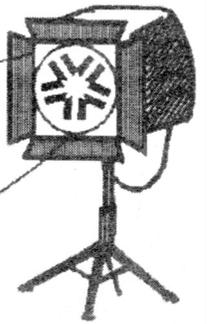


DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XXIV, ISSUE 4

A newsletter for D.C. Seniors

April 2013



EXECUTIVE DIRECTOR'S MESSAGE

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

In this month's edition of "Spotlight on Aging," I would like to discuss caregiver support. This is a very important topic for so many people who are sacrificing to provide support to loved ones, and I am certain that you can relate to my brief experience below.

Recently, I found myself serving as a caregiver to my pregnant wife, who was diagnosed with pneumonia and a sprained muscle near her ribcage. This was a very difficult time for my wife, as she was unwilling to take certain types of pain relieving medications because of her pregnancy, which left her in excruciating pain for more than three weeks.

In my attempt to be a good husband and father to my four-year old daughter, I was cooking, helping with homework and reading bedtime stories, washing clothes, cleaning the house, and grocery shopping as my wife was unable to perform these activities of daily living. Beyond these duties, I did not skip a beat with fulfilling my responsibilities at the District of Columbia Office on Aging (DCOA) and incorporating time for exercise into my schedule as part of my renewed commitment to getting fit.

As I reflect on this brief period of my wife being "out of commission," I learned the tough job that she has of being a stay-at-home mom. Moreover, I personally understand the tough role of caregivers who are juggling full-time jobs, raising children and grandchildren, and providing service to individuals needing support so that they can experience a comfortable lifestyle while seeking personal time for relaxation.

For those of you who find yourself having to juggle life's demands while caring for a senior, please consider attending the National Caucus and Cen-

ter on Black Aged (NCBA) Caregiver's Symposium, which will be held on Thursday, May 9 at the Samuel J. Simmons NCBA Estates. The Estates is located at 2801 14th St. NW in Washington, D.C. Experts will be on hand to address the critical needs that caregivers face in their efforts to care for loved ones. If you have questions or are interested in attending this symposium, please contact NCBA at 202-637-8400 or caregivers@ncba-aged.org.

In addition to this symposium, I encourage you to take advantage of the following DCOA programs and services for caregivers.

District of Columbia Caregivers' Institute (DCCI)

The purpose of DCCI is to support unpaid caregivers residing in the District of Columbia who have primary responsibility for older, vulnerable District residents. DCCI strives to be a one-stop, centralized resource to help caregivers make critical decisions, develop and implement a Caregiving Support Plan, advocate for themselves and the older person, and participate in activities designed for personal rejuvenation.

Lifespan Respite Flex Account System

DCOA's Lifespan Respite Flex Account System will allow caregivers flexibility in choosing a respite provider. This will address the issue of affordability barriers in accessing respite care. This funding initiative will provide flexibility and reimbursement for respite care expenses for an extended weekend (or up to a maximum of four days) per caregiver per year.

Faith-Based Partnerships Initiatives

DCOA's Lifespan Respite program

See **EXECUTIVE DIRECTOR**, page 27

Volunteers Wanted: DCOA First Responders

D.C. Office on Aging is actively recruiting seniors, former first responders, lead agency personnel and college students to participate in the District of Columbia's First Responder training in the event of an emergency, disaster or catastrophe.

In order to be certified, participants must complete four days of the training modules offered from the schedule below. Each day, the training will start promptly at 9 a.m. and finish at 5 p.m. A continental breakfast and lunch will be provided during the training. The training will be held at the Department of Health, 55 M St. SE, Suite 300, Washington, D.C. 20003.

You must sign-up for modules 1, 2, 3 and 4; participants have the option and flexibility of taking classes consecutively or as your schedule permits until all modules are complete. However, we do require that all four days be selected for each module when registering for the course.

Classes will fill quickly, so please contact the D.C. Office on Aging's Information and Assistance Unit to hold your space at 202-724-5626.

Onsite training module

April

Wednesday, April 3

Code: A1

CERT Training (Community Emergency Response Team)

Thursday, April 4

Code: A2

Sheltering

Tuesday, April 16

Code: A3

CPR, First Aide, Senior Sensitivity, DCOA Info

Wednesday, April 17

Code: A4

POD (Points of Dispensing), Mental Health, Pets

May

Wednesday, May 8

Code: M1

CERT Training (Community Emergency Response Team)

Thursday, May 9

Code: M2

Sheltering

Tuesday, May 21

Code: M3

CPR, First Aide, Senior Sensitivity, DCOA Info

Wednesday, May 22

Code: M4

POD (Points of Dispensing), Mental Health, Pets

June

Wednesday, June 5

Code: J1

CERT Training (Community Emergency Response Team)

Thursday, June 6

Code: J2

Sheltering

Tuesday, June 18

Code: J3

CPR, First Aide, Senior Sensitivity, DCOA Info

Wednesday, June 19

Code: J4

POD (Points of Dispensing), Mental Health, Pets

Make-up Training Sessions

Monday, June 24

Code: MU1

CERT Training (Community Emergency Response Team)

Tuesday, June 25

Code: MU2

Sheltering

Wednesday, June 26

Code: MU3

CPR, First Aide, Senior Sensitivity, DCOA Info

Search for Ms. Senior D.C. 2013



We are looking for Ms. Senior D.C. 2013. Maybe you know her. Ms. Senior D.C. is elegant, poised, talented and very active in her community. If you know a District woman age 60 or older who fits this description, and is interested in representing her peers as Ms. Senior D.C., please make sure she is entered in the Ms. Senior D.C. Pageant 2013. Please send an email to darlene.nowlin@dc.gov or call 202-724-5626 for more information.



GOVERNMENT OF THE DISTRICT OF COLUMBIA

VINCENT C. GRAY, MAYOR

Smart911 Frequently Asked Questions

What happens when you dial 9-1-1 today?

When you dial 9-1-1 from any landline, mobile phone or VoIP phone, your call is directed to the closest Public Service Answering Point (PSAP). When dialing from a landline, your call is directed by the address associated with the number.

When dialing from a mobile phone, your call is routed by the closest cell tower. At the PSAP, the call taker can see your incoming phone number and sometimes a location — the full address if you are dialing from a landline, and a general location when dialing from a mobile phone.

What is Smart911?

Smart911 is a national database that provides 9-1-1 dispatchers and first responders with additional critical-care and rescue information when you dial 9-1-1. This information is entered through the Smart911 website in the form of a Safety Profile. If you call 9-1-1 from a phone that has been registered and verified, your profile is automatically displayed to 9-1-1 call takers and first responders where the service is installed.

Why is my 9-1-1 center implementing Smart911?

In addition to the information above,

over 70 percent of calls to 9-1-1 are made by mobile phones. With the limited information available on these calls, Smart911 allows for additional information to be made available to 9-1-1 and responders.

Making Smart911 available will improve the level of safety and service provided by all 9-1-1 and response agencies.

How do I register for Smart911?

Go to www.smart911.com and follow the prompts for creating your free Safety Profile.

Why should I use Smart911?

Smart911 can help protect you and your loved ones by allowing you to give 9-1-1 and response teams the information they need to help you and your family members before an emergency happens. Your Safety Profile includes critical-care and rescue information on all members of your family, including children and pets.

What is a Safety Profile?

A Safety Profile includes key facts that, if known to emergency response teams, will probably cause them to prepare or act in a manner specifically tailored to you or members of your household. This may be information

about how to find your residence, medical information and other details that could be helpful to emergency response teams in the event of an emergency.

How has Smart911 helped citizens?

Smart911 helps all citizens by providing enhanced caller data in the event of an emergency that necessitates a call to 9-1-1. Smart911 is especially helpful to those who may have trouble communicating with a 9-1-1 dispatcher over the phone by offering an innovative way to preload informational data. In addition, Smart911 allows call-takers and first responders to gather critical information without relying solely on verbal communications.

Is the data I provide to Smart911 secure and private?

Yes. Smart911 uses the latest in security technologies and conducts regular audits to ensure all information is secure and only made available to 9-1-1 and emergency responders in the event of an emergency.

Will Smart911 sell my subscriber data or email address or spam me?

No. Smart911 will ONLY use your

email address as disclosed in the Smart911 Terms of Service, including notifying you when it is time to update or verify your profile. Smart911 is funded by participating 9-1-1 centers, not through any form of marketing.

Who enters and maintains my information?

You do. You decide how much or how little information to register with Smart911. You may change, add and remove information whenever you choose to do so. Think of Smart911 as holding your information and only delivering it to the 9-1-1 operator when you call. It is your responsibility to keep the information accurate and up-to-date.

Why do I have to update my information every six months?

It is critical that emergency responders have the latest information to ensure their response can be quick and accurate.

When can I access or change my critical-care and emergency rescue information?

You can access your Safety Profile at any time by entering your User ID and Password.

Log onto www.smart911.com to register your information today!

Beware of Lottery Scams

A good rule to follow is: if you have won money, you shouldn't have to pay money to receive it.

Too many senior citizens are becoming victims of a Jamaican Lottery Scam as reported on the "Today Show" and other news broadcasts in recent months. One of the latest victims is a resident of the Baltimore area who lost \$400,000 in the scam.

The following information is provided by the D.C. Metropolitan Police Department to make District residents more aware of lottery scams and how to safeguard against them.

Lottery scams are one of the most common scams throughout the U.S. The approach is made via email, telephone, fax or letter. A good rule of thumb in these situations is to remember: if it sounds too good to be true, it is! Don't let your excitement get the best of you.

Here's how it might happen:

- The suspect tells the victim that he just won the lottery. All he needs to collect the winnings is to wire them the money for taxes and the international conversion fees.
- The suspect requests that money be wired to a Western Union or MoneyGram location based out of the country, usually Canada, the United Kingdom or Nigeria.
- The victim never sees any winnings.

What to do if approached in this manner

Do not send any money. If you really win the lottery, the lottery association will arrange to take the money for the taxes directly out of your winnings.

Should you become the victim of a theft by trick, con man or other deception, contact 311, your local police district, or the Financial Crimes and Fraud Unit at 202-727-4159.

My Social Security

My Social Security is a new service that lets you set up an online account and gain quick access to the Social Security information you need the most. You can use your account to get a copy of your Social Security Statement, which includes your earnings record and estimates of your future retirement, disability and survivor benefits.

If you already get Social Security,

you can use your account to view or print your benefit verification letter, check your benefit information, change your address and phone number, and more.

You'll be able to gain access to all your important Social Security information by creating a My Social Security account. Visit www.socialsecurity.gov/myaccount.

Complete Your Housing Application at DCOA by April 12

DC Housing Authority (DCHA) applications can now be completed at the D.C. Office on Aging for senior citizens age 62 and older and persons living with disabilities. DCOA personnel have been trained and authorized by DCHA to complete applications for residents interested in subsidized housing.

DCHA estimates that there are

more than 70,000 families and individuals currently on the existing waiting list for housing. In an effort to modify the current list and verify the list for need, DCHA will be closing the application process on April 12 until further notice.

Staff at DCOA will still be completing applications until April 12. For more information, please call 202-724-5626.

Community Calendar

April events

3rd • 11:30 a.m. to 1 p.m.

UDC School of Nursing will present a program called "Reclaiming our Health (Breaking the Chain of Infection)" at the Washington Senior Wellness Center, 3001 Alabama Ave. SE. Reserve your spot by calling the center at 202-581-9355.

10th • 10 a.m. to 2 p.m.

A Community Health and Wellness Fair sponsored by the D.C. Office on Aging will be held at Congress Heights Senior Wellness Center, 3500 Martin Luther King, Jr., Ave. SE. Exhibitors include Minimally Invasive Vascular Center; D.C. Fire and EMS Blood Pressure and Glucose Screening; Fire/EMS Education Dept.; Marva Jean Herring, D.D.S dental screen; dental screenings courtesy of Howard University Dental School; UDC speech pathology (hearing) screening program; Top Banana Home Delivered Groceries; Legal Counsel for the Elderly & Ombudsman Long-Term Care Program; Serve DC & Public Service Commission; and PEPCO. For more information, call 202-563-7225.

10th • 10 a.m.

Learn about milk alternatives in this nutrition education program at all Ward 5 senior nutrition sites. For a location near you, call Vivian Grayton at 202-529-8701

10th+ • 4 to 5:30 p.m.

Join Iona Senior Services' new facilitated community discussion group called "Take Charge/Age Well." Group members will learn how to navigate the opportunities and challenges of aging through presentations that offer expert advice, wellness coaching, guidance on critical decision-making, and planning for the future. The group meets every other week for seven weeks from April 10 to July 3. The fee is \$10 per session, and scholarships are available. Iona is located at 4125 Albemarle St. NW. To register, call 202-895-9448 and select option 4.

11th, 18th, 25th • 11 a.m.

Providence Hospital will offer a three-week diabetes education seminar series at Green Valley Senior Nutrition Site, 2412 Franklin St. NE. For more information, call Vivian Grayton at 202-529-8701

17th • 10 a.m. to noon

Join the D.C. Office on Aging (DCOA) Ambassador Program, 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. At the next training workshop learn about all of the programs and services that DCOA offers to the community and how you can become an Ambassador. The training takes place at the DCOA office at 500 K St. NE.

May events

9th

The National Caucus and Center on Black Aged Caregiver's Symposium will be held at the Samuel J. Simmons NCBA Estates, 2801 14th St. NW. For more information or to register, call 202-637-8400 or email caregivers@ncba-aged.org.

16th • 4 to 8 p.m.

The East River Family Strengthening Collaborative, Inc. K.E.E.N. Seniors Program Presents a Ward 7 prom for seniors, a special evening of glitz and glamour. For more information, contact Robin Gantt or Chicquita Bryant at 202-534-4880.

Executive Director

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is expanding its efforts to foster partnerships with faith-based organizations. This target-specific outreach will increase the knowledge of lifespan respite among church, staff members and attendees, which promotes coalition building and enhances the caregiving support often needed by church attendees.

Caregiver Buddy System

This is an initiative to connect caregivers with each other to help regain perspective and find comfort in even

the most difficult caregiving situations.

Online Chat

The online chats are bi-weekly chats that provide caregivers and other stakeholders with important information about respite and other issues impacting caregivers.

Respite Service Provider Database

The respite service database is an online listing of respite service providers across the District of Columbia.

For more information about the aforementioned programs, please contact DCOA at 202-724-5626.

SPOTLIGHT ON AGING

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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.**



DCOA Establishes Intergenerational Collaboration with YouthBuild Public Charter School

Free Painting and Home Improvement Services to Seniors & Persons with Disabilities

D.C. Office on Aging has formed an intergenerational collaboration with YouthBuild Public Charter School. YBPCS offers on the job training programs; while helping the students to obtain their GED and learn a viable trade in the process. The students are from age 16 to 24 and they are a part of a volunteer workforce that provides painting and small home improvement jobs to our seniors and persons with disabilities at no cost. During the pilot phase of this program, we helped seven seniors achieve a cleaner, brighter home environment.



Clients must purchase their own paint and supplies and YouthBuild Public Charter School will provide labor. All YouthBuild students and faculty are bonded and insured. YBPCS provides services at no cost to District of Columbia seniors and persons with disabilities. Reservations are required!

**Call Information and Assistance
(Vadonia Mallory) for more
information at (202) 724-5626.**

