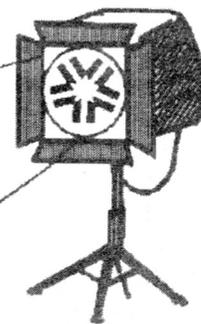


DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XXVI, ISSUE 8

A newsletter for D.C. Seniors

August 2011



EXECUTIVE DIRECTOR'S MESSAGE

By Dr. John M. Thompson

I am not sure if the D.C. Metropolitan area was under the "Thermal Heat Cap" or not, but whatever the experts are saying, we did experience our share of record-breaking temperatures for the several days. The recent heat wave the area experienced was definitely not our normal summer conditions. We want to ensure that all of our nearly 100,000 older residents are taking the necessary precautions to remain safe during extreme temperatures.

I understand that the District did have one fatality as a result of the heat. We send our condolences out to his family and hope that we all will be reminded how dangerous extreme temperatures are, especially those that continue when the sun has gone down.

The preliminary investigation has determined that the gentleman had gone out in the evening to water his yard and had become overcome by the higher than normal temperatures and high humidity that continued to plague the District late into the evening.

I urge each of you to please listen to the various warnings that you may hear over the media when planning your activities. Please also make sure that your home has proper cooling and that you are drinking as many fluids as your health allows in an effort to remain hydrated.

D.C. Office on Aging continues to plan for the future

We have been talking recently about a needs assessment for the Office on Aging and all plans for the older population of the District of Columbia. We are now preparing for that assessment and have posted a survey for feedback from the community.

You may access the survey from the agency website, visit www.dcoa.dc.gov and click the red check mark on the top of the page to begin the survey. We would love to hear from you as we make plans to ensure that we are making the best use of agency funds for programming.

Aging in place in the District

As our residents grow older, we would like to take steps to ensure that they remain in their homes as long as possible. Certain communities that are popping up all over the country aid in that process.

Senior villages, as they are often called, provide supportive programming and resources to accomplish this goal. We would like to work with the community and organizations to develop more of these villages in the District of Columbia. See this issue for more information on the village concept.

Continue to be safe and active this summer!

Are You in Danger of Losing Your Home Due to Unpaid Taxes?

Last month, the District of Columbia held its annual real property tax sale. Thousands of District homeowners who are behind on paying their taxes had their homes auctioned at this year's tax sale.

If your property was one of those sold at the tax sale, you are in danger of losing your home. The tax sale purchaser can file a lawsuit to obtain your home. It is very important that you seek assistance immediately. After a lawsuit is filed, you will like-

ly have to pay several thousand dollars to the tax sale purchaser, in addition to the past due taxes, even if you are able to keep your home.

AARP Legal Counsel for the Elderly (LCE) provides free legal help to qualified people 60 years or older who need assistance with property tax problems. If you are a D.C. senior and believe that your home was sold at the tax sale, call LCE's Hotline at 202-434-2120 as soon as possible.



Executive Director John M. Thompson poses with Ms. Senior D.C. Emma Ward and members of her court at the Washington Seniors Wellness Center Caribbean event. The intergenerational event featured dance, cultural food and information and was fun for all who attended.

Nearly 1,500 seniors attended the One City Summer Fun event presented by the D.C. Department of Parks and Recreation and the D.C. Office on Aging at Oxon Run Park, located in Ward 8. Mayor Vincent C. Gray addressed the seniors and poses here with participants from the Asian Senior Services Center.



Make Your Voice Heard in the Fight Against Alzheimer's!

The federal government is developing a coordinated national plan to address the growing Alzheimer's epidemic — and you can help shape it!

Join the Alzheimer's Association's National Capital Area Chapter at its upcoming regional input session. It needs to hear from individuals living with dementia, caregivers and friends, researchers, providers and other stakeholders.

Seating for the session is limited. Registration is required. Register at www.alz.org/nca or call 703-359-4440.

Thursday, August 18

George Washington University

Washington, DC

8 to 9:30 a.m. (Check in opens at 7:30 a.m.)

Moderator: JC Hayward, Noon anchor and vice president for media outreach, WUSA 9

Invited: U.S. Representatives Donna Edwards, Eleanor Holmes Norton and Chris Van Hollen

Unable to attend? Find other listening sessions throughout the metro Washington region and around the country, or share your feedback online at www.alz.org/napa.

Together, we can make a difference to end Alzheimer's.



The D.C. Office on Aging is seeking community input on which specific issues, programs and services should be addressed in our upcoming Agency Needs Assessment. Please take a few moments to complete our brief survey to give us your feedback by August 17.

Go to www.dcoa.dc.gov and click the red box to begin the survey!

For questions about this survey, please contact DC Office on Aging 202-724-5622



GOVERNMENT OF THE DISTRICT OF COLUMBIA

VINCENT C. GRAY, MAYOR

D.C. OFFICE ON AGING NEWSLETTER

Community Calendar

August events

4th, 18th, 25th • 11:30 a.m.

Attend a presentation titled "Triumph Over Stroke" at several senior nutrition centers. The presentation will be at Edgewood Terrace Senior Nutrition Center, 635 Edgewood St., N.E., on Aug. 4 and at Ft. Lincoln 1 Senior Nutrition Center, 2855 Bladensburg Rd., N.E. on Aug. 18. On Aug. 25 the talk will be given at Israel Baptist Church Senior Nutrition Center, 1251 Saratoga Ave., N.E. For more information, call Vivian Grayton at 202-529-8701.

8th through 12th • 11 a.m.

Enjoy eating watermelon and learning about its nutritional benefits at Ward 8 nutrition centers on the following dates: Aug. 8 at Dupont Park Center, Aug. 9

at Clairborne House/Matthew Memorial, Aug. 10 at Congress Heights Wellness Center, Aug. 11 at Knox Hill Nutrition Center and Aug. 12 at Deaf and Hard of Hearing Program. Call nutritionist Evelyn Minor at 202-562-6867 for reservations.

8th • 12:45 to 2 p.m.

Take part in a hands-on art workshop with Iona's resident artists Gwen Aqui and Bernard Brooks. Lunch will be provided. The workshop will take place at St. Alban's Episcopal Church, Satterlee Hall, 3001 Wisconsin Ave., N.W. To register or for more information, call 202-895-9448.

13th • 8 a.m.

Take a day trip to Atlantic City with Seabury Ward

5 Aging Services, and try your luck at Harrah Hotel & Casino. For more information, call Vivian Grayton at 202-529-8701.

20th • noon to 4 p.m.

Celebrate Trinidad/Ivy City Community Day with Seabury Ward 5 Aging Services. The event takes place at 1310 Childress St., N.E. For more information, call Vivian Grayton at 202-529-8701.

Early September event

6th • 11:30 a.m.

Celebrate National Senior Month with Ward 5 senior nutrition centers. Call Vivian Grayton at 202-529-8701 for locations.

Senior Villages Allow Neighbors to Age in Place

On the rise across the country and in the District are senior villages, which by design help older residents age in place. A senior village is a concept designed to provide the support network necessary to enable seniors to live in their own homes for as long as possible, while maintaining social connections and civic involvement. The senior villages offer a retirement community setting within traditional neighborhoods.

In 2001, Beacon Hill Village pioneered this very concept in Boston, Mass. Residents who did not want to leave their community came up with the idea for a senior village. The concept, which has been very successful, offers a safe, comfortable and cost-effective alternative to leaving your home.

After residents pay an annual membership fee, members 50 years of age and older may access services that include household and home maintenance, transportation, meals and groceries, volunteer programs, concierge, social and cultural activities, home health and wellness programs. To find out more about Beacon Hill Village, visit its website at <http://www.beaconhillvillage.org>.

Capitol Hill Village is the first community of its kind established in the District. Members must reside on Capitol Hill within the following boundaries: H Street, NE to M Street, SE and from 1st to 19th Streets, NE and SE. Like Beacon Hill, there is a membership fee that allows residents access to the following services, provided by volunteers:

- Transportation
- Help with electronics
- Light home maintenance
- Minor plumbing
- Assistance with projects
- Help with organization of papers
- Assistance with meal preparation
- Well being checks and companionship
- Gardening advice for small places

Capitol Hill Village will also make a referral to vendors who often discount services if volunteers are not available. For more information about the Capital Hill Village, visit them on the web at www.capitolhillvillage.org or call them at 202-543-1778.

We will be highlighting other villages in the District in future issues of the "Spotlight on Aging" newsletter.

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.

Keep Cool at a Wellness Center

Senior Wellness Center locations that operate as cooling centers during extreme temperatures are listed below. These sites provide cooler surroundings for those who need shelter from the heat.

Bernice Fonteneau Senior Wellness Center (Ward 1)

3531 Georgia Ave., N.W.
202-727-0338
8 a.m. – 4:30 p.m.

Congress Heights Senior Wellness Center (Ward 8)

3500 Martin Luther King, Jr. Ave., S.E.
202-563-7225
8 a.m. – 5 p.m.

Hattie Holmes Senior Wellness Center (Ward 4)

324 Kennedy Street, N.W.
202-291-6170
8 a.m. – 4:30 p.m.

IONA Day Health and Wellness Art Center (Ward 3)

4125 Albemarle St., N.W.
202-895-9448 x4
8:15 a.m. – 5 p.m.

Model Cities Senior Wellness Center (Ward 5)

1901 Evarts St., N.E.
202-635-1900
8 a.m. – 5 p.m.

Washington Seniors Wellness Center (Ward 7)

3001 Alabama Ave., S.E.
202-581-9355
8 a.m. – 5 p.m.

DC SENIORS (55+) WANTED

Volunteer Positions – 20 hours per week



"Neighbors Helping Neighbors"

- Assist with Meals
- Help with Shopping
- Accompany to Appointments

"Seniors Helping Seniors"

For more information call today:

Ms. Sanders at (202) 274-6616

gerontology@udc.edu

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