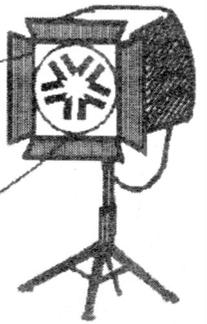


DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XXV, ISSUE 3

A newsletter for D.C. Seniors

March 2010



EXECUTIVE DIRECTOR'S MESSAGE

By Dr. Clarence Brown

Mother Nature delivered more than three feet of snow in a matter of days to the District of Columbia, and the Office on Aging is pleased to report that during this time the District's elderly who were high risk and most vulnerable (270 seniors) received a homebound meal, and meals were delivered to customers by adjusting the delivery schedule.

Meal delivery to our customers would not have been possible without the dedication of our contractor, Nutrition, Inc. In addition, the Washington Elderly and Handicapped Transportation Service (WEHTS) made 457 trips to transport Washington Center for Aging Services staff to and from work for various shifts, and transported patients scheduled for chemotherapy and dialysis during the blizzard. Kudos are extended to our providers and staff for making senior citizens and their well being a priority during extraordinary conditions.

The Office on Aging also teamed up with Serve DC to assist almost 300 seniors with snow removal from the front door to the curb. Volunteers were dispatched to the homes of seniors who called seeking assistance. Thanks to Serve DC, seniors seeking assistance with access to and from their homes were helped.

As most residents of the District are aware, the District government is experiencing challenging and difficult financial times due to our current economic situation. The Office on Aging, like most District government agencies, is directly impacted by the downturn in the economy. Thus, DCOA must often choose between providing direct essential life supporting services to District residents, such as meals and medical transportation, and other non-life threatening services as a result of budget reductions.

Thus, we have decided to reduce the number of pages of "Spotlight on Aging" from four to two during the next few months as a means of staying within our budget. The other option that was not selected was to publish "Spotlight on Aging" every other month. If our budget situation improves or other revenue sources are identified, we will resume printing the full issue.

We hope all our District senior readers will continue to benefit from the important information that will be provided in the reduced section size. Thanks in advance for your understanding.

Important Reminders: Census 2010 forms are being mailed this month and should be returned.

The Office on Aging would like you to comment on the District's Draft State Plan on Aging. The plan details how \$6 million in federal funds will be spent on aging programs in the District. If you have not done so already, please call the Office on Aging at 202-724-5626 to obtain your copy of the draft plan and a short survey questionnaire about senior needs and priorities in the District. or go online to www.dcoa.dc.gov to review the draft plan and complete the online survey. Your comments are needed by March 31.

Free Help with Taxes

AARP Tax Aide is:

- A service that prepares tax returns and answers tax questions
- A free, quality service supported by friendly people in your neighborhood
- A confidential service available to all middle and low income taxpayers, with special attention to those age 60 and older. All AARP Tax-Aide counselors have been certified by the IRS.

For assistance with your 2009 tax returns, visit the following locations at the times shown. E-filing (filing your return electronically) is available at all locations.

NORTHWEST

Chevy Chase Community Center
5601 Connecticut Ave., N.W.
Tuesdays. 9 a.m. - 1 p.m.
Thursdays. 1 - 5 p.m.

Cleveland Park Library
3310 Connecticut Ave., N.W.
Thursdays. 10 a.m. - 3:30 p.m.

Emery Recreation Community Center
5801 Georgia Ave., N.W.

Thursdays, 10 a.m. - 3:30 p.m.
Fort Stevens Senior Recreation Center
1327 Van Buren St., N.W.
Fridays, 10 a.m. - 1:30 p.m.

Friendship Terrace
4201 Butterworth Place, N.W.
Thursdays, 1 - 4:30 p.m.
March 4, 18, April 1, 15

Guy Mason Recreation Center
3600 Calvert St., N.W.
Wednesdays 9:30 a.m. - 1 p.m.

Takoma Park Library
418 Cedar St., N.W.
Tuesdays, 1 - 4:30 p.m.

People's Congregational United Church of Christ
4704 13th St., N.W.
Tuesdays, 10 a.m. - 2 p.m.
Thursdays, 10 a.m. - 2 p.m.

West End Library
1101 24th St., N.W.
Tuesdays, 1 - 4:30 p.m.

NORTHEAST

Lamond Riggs Library
5401 South Dakota Ave., N.E.

Wednesdays, 10 a.m. - 2:30 p.m.
Thursdays, 1:30 - 5:30 p.m.
Mt. Horeb Baptist Church
3015 Earl Place, N.E.
Wednesdays, 10 a.m. - 1:30 p.m.

Woodridge Regional Library
1801 Hamlin St., N.E.
Fridays, 10 a.m. - 1:30 p.m.

SOUTHWEST

Southwest Library, Waterside
920 Wesley Place, S.W.
Mondays, 2 - 8 p.m.
Tuesdays, 2 - 4:30 p.m.
Thursdays, 10:30 a.m. - 1:30 p.m.
Saturdays, 10:30 a.m. - 4 p.m.

SOUTHEAST

Capital View Library
5001 Central Ave., S.E.
Tuesdays, 10 a.m. - 1:30 p.m.
Thursdays, 10 a.m. - 1:30 p.m.

Francis Gregory Library
3600 Alabama Ave., S.E.
Tuesdays, 10:30 a.m. - 3:30 p.m.

Congress Heights Senior Center
3500 Martin Luther King, Jr Ave., S.E.
Mondays, 10 a.m. - 2:30 p.m.



We're looking for Ms. Senior D.C. 2010.
Maybe you know her...

- ◆ She is a woman 60 years of age or older who lives in the District of Columbia
- ◆ She inspires others with her enthusiasm
- ◆ She is poised, charming and articulate
- ◆ Her positive philosophy of life reflects her inner beauty
- ◆ She is an active, vital member of her community
- ◆ Blessed with a special talent, she defies the myths of aging



If you know her, make sure she is entered as a contestant in the Ms. Senior D.C. 2010 Pageant. She could represent our city in the Ms. Senior America Pageant. Contact the Ms. Senior D.C. Planning Committee Chairperson, Gwen Coleman at 202-289-1510 x1170/1171.

Government of the District of Columbia
Adrian M. Fenty, Mayor



GOVERNMENT OF THE DISTRICT OF COLUMBIA

ADRIAN M. FENTY, MAYOR

Community Calendar

March events

5th, 12th, 19th and 26th+

Barney Senior Services celebrates Nutrition Month with two expos that will feature presentations and demonstrations for seniors on eating healthy. The first event will take place on Thursday, March 4 at Campbell Heights Apartments, 2001 15th St., N.W. The second will be Thursday, March 11; location to be determined. The events are free for seniors in Wards 1 and 4, but an RSVP is required. For more information and to sign up, call James at 202-939-9027.

13th • 11 a.m. to 1 p.m.

In celebration of National Nutrition Month, the East River Family Strengthening Collaborative's Weekend Nutrition Program for Seniors will host its annual "Ask the Nutritionist" event, which will provide one-on-one counseling to seniors on healthy eating habits and strategies. The free event will take place at 3001 Alabama Ave., S.E. For more information and to sign up, call Evelyn Minor at 202-581-9355.

15th to 19th • noon

Get creative with your veggies during Phillip T. Johnson Senior Center's "Green Veggies Week." The senior center will demonstrate how to creatively use green vegetables in everyday cooking. The classes will be held at First Baptist Church, 3440 Minnesota

Ave., S.E. The event is free. For more information and to sign up, call Robinette Livingston at 202-584-4431.

15th to 19th

Seabury Resources for Aging, formerly known as Episcopal Senior Ministries, will host the Shaken Not Stirred Fundraiser Benefit at various restaurant locations around Washington, D.C. All donations will go toward local senior centers. Times and locations were not available at press time, but for updates, call Bridgett Allen at 202-529-8701.

18th • 1:30 p.m.

Learn how to deal with stress at IONA Senior Services' seminar, "Take Charge of Your Stress." The class is free and will be held at the center, 4125 Albe-marle St., N.W. For more information and to RSVP, call 202-895-9448.

27th • 11 a.m.

Join others coping with Alzheimer's at the Genevieve N. Johnson Senior Day Care Program at its monthly Alzheimer's Support Group meeting on March 27 at 11 a.m. The meeting will be held at 4817 Blagden Ave., N.W. The meeting is free, but an RSVP is required. For more information and to sign up, call 202-723-8537.

30th • 10 a.m.

Phillip T. Johnson Senior Center will break ground on an intergenerational gardening project at Fort Dupont Park. The park is located east of the Anacostia River in

southeast Washington, D.C. Park entrances are located at Fort Davis Dr. and Ridge Rd.; Fort Davis Dr. and Massachusetts Ave.; and Randle Circle and Fort Dupont Dr. For more information on the free event, call Robinette Livingston at 202-584-4431.

31st • 9 a.m.

Hattie Holmes Wellness Center will host a prayer breakfast featuring a speaker, choir performance and breakfast. It will be held at 324 Kennedy St., N.W. A reservation is required by calling 202-291-6170.

Ongoing

Weekdays • 10 a.m. to 2 p.m.

UPS Senior Life Center is recruiting new members for its deaf and hard-of-hearing senior program. New members can join for fun daily enrichment activities, including learning sign language. Visit the senior center at 2451 Good Hope Rd., S.E., Monday through Friday from 10 a.m. to 2 p.m. For more information, call Margaret Forbin or Jerald J. Creer at 202-610-6103.

Tuesdays and Thursdays

Barney Senior Services will hold its regularly scheduled chair exercise class this month on Tuesdays from 10 a.m. to 11 a.m. and Thursdays from 11 a.m. to noon at 5656-A Third St., N.E. The class is free, but interested parties must fill out paperwork and obtain a doctor's note to participate. For more information, call James at 202-939-9027.

SENIORS COUNT FOR THE CENSUS

Taken every 10 years, the Census counts everyone residing in the District of Columbia and throughout the nation. This includes people of all ages, races, ethnic groups, both citizens and non-citizens.

It is in our hands to ensure the District has a complete and accurate 2010 Census. The 2010 Census is easy, safe and important. The Census questionnaire asks only a few questions and only takes a few minutes to complete.

The Census Bureau does not release or share information that identifies individual respondents. The Census does not ask for one's legal status or criminal history. The 2010 Census is safe and confidential.

Why is it important for all District residents (including seniors) to participate in the 2010 Census?

Every year, approximately \$400 billion in federal funds are awarded to states and communities based on Census data. A complete and accurate count of all residents ensures the District will receive the funding and services to which they are entitled. We lose almost \$4,000 per person of those not counted.

Specifically, it impacts seniors because:

- The federal Older Americans Act dollars the Office on Aging receives are allocated to the District based on population numbers. This act funds crucial programs, such as congregate

and home delivered meals, social services, caregivers, health promotion and disease prevention, nutrition counseling, nursing home advocacy, elder abuse, neglect and exploitation, legal assistance, in home support services, etc.

- Helps other city agencies determine allocation for programs such as housing, energy assistance, Medicaid, tax relief, recreation services, human services, kinship care, health prevention and disease control, etc.

- Census information provides the city with valuable information on the characteristics and needs of seniors by looking at household income, age, sex, family size, etc.

- The Census helps city agencies like the Office on Aging identify places where seniors live (census tracts, Zip Codes, neighborhoods, and Wards)

- Businesses use Census data to locate supermarkets, shopping centers, health services, drug stores, health clinics, and other facilities.

Hard-to-count populations are specific groups in the community that have historically been uncounted and missed in the decennial Census. Among these populations are seniors who are temporarily relocated from their home, and seniors living alone who are socially and culturally isolated.



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.

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Dr. Clarence Brown, **Executive Director**
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The D.C. Office on Aging does not discriminate against anyone based on actual or perceived: race, color, religion, 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.