



# DISTRICT OF COLUMBIA OFFICE ON AGING

## Spotlight On Aging



VOLUME XXVI, ISSUE 6

A newsletter for D.C. Seniors

June 2011



### ACTING EXECUTIVE DIRECTOR'S MESSAGE

By Dr. John Thompson

#### Reflection on Older Washingtonians Month

The Month of May was a great celebration citywide honoring the many contributions of our residents ages 60 and older. Mayor Vincent C. Gray proclaimed the month Older Washingtonians Month to emphasize the importance of the more than 98,500 senior citizens who have contributed to the fabric of the city, with the theme "Connecting the Community."

We thank you again for your hard work and hope that most of you were able to participate in the concerts, health fairs, awards events, proms and other celebrations that were held to honor you. I would like to take the opportunity to use this venue to thank and acknowledge the hard work and dedication of the Office on Aging Senior Service Network, which planned these events to honor all of our residents. I had the opportunity to attend many of the events and, most importantly, to meet many of you.

I hope that my tenure here at the Office on Aging will allow me the opportunity to meet more of you, but also that my work and the work of my colleagues here in the office and throughout this government will greatly affect the way that you live out your golden years.

In addition, I plan to bring to this position the knowledge that I have gained over the past year and a half working with other aging programs across the nation and use it to implement programs and services. I will use many of the best practices that fit the District's changing population without leaving out the vulnerable, the semi-independent or the independent residents age 60 and older.

The needs of our younger seniors, or the baby boomers, are different from those of seniors who are much older. The Office on Aging has a responsibility to provide services to them as well. Our challenge will be to implement programs for everyone. We welcome the challenge.

#### New Senior Service Provider in Ward 6

The Office on Aging has enlisted the services of Family Matters of Greater Washington, a current DCOA grantee, to provide the senior services in Ward 6 that were previously provided by South Washington West of the River. Family Matters will provide all Lead Agency services to Ward 6 residents for the remainder of this fiscal year. The name change does not affect the staff, senior services, telephone numbers, fax numbers or staff location for the clients currently receiving services in Ward 6.

#### Taking Care of our District's Men

As we gear up for the summer citywide, let us not forget our men who are leaving their families unnecessarily as a result of preventable deaths. Encourage the men in your life to see a doctor on a regular basis. Invite them to become more involved in senior programs. For example, we have several wellness centers across the city that feature a Men's Parlor; so help them to learn about a wellness center near them. Please call our Information and Assistance Unit at 202-724-5626 for more information.

### Estimated Preventable Causes of Death in the District of Columbia, 2007

Tobacco Use	860	Toxic Agents	110
Diet/Physical Inactivity	780	Sexual Behavior	40
Microbial Agents	240	Illicit Drug	40
Alcohol Consumption	150	Motor Vehicles	30
Firearms	140	Uninsurance	30
Medical Errors	140		



Councilmember Yvette Alexander, Ward 7, DC Office on Aging Acting Executive Director John Thompson, and Chairperson of Commission on Aging Jacqueline C. Arguelles outside the Washington Seniors Wellness Center. The Ward 7 wellness center is the first wellness center constructed for seniors.



Mayor Vincent C. Gray addresses seniors at the East River Family Strengthening Collaborative Health and Safety event, getting a laugh from Dr. John Thompson. The event was held at the Washington Seniors Wellness Center and featured panel discussions, health exhibits and more.



Ms. Senior DC Sheila Poole and Chairperson Jacqueline C. Arguelles are pictured at the Barney Neighborhood House Commission on Aging Senior Program concert. Each woman attended many of the events that were held across the city to commemorate the contributions of Older Washingtonians.



## D.C. OFFICE ON AGING NEWSLETTER

## Community Calendar

### June 7 • 7 a.m. to 8:30 p.m.

Take a trip to Atlantic City with members of the Hattie Holmes Senior Wellness Center. The cost is \$45, and participants get \$30 in free play at the Showboat casino. The trip leaves from the center, 324 Kennedy St., N.W. For more information, call 202-291-6170.

### June 9 • 10 a.m.

Join Seabury Ward 5 Aging Services for a D.C. Parks & Recreation senior picnic at Kenilworth Park, 1550 Anacostia Ave., N.E. For more information, call Vivian Grayton at 202-529-8701.

### June 10 • 5 to 8 p.m.

Iona Senior Services will host a meet-the-artists reception with music and refreshments for its artists in residence, Gwen Aqui and Bernard Brooks. Aqui is a painter, contemporary quilt maker and doll designer, and Brooks conveys his craft through watercolors, mixed media, and ink sketching. He was the chief medical illustrator at Howard University for 26 years. Iona is located at 4125 Albemarle St., N.W. For more information, call 202-895-9448.

### June 24 • 10 a.m. to 3 p.m.

The Hattie Holmes Senior Wellness Center will host its third annual Family Day/Open House. There will be free health screenings, vendors, entertainment, food, door prizes, activities for children and more. The center is located at 324 Kennedy St., N.W. For more information, call 202-291-6170.

### July 1 • 10 a.m. to 2 p.m.

Celebrate with Barney Neighborhood House & Metlife's Independence Day Fish Fry for Ward 1 and 4 seniors. It will take place at 930 Faragut St., N.W. Call James Thompson at 202-939-9031 for more information

## Ms. Senior D.C. Pageant to be Held June 12

The District has announced the contestants in the upcoming Ms. Senior D.C. Pageant 2011. The Ms. Senior D.C. Pageant will be held on Sunday, June 12 at 2:30 p.m. at the University of the District of Columbia, 4200 Connecticut Avenue, N.W., Main Auditorium, Building 46.

This year, 11 District residents age 60 and older will compete for the title of Ms. Senior D.C. and the opportunity to represent the District in the Ms. Senior America Pageant. Contestants will be rated on their personal interview with a panel of judges, their philosophy of life, and their talent and evening gown presentations.

The judges are members of the community who have been chosen to act as an impartial body, responsible for selecting the most elegant, talented and community service-oriented woman, who will represent her peers throughout the year.

Ms. Senior America Kim Moore, who represented the U.S. Virgin Islands in the national pageant, will perform at this year's local pageant. A practicing dentist, Dr. Moore wowed the audience with her rendition of Tina Turner's "Proud Mary."

Ms. Senior D.C. Sheila Poole will crown this year's winner and will also per-

form at the event. Since she was crowned last year, Ms. Poole has been busy throughout the city reaching out to seniors, serving as a mistress of ceremonies, cooking for events, and sharing her many talents, including singing. In addition, the retired D.C. Public Schools employee has continued to work with the children in her neighborhood, sharing her time and wisdom.

The Ms. Senior D.C. Pageant is presented by the D.C. Senior America Cameo Club, Family Matters of Greater Washington and the D.C. Office on Aging.

For tickets and more information, please call 202-724-5626 or 202-289-1510, x1171.

### Contestants

Mary Franklin-Knight  
Diann Ellerbe  
Barbara Brown  
Thomasena C. Allen  
Alease Smith  
Earnestine Wiggins  
Julie D. Anderson  
Emma Ward  
Patricia Ferguson  
Faith  
Janie Connor

## Cataract Awareness Month

"You can still enjoy the sunshine and the outdoors," assures Hugh R. Parry, president and CEO of Prevent Blindness America. "Putting on sunglasses and applying sunscreen takes only a few minutes and helps avoid dangerous sunburns and future vision issues, such as cataracts or macular degeneration."

Wearing sunglasses or other eyewear that offers UV protection is the best way to shield the eyes from the sun. Consumers should consider the following tips when choosing a pair of shades:

- Buy from a reputable retailer: Their products will meet frame and lens quality criteria set by the American National Standards Institute.
- Look for UV protection: Sunglasses

should filter UVA and UVB light.

- Try the sunglasses on: Fit and feel make a difference because sunglasses that are uncomfortable are less likely to be worn.
- Use multiple pairs: Different lenses and frames may be suited to various types of activities.
- Understand lens color: The darkness of a lens has nothing to do with UV protection, although various lens colors can offer other benefits. For instance, yellow- and brown-tinted lenses are best when used for water sports; gray, brown and amber are great for field sports; and mirror coatings work well for downhill skiing and snowboarding.
- Focus on design: For extra protection, wraparound glasses or glasses with larger temple pieces help block the sun from side angles.

## 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,

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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.**

## New Wheelchair-Accessible Cab Option

Persons using wheelchairs now have access to rollDC's full service fleet of 20 accessible taxicabs, provided by Royal Cab and the Yellow Cab Company of D.C. The service is available 24 hours a day, seven days a week.

rollDC is a curb-to-curb service for people who use standard-size wheelchairs or scooters and cannot use traditional taxi sedans. The accessible

taxis can accommodate up to four passengers in addition to the person using the wheelchair, and rates for the accessible taxi service are the same as those for traditional taxi services in D.C.

Trips may be reserved up to a week in advance. Scheduling trips can be done online or by phone. Contact Yellow Cab Company of D.C. at 202-544-1213, [www.dcyellowcab.com](http://www.dcyellowcab.com), or Royal Cab at 202-398-0500, [www.dctaxionline.com](http://www.dctaxionline.com).

## National Men's Health Week

National Men's Health Week is celebrated each year during the week leading up to and including Father's Day. This year, it is the week of June 13 to 19.

The purpose of Men's Health Week is to heighten the awareness of preventable health problems and encour-

age early detection and treatment of disease among men and boys.

Recognizing and preventing men's health problems is not just a man's issue. Encourage a senior male friend or relative to visit one or more of our senior wellness centers:

**Model Cities Senior Wellness Center**  
1901 Evarts St., N.E.  
202- 635-1900  
**Washington Seniors Wellness Center**  
3001 Alabama Ave., S.E.  
202- 581-9355

**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