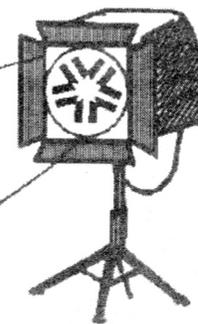


DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XXIV, ISSUE 1

A newsletter for D.C. Seniors

January 2013



EXECUTIVE DIRECTOR'S MESSAGE

By John M. Thompson, Ph.D., FAAMA

This issue of "Spotlight on Aging" is about communities and volunteerism, and it is a nice complement to my message last month on an Age-Friendly Washington, DC, as it is about us ensuring that our seniors remain in the "fabric of this city."

As we consider the communities across the District of Columbia, we can agree that there are many unmet needs and that there are caring and dedicated seniors and other volunteers who are working to meet some of the needs. Moreover, as I go across the city, I often hear from seniors who want to volunteer their time in a meaningful way.

The D.C. Office on Aging has responded by bolstering its Ambassador Program, which was started in 2012. As you may recall, the purpose of the Ambassador Program is to educate volunteers on the programs and services offered by the agency so that they would be equipped with the necessary information to tell their family members, neighbors, church members and others about our agency.

In less than a year, we have trained well over 200 volunteers. Now we are adding three new components to the Ambassador Program that will afford volunteers an opportunity to be actively engaged in addressing needs in our community through the Intergenerational Service, Discharge and Transition Service, and Library Courier Service to Nursing Home Residents.

I am pleased to announce that DCOA has partnered with Youth Build, a DC public charter school, to rehabilitate seniors' homes in the District of Columbia. This program is a win-win situation for all parties. The Youth Build students have opportunities to develop home improvement skills while the seniors benefit from the practically free services (the seniors are responsible for purchasing

the materials for the projects).

In just a couple of months, seven seniors have been fortunate to have the following improvements made to their homes: painting, replaced ceiling tiles, sealed exterior porches and cement steps, and a repaired leaking porch ceiling.

As we continue to partner with Youth Build, we have now established a partnership with Langdon Education Campus in Ward 5 and will roll out an intergenerational program on Jan. 28. Through this newest partnership, DCOA will identify seniors who are interested in working with students in Langdon Education Campus's Early Childhood Education Programs.

Senior partners will participate in story time, a time when they will read to the children and the children will read to them. Senior partners will also assist teachers during recess and lunch time.

As we understand that some children may not get the necessary supports and nurturing at home, research tells us that similar programs in other jurisdictions have improved the social and academic outcomes for children.

Moreover, seniors benefit as they remain actively engaged mentally and physically as they interact and mold our future leaders. Based on my observation of my father, who has participated in a similar program for the past six years in Columbia, S.C., I am confident that seniors will find that this is a very rewarding program that will keep them socially connected in a meaningful way.

In 2013, we also plan to begin a new partnership with our interested DCOA Ambassadors in identifying and assisting vulnerable residents, who are being discharged from hospitals, in locating the necessary home

See **DIRECTOR'S MESSAGE**, page 36

Resolve to Try a Wellness Center

Start the New Year with a new life plan that includes fitness and wellness. Join a wellness center of your choice and participate in fitness classes of all type, exercise your mind in a computer lab, enjoy a nutritious lunch, learn about nutrition, or attend a class to stimulate your mind and provide important information.

Skip the gym membership and join a wellness center that is specifically designed for District residents who are 60+. Join today!

Wellness Centers

Bernice Fonteneau Senior Wellness Center
3531 Georgia Ave. NW
202-727-0338

Congress Heights Senior Wellness Center
3500 Martin Luther King, Jr. Ave. SE
202-563-7225

Hattie Holmes Senior Wellness Center
324 Kennedy St. NW
202-291-6170

Hayes Senior Wellness Center
500 K St. NE
202-727-0357

Model Cities Senior Wellness Center
1901 Evarts St. NE
202-635-1900

Washington Seniors Wellness Center
3001 Alabama Ave. SE
202-581-9355

The District is Seeking Centenarians

The D.C. Office on Aging is looking to honor persons age 100 and older at a special luncheon for centenarians in the spring. If you know of someone who should be included, call the Office on Aging

at 202-724-5626 to make sure they are registered as a District of Columbia centenarian. Please provide their name, birth date and contact information so that we may invite them to the upcoming event.

Senior Village Initiative in Ward 4 is Developing

Building on the enthusiasm of the Oct. 25 open house sponsored by North Washington Neighbors Incorporated, a group of 26 residents met to discuss their interest in starting a village to assist seniors who want to age in place in their homes in Ward 4.

Representatives from the Brightwood, Colonial Village, Crestwood, Manor Park, North Portal Estates, Shepherd Park, and Takoma DC neighborhoods participated in this first meeting of the Ward 4 Senior Village Steering Committee.

They talked about their expectations for services within a village to support seniors, as well as what seniors themselves could contribute to their communities and their own support systems. For example, seniors can call other seniors by phone to check on their welfare. Everyone was excited about the prospect of remaining among their friends and neighbors, and undaunted about the amount of work that lies ahead.

Assisted by helpful documents supplied

by the D.C. Office on Aging, like the DCOA and Montgomery County blueprints for starting a senior village, the steering committee agreed to form several subcommittees to do work on communications, concept development and needs assessment, fundraising, governance, and volunteer recruitment, retention and management.

The group discussed starting a village as a pilot project that could serve as a model for other villages to serve residents because there are more than 17,000 seniors residing in Ward 4.

The subcommittees are forging ahead with their work, and the full Ward 4 Senior Village Steering Committee is expected to meet again on Jan. 31 to continue its work. Based upon the amount of time other senior villages — such those in Capitol Hill, Dupont Circle and Georgetown — needed to get started, it is reasonable to expect that with a bit of luck and hard work, a village might be in place to serve some of the seniors in Ward 4 by the end of 2013.



GOVERNMENT OF THE DISTRICT OF COLUMBIA

VINCENT C. GRAY, MAYOR

D.C. OFFICE ON AGING NEWSLETTER

Seniors Celebrate the Holidays at the D.C. Armory

Nearly 3,200 seniors celebrated the holidays at the D.C. Armory, attending the Mayor's 15th Annual Senior Holiday Celebration. Mayor Vincent C. Gray greeted those in attendance, as did Ward 5 Councilmember Kenyan McDuffie.

The event provided information and senior resource exhibits, health and safety exhibits, free health screenings and immunizations, counseling, and facials and manicures.

"Captain Fly" from WPFW 89.3 FM and WYCB Spirit 1340 AM served as the Master of Ceremonies for the stage show, which included live music from former lead singer for the Spinners Frank Washington, the HALO Band, and comedian Greg Cooper.

Seniors were also treated to music from a DJ and performances from senior groups the Asian Senior Service Center, Vida Senior Centers, and the Our Lady Queen of Peace Line Senior Dancers.

No event would be complete without a workout from fitness coordi-

nators William Yates, Hayes Senior Wellness Center, Walter Smith and Yummy Tyler, who led chair exercise, dance movement and Zumba, to get seniors moving before the start of the official program.

The event was presented by the D.C. Office on Aging and Family Matters of Greater Washington. Community partner AARP supported the event and volunteers from the Armed Forces, local schools, PEPCO and various community organizations assisted the seniors throughout the day.



The American Kidney Fund provided free health screenings for seniors, testing kidney health, cholesterol, blood pressure and more.



The event featured the band HALO with special guest, former lead singer for the Spinners, Frank Washington. Also performing was comedian Gregg Cooper.



Posing on stage at the event are Executive Director John M. Thompson, Ph.D., FAAMA; Mayor Vincent C. Gray; Tonya J. Smallwood, Chief Executive, Family Matters of Greater Washington; and emcee Captain Fly (a.k.a. Robert Frye), program host at WPFW 89.3 FM and Spirit WYCB 1340 AM.



Ms. Senior D.C. Mary L. McCoy and Dr. Thompson, shown at the Mayor's Senior Holiday Celebration.



The Asian Senior Services Center performed a holiday selection during the event.

Very Special Seniors Selected

The Metropolitan Police Department (MPD) and the DC Office on Aging (DCOA) recognized five very special seniors in the District of Columbia from a number of nominations submitted from the public that identified seniors who improved the lives of other District seniors through the creation of community-based programs and/or advocacy in 2012.

Other seniors were identified be-

cause they were in need of holiday cheer. The seniors selected received a hand-delivered special treat from MPD and DCOA on Dec. 24.

The Very Special Seniors selected (in no particular order) are:

Ms. Willie Nelson
Mr. Johnnie Cain
Ms. Elizabeth Hicks
Mr. Raymond Ball
Ms. Maureen Gehrig Cook

Director's message

From page 35

and community-based services that prevent unnecessary rehospitalizations and premature nursing home placements.

Additionally, we will partner with the D.C. Public Library and area nursing homes in establishing a book club for residents in nursing homes. The premise is that nursing home residents don't lose the interest in reading books and utilizing other library resources when they go into a nursing home; however, we simply have not estab-

lished a system for them to access such services.

As you can see, we have some very exciting programs that are underway and I hope that you share the same enthusiasm in desiring to touch the lives of an early childhood education student and/or a senior.

If you are interested in volunteering your time in any of the aforementioned opportunities, or if you would like to donate home improvement supplies to support home improvement projects, please contact Tony Moreno, strategic planner at the D.C. Office on Aging, at 202-535-1372 or tony.moreno@dc.gov.

Community Calendar

January events

8th • 11:30 a.m.

Green Valley Senior Nutrition Site will host a workshop called "Thyroid Awareness Symptoms & Signs" at 2412 Franklin St. NE. For more information, call Vivian Grayton at 202-529-8701.

8th+ • 11:15 a.m. to 12:15 p.m.

The class "Improving Strength and Coordination" is for those who are managing severe arthritis, Parkinson's, or ongoing knee, hip or other joint pain, or need to use a cane or walker. The next session runs from Jan. 8 through Feb. 26 at Iona. Take the whole session or attend on a drop-in basis. The cost per class on a drop-in basis is \$13. A discounted per-class rate of \$10

is offered to those who pay for the entire session in advance. Contact Darryl Simpson at 202-895-0238. Iona is located at 4125 Albemarle St. NW.

9th • 11:30 a.m.

Delta Towers Senior Nutrition Site, 1400 Florida Ave. NE, will host a seminar about elder abuse. For more information, call Vivian Grayton at 202-529-8701.

22nd • 11:30 a.m.

Learn the symptoms of glaucoma at a program at the Ft. Lincoln 2 Senior Nutrition Site, 3001 Bladensburg Rd., NE. For more information, call Vivian Grayton at 202-529-8701.

28th • 10 a.m. – 2 p.m.

The Asbury Dwellings, located at 1616 Marion St.

NW, will host an open house. Find out more about the program and what services are available to seniors. For more information, contact Alice Murrell at 202-397-1725.

29th+ 10:30 to 11:30 a.m.

Iona will offer a Memory Fitness workshop from Jan. 29 to Feb. 26. Topics will include normal and abnormal memory changes, healthy habits to support good memory, managing stress, and brain games and brain fitness strategies. Please note that this group is not intended for individuals who have a medical diagnosis of memory impairment, such as mild cognitive impairment or dementia. The fee is \$60 for the series. Limited scholarships are available. To register, call 202-895-9448 and select option 4. Iona is located at 4125 Albemarle St. NW.



Community Ambassador Program

Keeping District Seniors and Caregivers In Touch with Services

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.



Upcoming Ambassador Training Workshops:

Wednesday, January 30, 2013	10:00 a.m. - 12 p.m.
Wednesday, February 27, 2013	10:00 a.m. - 12 p.m.
Wednesday, March 27, 2013	10:00 a.m. - 12 p.m.
Wednesday, April 17, 2013	10:00 a.m. - 12 p.m.

All workshops are held at DCOA Headquarters and include: an overview of Office on Aging programs and services, information on how to access resources, and guidance on your role as an advocate. To register and for more information, call (202) 724-5622.



D.C. Office on Aging • 500 K Street, NE • Washington, D.C. 20002

Government of the District of Columbia
Vincent C. Gray, Mayor



SPOTLIGHT ON AGING

Spotlight On Aging is published by the Information Office of the D.C. Office on Aging for D.C. senior residents. Advertising contained in the *Beacon* is not endorsed by the D.C. Office on Aging or by the publisher.

500 K St., N.E.,
Washington, D.C. 20002
202-724-5622 • www.dcoa.dc.gov
John M. Thompson, Ph.D., FAAMA
Executive Director
Darlene Nowlin,
Editor
Selma Dillard and Lateef Mangum
Photographers

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

al 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.**

Preparing for Winter Emergencies

Now is the time to prepare for possible winter emergencies. Once you learn of a cold or winter weather alert, such as a winter storm warning, listen to the broadcast media about the weather conditions.

Seniors are urged to follow certain protective measures, including staying in warm places, wearing several layers of

dry clothing, wearing a windproof outer layer, rescheduling appointments if possible, and storing canned goods and prescription medicines in case you cannot get out to a store.

See www.72hours.dc.gov for information on preparing for emergencies and save these phone numbers:

IMMEDIATE EMERGENCY RESPONSE

• Emergency Assistance 911

In a life-threatening situation, call 911 for Police, Fire and ambulance services. There is a charge for DC ambulance transportation to healthcare facilities. Medicare Part A recipients can be reimbursed.

• Hypothermia/Shelter Hotline

(202) 399-7093
or (800) 535-7252

The hotline offers assistance to persons in need of overnight shelter, and support for those living on the streets. Open 24 hours a day, 7 days a week.

GOVERNMENT ASSISTANCE

• DC Consumer and Regulatory Affairs (202) 442-9557

If the heating system is not working in your rental apartment building, notify the property management. If you do not receive a response, you can call the Housing Inspections Office for assistance during business hours. On weekends and after hours, call the Office of Emergency Management at (202) 727-6161.

• DC Call Center 311

To report public streets that need snow and ice clearing and removal. Also, the main number for DC residents to report a problem or violation, offer feedback to the Mayor, or obtain government information.

• Homeland Security and Emergency Management Agency (202) 727-6161

This office can give you information about shelters, where to get blankets, heaters and oil, and whom to contact for other assis-

tance. Also for non-medical emergency assistance and service information on holidays, weekends and after hours. Open 24 hours a day, 7 days a week.

• D.C. Office on Aging (202) 724-5626

The Information and Assistance Office can link seniors with needed services and provide general information on keeping warm. The Office is open Monday through Friday, 8:15 a.m. to 4:45 p.m.

• D.C. Energy Office 311

Emergency energy assistance is available to low-income District residents who have received a disconnection notice for electric or gas service, or are currently disconnected. Assistance is also available to residents without home heating oil. The amount of assistance is based on household size, total household income, heating source, and type of dwelling.