

DISTRICT OF COLUMBIA OFFICE ON AGING NEWS



Spotlight on Community Living

Wednesday, May 13, 2015

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

Vol 3, No 7



Executive Director's Message

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

Happy Older Americans Month! Here in the District of Columbia, we are happy to commemorate the 50th Anniversary of the Older Americans Act of 1965 as we celebrate Older Americans Month under the theme "Get into the Act."

Last month, I had the pleasure of presenting Mayor Muriel Bowser's Fiscal Year 2016 Budget, "Pathways to

the Middle Class" for the Office on Aging. Mayor Bowser's Fiscal Year 2016 Budget submission ensures that our agency and the entire government have the necessary staff and resources to help meet the goals of the administration.

The following includes a summary of my testimony that includes plans for the agency for fiscal year 2016. To read the entire testimony, visit www.dcoa.dc.gov. First, we will improve services and supports by standardizing operations data collection and evaluations; and increase com-

munity partnerships and targeted outreach. Ensure that the Aging and Disability Resource Center becomes accredited.

Second, offer extended hours at the wellness centers after evaluation of need at each location.

Third, convene a Nutrition Task Force to include external stakeholders and other D.C. government agencies, to help guide the decision making process around the home delivered meals program.

Fourth, partner with organizations, such as Whitman Walker and the D.C. Center for the LGBTQ Community, to increase outreach and access to services for the older LGBTQ community. The goal is to increase knowledge of legal and health programs, increase knowledge of LGBTQ specific health needs and demands, and increase cultural sensitivity towards LGBTQ customers with

training for staff and system reforms. Improve cultural competency around HIV/AIDS by training the Senior Service Network and partnering it with the Department of Health and others to assist seniors living the HIV.

Fifth, establish a hydration campaign for seniors. Chronic dehydration is a frequent cause of hospitalization of older adults and one of the ten most frequent diagnoses responsible for hospitalization in the United-States. It can cause confusion and

other symptoms that may resemble Alzheimer's disease and related dementias (ADRD). In our efforts to improve nutrition and increase awareness around ARDR, DCOA plans to partner with D.C. Water to promote consumption of tap water. This partnership will not only impact health outcomes, but will improve environmental and economic outcomes as well. Drinking tap water over bottled water decreases waste (only 25% of plastic bottles are recycled) and saves residents

money (bottled water costs \$1,000 per 1,000 gallons vs. tap water that costs \$10 per 1,000 gallons).

Sixth, establish partnerships to educate seniors, caregivers, and the public on the prevention and identification of financial exploitation of seniors.

Finally, make DCOA a data-driven agency to demonstrate the impact DCOA services and supports have on older adults, people living with disabilities, and caregivers.



Members of the D.C. Commission on Aging "Get into the Act" as they advocate on behalf of seniors city wide. Pictured here (l to r) are Commissioner Nathaniel Wilson, Commissioner Jacqueline Arguelles, Commission on Aging Chairperson Romaine Thomas, Commission on Aging Vice Chairperson Ron Swanda with Congresswoman Eleanor Holmes Norton and DCOA Executive Director John M. Thompson. Commissioners not pictured: Commissioner George Arnstein, Commissioner Brenda Atkinson-Willoughby, Commissioner Don Colodny, Commissioner Barbara Hair, Commissioner Janet Heisse, Commissioner Charles Hicks, Commissioner Robert Jackson, Commissioner Grace Lewis, Commissioner Carolyn Nicholas, Commissioner Josue Salmeron, Commissioner Brenda Williams and Commissioner Constance Woody.



Members of the D.C. Seniors Cameo Club are "Getting into Act" at the recent Emancipation Day Parade down Pennsylvania Avenue. Pictured (l to r) Nancy A. Berry, Ms. Senior D.C. 2013, Mary McCoy, Ms. Senior D.C. 2012; Earnestine Wiggins, Cameo Club Member; Emma Ward, Ms. Senior D.C. 2011; and Ms. Senior D.C. Toni Jackson. Not pictured and participating, Doris Thomas, Ms. Senior D.C. 1992; Sheila Poole, Ms. Senior D.C. 2010; and Annie Wilderman, Cameo Club Member.



COMMUNITY EVENTS CALENDAR

MAY

15th • 10:30 a.m. to 2 p.m.

Terrific Inc will host its Older Americans Month, "Get into the Act" Health Fair for Wards 1, 2 and 4 at 19th Street Baptist Church, 4606 16th St. NW. Get free health screenings, visit exhibit tables with giveaways and health demonstrations. For more information, Ward One: 202-387.9000, Ward Two: 202-595-1990, Ward Four: 202-882-1383.

19th • 11 a.m. to 2 p.m.

Seabury Resources for Aging Community Health and Wellness Fair for Older Americans Month will be held at Sibley Plaza, 1140 N. Capitol St. NE For more information, call Natalie Aranda at 920-397-1725.

21st • 10 a.m.

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 today.

21st • 5 p.m. to 9 p.m.

In celebration of Older Americans Month, East River Family Strengthening Collaborative presents the Ward 7 Prom for Seniors titled "The East River Swing." The event includes dinner and dancing at St. Luke's Center, 4923 E. Capitol St. SE. For tickets or more information, contact Robin Gantt at 202-534-4880, ext. 110 or Chicquita Bryant at 202-534-4880, ext. 125.

22nd • 10 a.m. to 2 p.m.

Seabury will hold a Ward 5 Senior

Community Day at Edgewood Terrace Apartments, 9th Floor, 635 Edgewood St. NE. For more information, contact Thelma Hines at 202-529-8701, ext. 222.

26th • noon

Log onto the Caregivers Chat at Noon 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 week's discussion at www.dcoa.dc.gov/page/caregiver-chat. For more information, contact Linda Irizarry at 202-535-1442 or linda.irizarry@dc.gov.

