

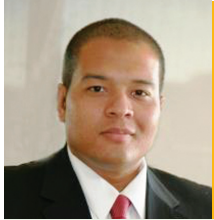


Spotlight on Community Living

Wednesday, July 31, 2013

Serving D.C. residents who are age 18+ with a disability or age 60+ and their caregivers

Vol 1, No 10



Executive Director's Message

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

This month's edition of the **Spotlight on Community Living** highlights **Mrs. Janet Reid**, a D.C. Office on Aging's (DCOA) customer. Recently, Dr. Chantelle Teasdel, associate director of DCOA's Aging and Disability Resource Center and I visited with Mrs. Reid, who suffered a stroke on January 5, 2013, to speak with her about her experience and how she's been able to manage after returning to her community. When I knocked on Mrs. Reid's front door, we were met by her sister and granddaughter and a couple of small dogs. As we entered the house, I met Mrs. Reid's oldest daughter and friend.

As indicated by the strong family presence in her home, with dogs included, Mrs. Reid has solid family support. This is a key factor in an individual's successful adjustment to life after experiencing a serious health encounter, whether that support consists of family, close friends or church members. Mrs. Reid credits her family in her recovery and her ability to resume a quality life in her community as they have been instrumental in transporting her to medical appointments, to physical therapy appointments and providing in-home care. I especially appreciate the intergenerational presence with Mrs. Reid's granddaughter being in the picture as research tells us of the benefits that young children can have on

seniors such as increasing seniors' physical activity to improve circulation.

As Dr. Teasdel and I entered Mrs. Reid's living room, she walked in from the dining room to greet us as she lightly gripped her cane for a little assistance. My first impression of Mrs. Reid as a soft spoken, introverted senior is quickly diminished by her liveliness and excitement as she spoke about her career and leadership in her profession until her retirement in 2007, her civic engagement in her community, and the stroke she suffered earlier this year that has temporarily altered life as she has known it.

Mrs. Reid As A Leader

During her 40 year career with the Federal Reserve, Mrs. Reid served as a manager where she managed an \$80 million budget. Retirement did not mean riding off into the sunset as Mrs. Reid is actively engaged in her church and community. The budget and finance skills that she developed while working for the federal government were instrumental in helping her to manage a much smaller budget as Treasurer for her church as well as for her family reunion planning committee. She has also served as Recording Secretary of Woodridge Civic Association, but has chosen

to step down from that position since having the stroke that has challenged her physical activity.

The Stroke – Beating The Odds

On January 5, 2013, Mrs. Reid experienced her second stroke. Like the first stroke in November 2009, this one occurred on a Saturday morning. Unlike the first stroke, this one would show physical signs usually consistent with the onset of a stroke. She began to feel the symptoms of the second stroke that Saturday while at home. She walked down the stairs, informed her younger daughter of what was happening, as she

personally dialed 911 to request that Fire and Emergency Management Services (FEMS) come quickly to her home because she was having a

stroke. According to Mrs. Reid, FEMS promptly arrived and transported her to the hospital where she remained for seven days prior to being admitted to the National Rehabilitation Hospital. She was discharged from that hospital on February 16, 2013 after having been away from home for over a month. During her time at both medical facilities, she knew that she was on the road to recovery. Upon returning home, she quickly regained the confidence and strength to ambulate up and down

the stairs. Mrs. Reid says her strong faith has kept her alive and she is getting stronger every day.

DCOA's Involvement

Not too long after having the stroke, Mrs. Reid's younger daughter, Tanya Reid, contacted me at the Office on Aging to inform me of her mother's health crisis and to explore options that could help her mother achieve her desire to return home. We discussed equipment such as a wheelchair and a ramp for the home and DCOA's homebound meals. I was able to send a social worker to the home to conduct a home assessment and enroll Mrs. Reid into one of our newest food programs, MOM's (Mail Order Meals) meals. Through this food program, Mrs. Reid receives a home delivery of meals every two weeks. She is able to choose from nearly 50 meal options. This feature is designed to give customers control over their food preferences.

During our recent visit, I asked Mrs. Reid to describe for us a typical day at home. She responded that she enjoys watching TV, completing crossword puzzles, and surfing the Internet in the comfort of her living room. I encouraged Mrs. Reid to take advantage of the Ward 5 Model Cities Senior Wellness Center, which is approximately one mile from her home. I informed her that she can

participate in chair exercises five days a week. I even shared that one of our participants in the Ward 1 Senior Wellness Center is a stroke survivor and he participates in chair aerobics. This is a great way to be physically engaged by exercising muscles, which will increase blood flow throughout the body, while meeting friendly neighbors.

The purpose of highlighting Mrs. Reid in this issue of the **Spotlight on Aging** is to inform you of the integral role that DCOA can play in assisting you in exploring home and community-based services after hospitalization. Through the Hospital Discharge Planning Program, an ADRC social worker can assist you with identifying options for receiving post-acute (after the hospital) care to ensure your success after returning home. Like Mrs. Reid, many people who suffer a stroke or experience some other type of major health crisis understand that there is a road to recovery. However, they want to be able to return home, be with family, eventually return to their place of worship, and regain their regular routine as much as possible. Please contact DCOA if you or someone you know could benefit from our services. There is no problem too simplistic or too complex for us. We want to help you! Please call us at 202-724-5626. ~





COMMUNITY EVENTS CALENDAR

AUGUST

1st • 10–11:30am

MEMORY LOSS SUPPORT

GROUP: For people diagnosed with early stage memory loss and the people who care about them meets at Iona's Breckinridge Building, 4125 Albemarle Street, NW. **Fee: \$15 per person per session.** Limited scholarships available. Individuals diagnosed with memory loss and their family and friends are all affected by the diagnosis and the changes that come from memory loss, but the experience is different for the diagnosed individual and those who care about them. Iona offers two groups (one for individuals with memory loss, and one for their caregivers) that meet simultaneously and provide support, information, and resources specific to each one's needs. We strongly recommend that both the individual with memory loss and their care partner attend these meetings, but this is not required.

6th • 12pm

D.C. CAREGIVERS ONLINE CHAT

at Noon at www.dcoa.dc.gov. Chats are designed to provide resources, tips and other information to assist persons caring for older adults informally. If you miss the noon chat, go back to the site

and hit replay to view the conversation. For more information, contact Linda Irizarry at **202-535-1442**.

13th • 2–4pm

LIVABLE D.C. SERIES: Age in your neighborhood and know your rights. Come and be part of a three-session summer series where experts in the field of housing, transportation and health share knowledge on how you can receive services that support the community at Iona Senior Services, 4125 Albemarle Street, NW. For more information, call **202-966-1055**.

20th • 12pm

D.C. CAREGIVERS ONLINE CHAT

at Noon at www.dcoa.dc.gov. Chats are designed to provide resources, tips and other information to assist persons caring for older adults informally. If you miss the noon chat, go back to the site and hit replay to view the conversation. For more information, contact Linda Irizarry at **202-535-1442**.

24th • 9am–1pm

BEAUTIFICATION DAY AN ANNUAL DCPS EVENT established in 2005 as a citywide "spruce up" of all DC public school buildings in preparation for the first day of school. Beautification efforts will include landscaping, trash pick-up, light painting, planting flowers,

and other external beautification efforts. Volunteers and supplies are needed at over 100 schools. If you have any questions, call **202-719-6601**, e-mail dcps.beautificationday@dc.gov for more information.



awarded Best Salesperson. Amelia Anderson-Weaver was the Second Runner-up for the event. Pictured from left to right Ida Crews, escort Michael Hawkins; Hope Spruill, escort Charles Hudson; Amelia Anderson-Weaver, her husband Samuel, Ms. Senior D.C. Nancy A. Berry, her grandson Troy Holland, Jr., and Sharon Lockwood, her husband David.

Nancy A. Berry crowned Ms. Senior D.C. 2013.

COMMODITY SUPPLEMENTAL FOOD & SENIOR FARMERS' MARKET NUTRITION PROGRAMS

The Commodity Supplemental Food Program (CSFP) provides FREE nutritious food and nutrition education to low-income D.C. residents: Women who are pregnant, up to 1-year postpartum; Children ages 1 thru 5 years; and Seniors 60 years or older. Senior income eligibility (2013) for a family of one has to be less than \$1,245 per month, and for two less than \$1,681. The Senior Farmers' Market Nutrition Program (SFMNP) provides checks to CSFP seniors for the redemption of fresh fruits and vegetables. The SFMNP has begun issuing checks to CSFP seniors this July and they may be used through the end of November. For more information, please contact Gregory Foy (202-535-1417; gregory.foy@dc.gov) at the D.C. Office on Aging.

NOTICE OF FUNDING AVAILABILITY

FISCAL YEAR 2014 AGING AND DISABILITY RESOURCE CENTER PROGRAM GRANTS

The Government of the District of Columbia, Office on Aging (DCOA) is soliciting applications from qualified applicants to provide a full array of services and activities designed to enhance the overall health and well-being of the District's elderly population, aged 60 and above and persons 18-59 years old with disabilities.

Funding is available for one applicant

to serve Wards 1-8 in the District of Columbia. Funding is available through the Office on Aging from both federal and District appropriated funds.

The purpose of these funds is to complement existing supportive and social services and start up programs that target the population living in the District of Colum-

bia. Examples of the service areas include, but are not limited to the following:

- comprehensive assessment
- case management;
- congregate meals;
- counseling;
- health promotion;
- home delivered meals;
- nutrition counseling;
- nutrition education;
- recreation socialization;
- transportation of home delivered meals;
- transportation to site and activities;
- weekend congregate meals; and
- weekend home delivered meal service
- Information Referral and Awareness
- Person Centered Transition and Support
- Options Counseling Options
- Counseling Advice and Assistance
- Streamlined Eligibility Determination for Public Programs
- Consumer Populations, Partnerships and Stakeholder Involvement
- Quality Assurance and Continuous Improvement

In addition, the operator of the Aging and Disability Resource Center has the following responsibilities:

1. Develop and implement a needs assessment to identify the needs in the

target community/ward;

2. Develop and implement a structured community outreach program; and
3. Establish a Members Advisory Council to serve as advisors to help develop a coordinated service delivery system.

Applicants who apply to this Request for Application must design services and document performance outcomes to meet the complex and ever-changing needs of the elderly individuals with the greatest economic and/or social needs, with particular emphasis on the low-income minority elderly.

Nonprofit organizations with places of business within the physical boundaries of the District of Columbia are eligible to apply. For profit organizations with places of business within the physical boundaries of the District of Columbia are also eligible to apply, but must not include profit in their grant application.

The RFA deadline for submission is August 19, 2013, at 4:30 p.m.

Applications can be obtained from the D.C. Office on Aging, 500 K Street, NE, Washington, D.C. 20002. The RFA will also be available on the Office on Aging's website, www.dcoa.dc.gov and on the Office of Partnerships and Grants Services website, www.opgs.dc.gov.

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

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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.