreen at least 20 minutes before going outside. SPF 15-30 is best.
- Limit exposure to the sun, especially between 10 a.m. and 3 p.m., when it is strongest
- Watch for symptoms of heat cramps,

heat exhaustion and heat stroke.

Visit one of the District’s “Cooling Centers” located throughout the city if you do not have access to a cool-temperature location.

DC Senior Cooling Centers for 2015

## WARD 1

### VIDA Spanish Senior Center

1842 Calvert St. NW  
Weekdays: 9 a.m. to 2 p.m.  
202-483-1508

### Bernice Fonteneau Senior Wellness Center

3531 Georgia Ave. NW  
Weekdays: 8:30 a.m. to 4:30 p.m.  
202-727-0338

## WARD 2

### Asian Senior Center

417 G St. NW.  
Weekdays: 9 a.m. to 5 p.m.  
202-842-4376

### Senior Center for the Homeless Elderly

1226 Vermont Ave. NW  
Weekdays: 8:30 a.m. to 4:30 p.m.  
202-265-2017

## IONA

4125 Albemarle St.  
Weekdays: 9 a.m. to 5 p.m.  
202-966-1055

## WARD 4

### Hattie Holmes Senior Wellness Center

324 Kennedy St. NW  
Weekdays: 9 a.m. to 2 p.m.  
202-291-6170

### Ft. Stevens Recreation Center

1327 Van Buren St. NW  
Weekdays: 9 a.m. to 2 p.m.  
202-576-6916

## WARD 5

### Model Cities Senior Wellness Center

1901 Evarts St. NE  
Weekdays: 9 a.m. to 2 p.m.  
202-635-1900

## WARD 6

### Hayes Senior Wellness Center

500 K St. NE  
Weekdays: 9 a.m. to 5 p.m.  
202-563-7725



## Grocery Plus

### Program Summary

Grocery Plus is known nationally as Commodity Supplemental Food Program (CSFP). The program provides nutritious food to qualifying low-income seniors in their community. More than 50 housing facilities, churches and senior centers across DC serve as Community Sites. At these sites participants receive a 30-40 lb. package of food free of charge every month. To learn more about Grocery Plus call 202-644-9880.



#### Grocery Plus Packages Include

Fruit*	Meat/Fish
Fruit Juice	Rice/Pasta/Potatoes
Cheese	Cereal/Grits/Farina
Vegetables*	Dry Beans/Peanut Butter
Low Fat Milk	Non Fat Dry Milk

\*Fruit is packed in light syrup or in natural juices. Vegetables are low or no sodium.

#### Eligibility Criteria

- A Senior Citizen, 60+
- A DC Resident
- Low Income—130% of Federal Poverty Line

#### Income Guidelines

Household Size	Annual Income	Monthly Income	Weekly Income
1	\$15,301	\$1,276	\$295
2	\$20,709	\$1,726	\$399
3	\$26,117	\$2,177	\$503
4	\$31,525	\$2,628	\$607
5	\$36,933	\$3,078	\$711
6	\$42,341	\$3,529	\$815
7	\$47,749	\$3,980	\$919
8	\$53,157	\$4,430	\$1,023
For each additional household member add...	\$5,408	\$451	\$104

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## Senior Drivers

From page 25

If you decide to discontinue driving, we encourage you to exchange your driver’s license for an identification card (ID). For drivers 65 years and older, identification cards are free of charge.

#### Older Adult Driver Safety Course

An online course is recommended for drivers age 50 and older as a refresher or to enhance your driving knowledge and skills. Upon receiving a completion certificate, drivers may be eligible to receive discounts on motor vehicle insurance. The online course can be accessed 24 hours a

day, 7 days a week for your convenience. Visit [www.aarpdriversafety.org](http://www.aarpdriversafety.org).

AARP also offers classes at these Smart Driver Safety Course Locations. Call to register for upcoming classes:

Washington Hospital Center, 202-877-2084

Washington Seniors Wellness Center, 202-575-7711

Hattie Holmes Senior Wellness Center, 202-291-6170

Emery Recreation Center, 202-321-8265

Fort Stevens Recreation Center, 202-321-8265

For more information, visit [www.dmv.dc.gov](http://www.dmv.dc.gov) or call 311.

## Spotlight On Aging

continues on page 27, following the  
**Housing & Home Care Options**  
magazine at the right

Please pull out and keep the magazine.

You may also pull out and keep Spotlight on Aging.

## Spotlight On Aging, continued

Continued from page 26, preceding the *Housing & Home Care Options* magazine at the left. Please pull out and keep the magazine. You may also pull out and keep Spotlight on Aging.

# Mayor's 4th Annual Senior Symposium

Nearly 1,000 people attended the Fourth Annual Mayor's Senior Symposium held at the Downtown Renaissance DC hotel. The event offered a variety of workshops to help District seniors maintain a high quality of life.

Mayor Bowser stated, "It is important to me, as we carve out pathways to the middle class, that my administration continues to work toward building an age-friendly city where all District residents continue to do the things they love while they age in place in their city."

More than 30 exhibitors provided information, giveaways and free health screenings. The Alzheimer's Foundation provided approximately 50 memory screenings, and seniors were advised to follow up with their primary care physician afterwards.



D.C. Mayor Muriel Bowser spoke about the importance of becoming an age-friendly city during the symposium.



Dr. John Thompson, outgoing D.C. Office on Aging Executive Director, also addressed symposium participants.



Verizon demonstrated various forms of technology for attendees during the event.



Deborah Royster, DCOA general counsel, and Evette Munroe, DCOA chief information officer, speak with an attendee during the event.



Edwin L. Walker, the Deputy Assistant Secretary for Aging, US Department of Health and Human Services, was the lunch keynote speaker.

# Community Calendar

## July Events

### 7th • 9 a.m. to 7:30 p.m.

The Alliance for Retired Americans will hold its 2015 legislative conference at its office at 815 17th St. NW. For more information, call 202-637-5399.

### 7th • noon

The DC Caregivers Online Chat at Noon will discuss "Grandparents Raising Grandchildren." Log on for advice, resources and tips to assist you with your caregiving responsibilities. If you are not available at noon, check back at your convenience and hit replay to see the entire chat. Join the discussion at [www.dcoa.dc.gov/page/caregiver-chat](http://www.dcoa.dc.gov/page/caregiver-chat). For more information, contact Linda Irizarry at 202-535-1442 or [linda.irizarry@dc.gov](mailto:linda.irizarry@dc.gov).

### 7th, 10th, 14th, 16th, 21st • 11:30 a.m. to noon

Attend a "Produce Plus Workshop" by Dominique Hazzard, outreach specialist for DC Greens, at the following locations: July 7, Edgewood Terrace Apartments Nutrition Center, 635 Edgewood St. NE; July 10, Senior Village 1 (Fort Lincoln 2), 3001 Bladensburg Rd. NE; July 14, at Delta Towers Apartments, 1400 Florida Ave. NE; July 16, (starting at 11 a.m.) at Kibar-Halal Nutrition Center (rescheduled), 1519 4th St. NW; and July 21 at Gettysburg (Fort Lincoln 1), 2855 Bladensburg Rd. NE. For more information, call Thelma Hines at 202-529-8701, extension 222.

### 8th • 10 a.m. to 2 p.m.

Behrend Adas Senior Fellowship will host a Community Health, Wellness and Informational Fair on the 3rd floor at 2850 Quebec St. NW.

### 8th • 10 a.m. to 2 p.m.

CSOSA's 5th Annual Women's Unit & Day Reporting Center will hold a Women's Resource Fair at 633 Indiana Ave. NW, 6th Floor. For more information, contact Lakisha Copeland at 202-443-1242.

### 11th • 11 a.m. to 2 p.m.

A Community Health, Wellness and Informational Fair will be held at Resurrection Church, 3501 Martin Luther King, Jr. Ave. SE. Call Al Scott at 202-442-6010 for more information.

### 14th • 11:30 a.m. to noon

A talk on "Senior Exploitation" will be given by Monica Veney, 5D community outreach specialist, US Department of Justice. The event takes place at Green Valley Apartments, 2412 Franklin St. NE. For more information, call Thelma Hines at 202-529-8701, extension 222.

### 16th • 10 a.m. to noon

The D.C. Office on Aging (DCOA) Ambassador Program is a FREE, interactive, member-based program designed to reach out to older adults and their caregivers to help them learn about the services and resources available to them through DCOA. If you are interested in expanding your network and educating older adults about the services and resources available to them, join us

for our next Ambassador Training Workshop to learn about all of the programs and services that DCOA offers to the community and how you can become an Ambassador. All workshops include an overview of Office on Aging programs and services, information on how to access resources, and guidance on your role as an advocate. Call 202-724-5622 to register.

### 18th • 10 a.m. to 4 p.m.

Sargent Memorial Presbyterian Church will hold a Community Day at 5109 Nannie Helen Burroughs Ave. NE. For more information, call Thelma Hines at 202-529-8701, extension 222.

### 20th • 7 p.m.

Attend a play reading at Iona in partnership with Thelma Theatre. In *The Loathing* by Michael Oliver and directed by Gillian Drake, a young philosophy of ethics professor, an English professor specializing in the "Fallen Poetics" of Emily Dickinson, and a young mathematics student's anxious search for forgiveness come together. The play explores the enduring need for atonement, especially in a secular age. Admission is \$5. Iona is located at 4125 Albemarle St. NW. To reserve a seat, call Patricia Dubroof at 202-895-9407.

### 21st • noon

The DC Caregivers Online Chat at Noon will discuss "Summer Travel Plans for Caregivers." Log on for advice, resources and tips to assist you with your caregiving responsibilities. If you are not available at noon, check

back at your convenience and hit replay to see the entire chat. Join the discussion at [www.dcoa.dc.gov/page/caregiver-chat](http://www.dcoa.dc.gov/page/caregiver-chat). For more information, contact Linda Irizarry at 202-535-1442 or [linda.irizarry@dc.gov](mailto:linda.irizarry@dc.gov).

### 21st • 2 pm

United Health Care will conduct Medicare Benefits Bingo at the Washington Seniors Wellness Center, 3001 Alabama Ave. SE. For more information, call 202-581-9355.

### 23rd • 10:30 a.m. to noon

The "Eye Care is for Everyone" Eye Health Community Day will be held at the Center for the Blind and Visually Impaired, 2900 Newton St. NE. The keynote speaker is Dr. Michael Summerfield. For more information, call Thelma Hines at 202-529-8701, extension 222.

### 21st to Aug. 25th • 10:30 to noon

The six-part class for individuals with diabetes or pre-diabetes, "Everyone with Diabetes Counts," by Delmarva Foundation will be held on Thursdays from July 21 to August 25 in the dining room of the Edgewood Terrace Nutrition Center, 635 Edgewood St. NE. For more information, call Thelma Hines at 202-529-8701, extension 222.

### 29th • 1 to 3:30 p.m.

Sunrise Senior Living will host a Community Health, Wellness and Informational Fair at 5111 Connecticut Ave. NW. For more information, contact Alyssa at 202-966-8020.

## SPOTLIGHT ON AGING

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The D.C. Office on Aging does not discriminate against anyone based on actual or perceived: race, color, reli-

gion, 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.**

## Saturday Respite Program

DCOA's Saturday Respite Program provides a four-hour break each Saturday for caregivers of individuals with Alzheimer's disease and related disorders, including people with dementia and intellectual/developmental disabilities.

Participants in this pilot program engage in interactive and stimulating activities with other participants and program volunteers.

To enroll individuals, please contact the Aging and Disability Resource Center's Information & Referral/Assistance Unit at 202-724-5626.

### Locations:

**Washington Seniors Wellness Center (Ward 7)**

3001 Alabama Ave. SE  
Washington, DC 20020

### Coordinator: Katrina Dale

[katrina.dale@dc.gov](mailto:katrina.dale@dc.gov)

### Congress Heights Senior Wellness Center (Ward 8)

3500 Martin Luther King, Jr. Ave. SE  
Washington, DC 20032

### Coordinator: Aisha Bailey

[aisha.bailey@dc.gov](mailto:aisha.bailey@dc.gov)

### Eligibility

- Age 60 years or older
- Low to moderate income
- Has mild to moderate dementia and/or memory loss
- D.C. resident (priority given to those in wards 7 & 8)
- Needs minimal assistance with prompting and/or cueing

For more information, contact the Information & Referral/Assistance Unit at 202-724-5626.