

# Spotlight on Community Living

Wednesday, September 9, 2015

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

Vol 3, No 11

## Interim Director's Message

*Brenda Donald, Deputy Mayor for Health and Human Services, Interim Director, Office on Aging*



As the Deputy Mayor for Health and Human Services and the Interim Director of the Office on Aging, I am learning more about all of the programs, services, and resources available to District residents age 60 and older, persons living with disabilities age 18 and older, and their caregivers. September is a prime time for District residents to consider taking advantage of the great programs and services provided through the DCOA's Senior Service Network.

Did you know that September is National Senior Center Month? This year's theme, "Celebrate LIFE at your Senior Center!" takes each letter of the word life and breaks it down into sub-themes to demonstrate how participa-

tion can enhance your life.

**Learning** – Where you can expand your knowledge.

**Independence**—Live on your terms. **Friends** – Enjoy life.

**Energy** – Discover health and vitality.

The District has a variety of centers citywide where you can learn new things, find your independence, meet new friends and rediscover your energy. Residents age 60 and older are encouraged to begin regular activities at a senior center or join one or more of the six senior wellness centers available citywide, where you can experience "LIFE" and more for free.

Begin celebrating life today through a more active lifestyle! Visit our website at [www.dcoa.dc.gov](http://www.dcoa.dc.gov) or call DCOA at 202-724-5626 to

learn more about senior centers and senior wellness centers designed to keep you engaged.

### Falls Prevention Awareness Day

According to the Centers for Disease Control (CDC), each year millions of adults aged 65 and older fall while at home. Falls can cause moderate to severe injuries, such as hip fractures and head traumas, and can increase the risk of early death. Fortunately, falls are a public health problem that is largely preventable.

DCOA is partnering with the District's Falls Free Coalition to provide FREE Falls Prevention Risk Assessments to D.C. residents citywide as part of Falls Prevention Awareness Day on September 23. Find out where you can go to get

your assessment, in this issue of the *Spotlight on Community Living*.

### Be Prepared

September is also National Preparedness Month and the D.C. Office on Aging is teaming up with the Homeland Security and Emergency Management Agency and the Office of Unified Communications to ensure that seniors are prepared for emergencies.

Smart911 is a web based program that allows users to include vital information about themselves and occupants of the home that will help first responders when responding to an emergency after 9-1-1 is called. Once a profile has been set-up, when a call is placed from a registered phone number, dispatchers will be able to

provide first responders with names, ages, and important medical information to assist personnel responding to an emergency.

Register for Smart911 online at [www.smart911.com](http://www.smart911.com) or call 202-724-5626 to get assistance. Help your church group, organization, or residential building prepare by scheduling a group presentation.

In addition to signing up for Smart911, take the following steps to prepare for emergencies:

1. Make a plan.
2. Make an emergency kit.
3. Be informed.

To learn more about preparing for emergencies, visit [www.hsema.dc.gov](http://www.hsema.dc.gov) or call 311.



## COMMUNITY EVENTS CALENDAR

### SEPTEMBER EVENTS

#### 11th • 10:30 a.m. to 2:30 p.m.

The D.C. Office on Aging will sponsor a Community Health, Wellness & Informational Fair at Ft. Stanton Park Recreation Center, 1812 Erie St. SE. To learn more, contact Louis Jones at 202-671-1040.

#### 15th • 10:30 a.m. to 1:30 p.m.

A flu vaccination clinic will be offered by MedStar at Gettysburg (Fort Lincoln 1) 2855 Bladensburg Rd. NE. The shot is free for Medicare recipients and \$35 for all others. For more information, call Thelma Hines at 202-529-8701, ext. 222.

#### 15th • 10:30 a.m. to 1 p.m.

Take a highlights tour of the Museum of African Art with Seabury Resources for Aging. Meet at 950 Independence Ave. SW. For more information, call Thelma Hines at 202-529-8701, ext. 222.

#### 15th • noon

"Falls Prevention Tips & Therapy Options for Caregivers of Elderly Parents" will

be discussed during the D.C. Caregivers Online Chat at Noon. The bi-weekly chat is a great resource for caregivers. Log on for advice, resources and tips to assist you with your caregiving responsibilities. If you are not available at 12 p.m., 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).

#### 17th • 10 a.m. to 12 p.m.

Verizon and Hayes Senior Wellness Center invite you to a free Senior Technology Demonstration Fair. Join us for a special event bringing together community and government leaders, service providers, seniors, area residents and others for a day of helpful information, giveaways, food and fun. To RSVP or for more information please contact: Andre Lane at [Andre.lane@howard.edu](mailto:Andre.lane@howard.edu) 202-727-0357

#### 19th • 9 a.m. to 5 p.m.

Washington Highland's Community Fun Day takes place at Oxon Run Park, 4th

Street and Livingston Road, SE. For more information, contact Karlene K. Armstead at 202-236-7196.

#### 19th • 10 a.m. to 7 p.m.

The D.C. Office on Aging will be an exhibitor at the 2015 H Street NE Festival. For more information, contact Alice A. Thompson at 202 535-1321.

#### 19th • noon to 1:30

Iona and Brighton Gardens of Friendship Heights are partnering to provide a forum for adult children and other caregivers to understand the challenges of aging, particularly memory loss, and how best to support aging parents and other relatives while practicing good self-care. There will be three free seminars in the series, one each month in September, October and November held at Brighton Gardens of Friendship Heights, 5555 Friendship Blvd., Chevy Chase, Md. The series is free. The Sept. 19 seminar is titled "Stay or Move: How to Find and Pay for the Best Living Arrangement" Social worker Deb Rubenstein will discuss how to know if moving is the right choice, and how to have family conversation about moving. She will also review the best way to find community resources and the right senior living community, as well as how to pay for care and services. To

register, email: [registration@iona.org](mailto:registration@iona.org) or call 202-895-9409.

#### 20th • 1:30 to 3 p.m.

Learn about the differences between ophthalmologists, optometrists and opticians in a program called "Who's Who in Eye Care" sponsored by the Prevention of Blindness Society of Metropolitan Washington. It will be held in the Sibley Medical Building, Conference Room 2, 5215 Loughboro Rd. NW. To register, call the Sibley Senior Association at 202-364-7602.

#### 21st • 8 a.m. to 1 p.m.

The Dept. Consumer & Regulatory Affairs presents the Small Business Resource Center's Third Annual Entrée DC Food & Drink event at the Walter E. Washington Convention Center, 801 Mt. Vernon Pl. NW. For more information, contact Claudia Herrera at 202-442-8055.

#### 22nd • 10:15 a.m. to 12:15 p.m.

Shop healthy with Seabury Resources for Aging on a trip to FRESHFARM Market at CityCenterDC, 1908 New York Ave. NW. For more information, call Thelma Hines at 202-529-8701, ext. 222.

#### 22nd • 11:30 a.m. to 3 p.m.

The Guy Mason Senior Program presents a Community Health, Wellness & Information-

al Fair at the Guy Mason Recreation Center, 3600 Calvert St. NW. Contact Ralph Wright at 202-727-7703 for more information.

#### 26th • 8 a.m. to 5 p.m.

The 8th Annual Tenant & Tenant Association Summit brings together tenants, tenant associations, housing attorneys and advocates, policy experts, community leaders, and District officials to discuss matters of concern to tenants in the District of Columbia. Admission and lunch are free. The summit will be held at the Kellogg Conference Center at Gallaudet University, 800 Florida Ave. NE. For more information, see the website of the Office of the Tenant Advocate at [www.ota.dc.gov](http://www.ota.dc.gov).

#### 29th • noon

The D.C. Caregivers Online Chat at Noon is a great resource for caregivers. This chat will discuss "Warning Signs Your Parent Needs Help at Home." Log on for advice, resources and tips to assist you with your caregiving responsibilities. If you are not available at 12 p.m., 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).