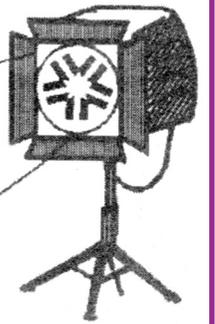


DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XXVIII, ISSUE 5

A newsletter for D.C. Seniors

May 2012



EXECUTIVE DIRECTOR'S MESSAGE

By Dr. John M. Thompson

“Never Too Old to Play” is the theme that the U.S. Administration on Aging has adopted for May 2012, which is Older Americans Month. As I reflect on my past 12 months with the District of Columbia Office on Aging, I must say that the thousands of seniors that I have met across the District truly embrace this theme! They are physically active through their participation at one of the five operational Senior Wellness Centers across the city and are contributing to our society through their passion for serving people.

Unfortunately, there are still seniors who suffer the effects of social isolation and the lack of family support. Therefore, I urge our seniors and others who have a desire to help, to reach out to these vulnerable persons and connect them with the programs and services offered by the D.C. Office on Aging Senior Service Network. Our intake specialists and social workers are happy to assist all clients directed to our offices.

While we're still on the topic of Older Americans Month, I encourage you to attend some of our special events for the month of May as we celebrate the contribution of seniors to their communities. I would like to especially highlight the first ever Mayor's Senior Symposium that will assemble over 300 seniors, advocates, and providers of senior

services who will address issues that matter the most to our seniors. It will be a great opportunity to fine tune our focus on how to better serve the District's seniors.

The Office on Aging is working diligently to improve the way we provide services through the D.C. Office on Aging Senior Service Network. Our new approach means better access to more services for seniors, persons living with disabilities, and family caregivers. It also results in increased funding and resources for our community-based providers who do an excellent job in serving our stakeholders. I trust that you will notice an improved service delivery model in the next several months.

The D.C. Office on Aging is in the midst of facilitating community engagement meetings around the District on our State Plan on Aging. The state plan serves as our agency's strategic plan that highlights our goals and objectives for the next three years. We encourage you to attend one of these community engagement meetings and give us your input on shaping this plan. Please see the dates listed in this issue for upcoming meetings or contact our office at 202-724-5622. You may also contact us if you would like to host a community engagement meeting on the State Plan on Aging.

25th Annual Salute to District of Columbia Centenarians

Laura Genus, 106, was the oldest centenarian present and the honoree chosen to cut the ceremonial cake at the recent 25th Annual Salute to District of Columbia Centenarians. Mayor Vincent C. Gray, the D.C. Office on Aging and Family Matters of Greater Washington presented the

Jacqueline C. Arguelles posed for photos with the centenarians and their guests as the medallions were presented.

Veteran Alyce Dixon, 104 years old, commented on how more seniors are living longer and they enjoy staying engaged in activities. Dixon who was one of the first

women to serve as a member of the Women's Army Corps (WAC), is still an active member of her facility community. She received the Good Conduct Medal for her military service and was a noted volunteer at various hospitals in the area.

Of the 34 centenarians present at the event, only four were men. Many of the centenarians still participate in programs and services provided by the D.C. Office on Aging. Kelso Stew-

art and Flora Mitchell, both 100, and Ms. Rozalia Simmons, age 102, all attend senior wellness centers on a daily basis. Deacon Willie Darby, age 100, attends a day care on a regular basis.



Joel Emmett McLeod, Sr., age 102, has been married to his wife Eva for 72 years. He retired from the Department of Labor, Division of Labor Statistics. The couple has six children, three grandchildren and three great-children.

on Aging Executive Director John M. Thompson, Family Matters of Greater Washington CEO Tonya Jackson Smallwood, Ms. Senior D.C. Emma P. Ward, and D.C. Commission on Aging Chairperson



Senior advocate and volunteer 101-year-old Mary "Sue" Whitman was also honored during the annual event. Whitman, a retired federal employee, was a former D.C. Commission on Aging member and also served on the Mayor's Health Policy Committee.



Centenarian Edna Hardmon, 103 years of age, seated with her daughter, poses for pictures with DCOA Executive Director John M. Thompson, Family Matters of Greater Washington CEO Tonya J. Smallwood, Ms. Senior D.C. Emma P. Ward, Commission on Aging Chairperson Jacqueline C. Arguelles, and Mayor Vincent C. Gray. Hardmon attributes her longevity to her work helping others and their causes.



GOVERNMENT OF THE DISTRICT OF COLUMBIA

VINCENT C. GRAY, MAYOR

Older Americans Month Events



Older Americans Month is celebrated each May to honor and recognize older Americans for the contributions they make to our families, communities and society. This year's theme "Never Too Old to Play" encourages older Americans to stay engaged, active and involved in their own lives and in their communities. The District of Columbia will be holding citywide and ward events throughout the month in recognition of the 100,000+ Older Washingtonians to play, learn and have fun.

"Innovations in Aging 2012- Expo/Conference" in partnership MD & VA State Agencies on Aging — May 3-5

Event: Expo, job fair and conference workshops for seniors in the DMV.

The job fair and the expo are free and open to the public. The professional conference (Thursday and Friday) has a \$125 registration fee to cover meals and CEU costs.

Location: Gaylord National Hotel and Conference Center, National Harbor Center.

For more information, contact 410-767-1100.

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.

D.C. Parks and Recreation "Senior Golden Olympics" — May 7-11,

Event: Bowling, track, relay, swimming, golf and more sports

Locations: Deanwood Recreation Center, Coolidge Field, Bowling Arena, Takoma Community Center

For more information about times and locations, contact 202-664-7153 or <http://www.drp.dc.gov>

"AARP Senior Community Shred Event" — May 8 from 10 a.m. to 2 p.m.

Event: Opportunity for seniors to dispose of any papers with confidential printing, archive records, colored stock folders. No business or commercial materials will be accepted

Locations: Washington Seniors Wellness Center, 3001 Alabama Ave. SE and Takoma Community Center, 300 Van Buren St. NW, 202-434-2099 or LCESMP@aarp.org

"Senior Day at UniverSoul Circus" — May 8, 10:30 a.m. (other dates May 3-20)

Event: Featuring high wire, clowns, trick dogs, elephants, dance, aerial ballet, dancers, tigers and soul music.

Location: 6900 Annapolis Rd., Landover Hills, MD. For tickets call 800-316-7439 or book online at www.universoulcircus.com.

Silent Partners Senior Citizens "HIV Training Workshop" — May 9, 9 a.m. to 1 p.m.

Event: Training opportunity to learn, advocate, identify resources and be informed

Location: Temple of Praise Church, 700 Southern Ave. S.E.

For more information and to RSVP contact: 202-832-3127 or 202-487-9525

East River Family Strengthening Collaborative "Senior Prom" (Ward 7), May 17, 4 p.m.

Event: Senior Prom with dancing and more. All invited.

Location: St Luke's Center 4910 East Capitol St. SE

For more information and tickets, call 202-534-5880

Family Matters (Ward 2) "Fun Day" May 25, 10 a.m. – 2p.m.

Event: Fun Day out and indoors for seniors in Ward 2.

Location: Kennedy Recreation Center, 1300 7th St. NW

For more information and to RSVP contact: 202-232-4202

IONA Senior Services "Advocacy 101" on May 15 at 12:30 p.m.

Event: Be an advocate for yourself

Location: Tenleytown-Friendship Neighborhood Library, 4450 Wisconsin Ave. NW

For more information contact 202-966-1055

Seabury Resources "Health Fair and Expo" (Ward 5) May 18 at 11 a.m.

Event: Health and information exhibitors, lunch and entertainment for seniors in Ward 5

Location: North Michigan Park Recreation Center, 1333 Emerson St. NW

Contact 202-529-8701 to RSVP

Barney Program "Senior Talent Show" (Ward 4) — May 18, 10 a.m. to 2 p.m.

Event: Senior talent and fashion show and lunch for seniors in Ward 4

Location: The Nineteenth St. Baptist Church, 4606 16th St. NW

Call 202-939-9030 to RSVP

Family Matters (Ward 8) — May 24, 10 a.m. to 2p.m.

Event: Health and information exhibitors, lunch and entertainment for seniors in Ward 8

Location: DCARC, 1901 Mississippi Ave. SE

For more information contact 202-562-6860 to RSVP.

Family Matters "Ward 6 Open House" (Date to be announced), 10 a.m. to 3 p.m.

Event: Open House for new headquarters for Ward 6 Lead Agency for aging services

Location: 1318 H St. N.E.

Call 202-547-7503 to RSVP

Terrific Inc/Bernice Fonteneau Senior Wellness Ctr. "Ward 1 St. Festival" — May 30, 10 a.m. to 3 p.m.

Event: Outdoor and indoor street festival for seniors in Ward One.

Location: Bernice Fonteneau Senior Wellness Center, 3531 Georgia Ave. NW

For more information, contact 202-234-4128

National Senior Health and Fitness Day — May 30, 10 a.m. to 3 p.m.

Event: Open House at Senior Wellness Centers with activities and tour

Locations:

Bernice Fonteneau Senior Wellness Center, 3531 Georgia Ave. NW

Congress Heights Senior Wellness Center, 3500 Martin Luther King Jr. Ave. SE

Hattie Holmes Senior Wellness Center, 324 Kennedy St. NW

Model Cities Senior Wellness Centers, 1901 Evart St. NE

Washington Seniors Wellness Center, 3001 Alabama Ave. NE

For more information, contact: 202-724-5626

Operator for New Wellness Center Selected

The D.C. Office on Aging has selected an entity to operate the Hayes Senior Wellness Center in Ward 6. Howard University Geriatrics Division has been awarded the grant to operate fitness and wellness programs at the Hayes Senior Wellness Center, located at 500 K St. NE.



Howard University Geriatrics Division will operate the new Hayes Senior Wellness Center, located in the former Rutherford B. Hayes Elementary School.

"I am pleased with the recommendation of the external review panel and feel confident that Howard University will provide an excellent core of programs to assist Ward 6 seniors as they begin living healthier lifestyles through fitness and exercise. Howard University is a leader in administering evidence based wellness programs that have been proven to improve health outcomes,"

stated John M. Thompson, executive director of the D.C. Office on Aging.

Registration for programs was expected to begin April 30.

District and federal funds in the amount of \$170,555 were awarded to Howard University to operate the newly constructed facility for the remainder of FY 2012. Operations will include services that promote healthy habits, enhance social, mental, spiritual and physical well-being and help to prevent unnecessary and costly medical problems associated with the aging process. Currently approximately 11,000 seniors reside in Ward 6.

The features of the Hayes Senior Wellness Center include:

- Nutrition counseling and instructional kitchen
- Aerobics room and total fitness area
- Massage area
- Computer training center
- Multipurpose room
- Offices for Wellness Center staff
- Locker rooms with shower and bathroom facilities

In 2000, the D.C. Office on Aging requested and was granted capital authority to construct a multipurpose senior wellness center in Ward 6 and a new office headquarters for the D.C. Office on Aging. The old Rutherford B. Hayes Elementary School property was purchased and acquired for the project from D.C. Public Schools in 2001. After several community meetings and approval by the Historic Preservation Office, the building plans were developed and approved. Upon completion, the Office on Aging relocated to the site in October 2011.

For more information or to register for the program, call 202-727-0357.

District to Hold Public Meetings on Proposed Plan

The Office on Aging is seeking public comment on the draft District of Columbia State Plan on Aging for Fiscal Years 2013-2015 as required under the Older Americans Act (P-L 109-365) as amended in 2006. The District of Columbia is required to submit a State Plan on Aging in order to receive more than \$6 million in federal dollars under the Older Americans Act.

The plan gives the District's older residents, caregivers and other stakeholders an opportunity to express their views on the current services, future needs and priorities of the Office on Aging.

In addition, a survey is being distributed throughout the city to assess programs for the elderly and persons living with disabilities aged 18-59. The Draft State Plan on Aging is also available for review. To access the survey or the draft plan, access either online at <http://dcoa.dc.gov> or contact Courtney Williams at 202-727-

8370 or courtney.williams@dc.gov. Copies of the draft plan and the survey can also be picked up at the Office on Aging.

Comments on the Draft State Plan on Aging may be mailed to: D.C. Office on Aging, 500 K Street, NE, Washington, D.C. 20002 by May 25, 2012.

Community Input Meetings

May 7, 1 p.m., Bernice Fonteneau Sr. Wellness Center, 3531 Georgia Ave NW

May 8, 10:45 a.m., Congress Heights Senior Wellness Center, 3500 MLK Ave. SE

May 14, 12:30 p.m., Asian Service Center, 417 G Place

May 16, 1 p.m. Hattie Holmes Senior Wellness Center, 324 Kennedy St. NW

May 22, 12:30 p.m., Washington Seniors Wellness Center, 3001 Alabama Ave SE

May 23, 1 p.m., Model Cities Senior Wellness Center, 1901 Evarts St. NE

"Never Too Old To Play"

Older Americans Month 2012

Skip the cost of gym memberships. Join thousands of seniors across the city as they participate in fitness activities at one of our wellness centers located in your neighborhood. All services focus on wellness, health promotion and disease prevention. Nutrition, exercise, reflexology, smoking cessation and other health dialogues, seminars, support groups, creative arts and much more to provide promote the health and wellness of District residents age 60 and older.

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 (New location currently taking registrations)
500 K St. NE
202-727-0357

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

UDC Institute of Gerontology BODYWISE Senior Program
4340 Connecticut Ave. NW
202-274-6697

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

First Annual D.C. Office on Aging Older Americans Month Senior Symposium

Never Too Old to Play: Understanding your Options as a Seasoned Citizen!

Friday, May 25

9 a.m. to 4 p.m.

Park Hyatt Washington

1201 24th St, NW

Washington, DC 20037

Join us for a day of education, discussion and community engagement.

CEUs may be available for professionals attending the event.

The event is free, but registration is required to participate.

Continental breakfast and lunch will be provided to all registered persons.

To reserve your space today, please call the D.C. Office on Aging at 202-724-5622.