



DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XXV, ISSUE 4

A newsletter for D.C. Seniors

April 2010



EXECUTIVE DIRECTOR'S MESSAGE

By Dr. Clarence Brown

Spring is finally here, and after a long and record-setting winter, we are ready for changes in the weather, as well as changes in services for the elderly. We have worked hard in the past months on ways to save the District and this agency money.

We are glad to say that a ground lease for the Washington Center for Aging Services (WCAS), as recommended by Mayor Adrian Fenty, was passed unanimously by the Council of the District of Columbia. This means that the WCAS will no longer be operated under a management contract, but will now exist through a 30-year ground lease with Stoddard Baptist Home Foundation, which has demonstrated their commitment to quality nursing care for residents in the District of Columbia, its willingness to assume responsibility for all maintenance, repairs and capital improvements, and the annual lease payment to the District of Columbia. This agreement, we believe, will save the District several million dollars.

We are also planning, with great anticipation, the opening of two senior wellness centers in Wards 1 and 6, along with the new Office on Aging headquarters; designing a new DCOA Web site; improving our senior medical transportation services (WEHTS); and planning spring and summer senior activities.

As we work on securing nearly \$6 million in federal funds for programs and services outlined in the District's submission of the State Plan on Aging, we want to include those services that are important to you. We have heard from many of you, and we thank you for caring enough to submit your comments. How can we plan your future without your input? Hundreds of you submitted your comments online, and by completing and returning the surveys to the Office on Aging. There is still time to complete the State Aging Plan questionnaire and review the current working draft by going online to www.dcoa.dc.gov or contacting the DCOA at 202-724-5622.

As we celebrate Volunteer Week, April 18-24, we also note the importance of the many volunteers who partner with agencies and organizations city-wide to help deliver services to our seniors and others that help stretch your tax dollars. We appreciate and salute our volunteers for their dedicated service during this recognition week and year-round. Thank you again to the many volunteers who help fill the gap with care for many. Job well done!

Census 2010 is taking place now and we need all seniors in the District counted. The Census forms have been mailed, and you should have received your form. If not, let us know, or if you need assistance completing the form, contact DCOA at 202-724-5622 or your Lead Agency.

Wellness Coming This Summer/Fall for Seniors

The Ward One Senior Wellness Center will be a three story, 15,000-square-foot facility. Some of the building features will include:

- Computer Training Center
- Exercise and Fitness Area
- Health Education Seminar Rooms
- Intake Room
- Massage Room
- Multipurpose Rooms
- Nutrition Counseling and Teaching Classrooms
- Offices for Staff
- Rooftop Terrace with Walk Space

Until then, contact a wellness center near you to begin your healthy lifestyle for the



summer.

Don't wait. Get fit without the costly membership fees today!



Congress Heights Senior Wellness Center

3500 Martin Luther King, Jr. Ave., S.E.
202-563-7225

Hattie Holmes Senior Wellness Center

324 Kennedy St., N.W. • 202-291-6170

Model Cities Senior Wellness Center

1901 Evarts St., N.E. • 202-635-1900

Washington Seniors Wellness Center

3001 Alabama Ave., S.E.
202-581-WELL (9355)

Intergenerational Poster Contest

The D.C. Commission on Aging and the United Black Fund will team up to sponsor their annual intergenerational poster contest. This year's theme is "Young and Old Living and Learning Together."

Work with a young person in your life, and enter the

contest. Public and charter school students in grades 1 to 12 may enter the contest. A monetary prize will be given for the winning submissions.

The submissions are due by May 21. For more information, call 202-727-8370.

Ms. Senior DC 2010

District women age 60 and older who have participated in community service, have inner beauty, and can demonstrate their talent can apply to compete in the upcoming Ms. Senior D.C. Pageant. Call Family Matters of Greater Washington at 202-289-1510 x. 1171 for an application. Applications must be submitted by the end of April. Show your peers you are "Aging with Style."



GOVERNMENT OF THE DISTRICT OF COLUMBIA

ADRIAN M. FENTY, MAYOR

Community Calendar

April

2nd+ • 10 a.m.

Learn about fraudulent scams geared toward seniors during a series of seminars every Friday at 10 a.m. The drop-in "Moneywise" classes are free and will be held at Emmaus Services for the Aging, 1426 9th St., N.W. For more information, call 202-745-1200.

5th+ • 11 a.m.

Emmaus Services for the Aging will hold its monthly chair exercise classes starting Monday, April 5 at 11 a.m. The classes will be held at 1426 9th St., N.W. every Monday, Tuesday and Thursday at 11 a.m. and Wednesday at 10 a.m. The class is free, but a doctor's note is required. For more information, call 202-745-1200.

12th+ • 10 a.m.

Find out how holistic treatments can help with early-stage memory loss during a limited-run IONA Senior Services support group that will take place every Monday at 10 a.m. from April 12 through May 17. The "Boost Your Brain" workshop will also help families coping with memory loss plan for the future. The fee is \$60, and scholarships are available. IONA is located at 4125 Albemarle St., N.W. To learn more and sign up, call 202-895-9448.

14th+ • 3 p.m.

IONA Senior Services will host "Clear Your Space," a support group for seniors and their family members that will provide strategies for decluttering. The support group will meet from 3 to 4:30 p.m. each Wednesday from April 14 to May 19. IONA is located at 4125

Albemarle St., N.W. The fee to join the group is \$60 and scholarships are available. To learn more and sign up, call 202-895-9448.

14th • 11:30 a.m.

Seabury Ward 5 Aging Services, formerly Episcopal Senior Ministries, will host a Senior Volunteer Luncheon at the Theodore R. Hagans, Jr. Cultural Center, 3201 Ft. Lincoln Drive, N.E. The free luncheon, for volunteers only, does require reservations. Call 202-529-8701.

14th+ • 9 a.m.

Get your blood pumping at Arthur Capper Senior Center's chair exercise classes every other Wednesday starting April 14. The free classes begin at 9 a.m. Reservations are required. For more information and to sign up, call 202-546-1024.

15th • 11 a.m.

Seabury Ward 5 Aging Services, formerly Episcopal Senior Ministries, will host a presentation from the National Committee to Preserve Social Security and Medicare. The free presentation will be held at the Center for the Blind and Visually Impaired, 1251 Saratoga Ave., N.E. Registration is required. For more information and to sign up, contact Vivian Grayton at 202-529-8701.

21st • noon

IONA Senior Services hosts its second annual "Art of Caring" luncheon to honor family caregivers and raise awareness for caregiver needs. The luncheon will take place at the Mayflower Hotel, 1127 Connecticut Ave., N.W. Kathy Greenlee, Assistant Secretary for

Aging, U.S. Department of Health and Human Services, is among the guest speakers. The luncheon is free for caregivers and their families, but registration is required. For more information, call 202-895-9448.

23rd to 25th

The Serenity Players' production of *Paul Robeson* has been re-scheduled due to February's snow. The new dates are Friday, April 23 at 11 a.m. and 7:30 p.m., Saturday, April 24 at 1 and 7:30 p.m. and Sunday, April 25 at 4 p.m. The play will be performed in the Levine's Recital Hall located on the second floor of THEARC, 1901 Mississippi Ave., S.E. For further information, call Doris Thomas at 202-575-4248.

29th • 11:30 a.m.

Seabury Ward 5 Aging Services will present the "Powers of Music" at Edgewood Terrace Senior Nutrition Center, 635 Edgewood St., N.E. The free event will detail the positive, enriching powers of music. No RSVP is required. For more information, call 202-529-8701.

May

6th • 10 a.m.

Voice your opinion on how the Office on Aging and the Commission on Aging are addressing senior issues and services. Interested parties may testify during the Office on Aging Fiscal Year 2011 Budget Request hearing. The hearing will be held in the Council Chamber (Room 500) of the John A. Wilson Building, 1350 Pennsylvania Ave., N.W. Persons wishing to testify may contact Ed Fisher at 202-724-2110 or efisher@dccouncil.us.

Celebrating People in Action

National Volunteer Recognition Week April 18 to 24

Marian O. Williams

RSVP Recognition Luncheon Volunteer of the Year

Mrs. Williams is a retired teacher and a poet and has volunteered throughout her retirement. Congratulations to an outstanding member of the Retired and Senior Volunteer Program (RSVP) Council.



SPOTLIGHT ON AGING

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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.

Wheelchair Accessible Taxicab Service Now in D.C.

The District of Columbia Taxicab Commission has announced that wheelchair-accessible taxicabs are now available through a pilot program. The service is curbside-to-curb, and all fares are at the regular taxi rate for all passengers.

This service is for all persons who cannot transfer into a regular taxi. The vehicles accommodate all regulation size chairs (48 x 30 inches), including some motorized scooters.

To schedule a pickup, call Royal Cabs or Yellow Cabs. They have limited vehicles, and each company will coordinate with the other to ensure that you are transported.

Royal Cab: 202-398-0500

Yellow Cab: 202-544-1213



The Washington Elderly Handicapped Transportation Service is also available to meet your transportation needs.

Contact your Lead Agency to plan for upcoming medical appointments:

Barney Neighborhood House Senior Program — Wards 1 and 4
202-939-9020

Emmaus Services for the Aging — Ward 2
202-745-1200

IONA Senior Services — Ward 3
202-966-1055

Seabury Ward 5 Aging Services — Ward 5
202-529-8701

South Washington West of the River — Ward 6
202-608-1340

East River Family Strengthening Collaborative — Ward 7
202-534-4880

Downtown Cluster's Aging Services — Ward 8
202-610-6103