

*Celebrating 40 Years*

DISTRICT OF COLUMBIA OFFICE ON AGING

# Spotlight On Aging

VOLUME XXVII, ISSUE 1

A newsletter for D.C. Seniors

January 2016



## EXECUTIVE DIRECTOR'S MESSAGE

By *Laura Newland*  
Executive Director, D.C. Office on Aging

Happy New Year!

On December 18th, Mayor Muriel Bowser announced my appointment to serve as Executive Director of the D.C. Office on Aging. I am honored and excited to continue implementing the Mayor's vision for DCOA.

In the new year, DCOA will be starting new initiatives to strengthen the administration's commitment to make D.C. an Age-Friendly City. Age-Friendly D.C. is a coordinated, comprehensive and collective-action effort to ensure all D.C. residents are active, connected, healthy, engaged and happy in their environment and community.

Beginning this month, DCOA, in partnership with the Department of Housing and Community Development (DHCD), will begin the "Safe at Home Program." This program will provide a grant up to \$10,000 for seniors and people living with disabilities to make their homes accessible. These adaptations may include ramps, grab bars, and shower cut outs. Safe At Home fills a gap in the District's current home modification programs as DHCD's Single Family Residential Rehab Program (SFRRP) is a loan program for modifications of \$10,000-\$30,000. Safe At Home will work closely with DHCD to make appropriate referrals for larger projects.

District residents 60 years or older, or between 18 and 59 years old living with a disability, and with an income at or below 80 percent of the Area Median Income (AMI) are eligible. If you are the only one living in your household, your income would need to be under \$61,152; and if you live with your spouse or partner and filed a joint tax return, your household income would need to be under \$69,888. Please contact 202-638-0050

for more information.

DCOA is also partnering with the National Council on Aging to offer BenefitsCheckup, an online service that provides customized benefits eligibility information for seniors and people living with disabilities. The questionnaire is available online, takes 10-15 minutes and doesn't require any sensitive personal information, such as a Social Security number. Since November, DCOA staff and all of our community partners have used BenefitsCheckUp. It includes more than 2,000 public and private benefit programs from all 50 states and the District of Columbia.

Finally, DCOA will soon be conducting an assessment that will review current aging programs, senior wellness centers, senior center facilities, and other programming specific to seniors living within the District to make recommendations for new programming opportunities, including areas without brick and mortar senior wellness centers.

With this evaluation, we will be able to examine the current service and programmatic needs of older adults living in the District of Columbia and develop a strategic road map to help us meet you where you are at. We will also gain valuable demographic data, which will help us make informed funding decisions and determine impact across the city.

To find out more information about these important projects, please visit our website at [www.dcoa.dc.gov](http://www.dcoa.dc.gov) or call 202-724-5626.

As you can see, we have a lot of plans in 2016! I'm excited to lead such a great staff of dedicated professionals as we continue to advocate for older District residents, people living with disabilities, and their caregivers.

## These Seniors are Terrifically Talented

Terrific, Inc. sponsored their first Seniors Got Talent event at THEARC, located at 1901 Mississippi Ave. SE. Seniors from across the city participated in the event to showcase the talent of the District's oldest residents.

Patricia Simms, age 65, a participant at the Hayes Senior Wellness Center in Ward 6 and the Model Cities Senior Wellness Center in Ward 5, was the grand prize winner of \$500. She danced free style and with several hula hoops to Marvin Gaye's "Got to Give It Up."

The second place cash prize was awarded to pianist Harriet Jachles. Other performers included Emma Ward, Ms. Senior D.C. 2011; The Availables; Janice Rice; Harry Newson; Meanwell Tate; and Mr. and Mrs. Ambrose.

Participants auditioned for the contest in each ward of the city. Celebrity judges for the event included Ms. Senior D.C. Wendy Bridges



and Mary McCoy, Ms. Senior D.C. 2012.

Terrific, Inc. presented Seniors Got Talent as a nonthreatening vehicle to promote socialization in the senior community. Proceeds of the event will benefit senior housing.



GOVERNMENT OF THE DISTRICT OF COLUMBIA

MURIEL BOWSER, MAYOR

## D.C. OFFICE ON AGING NEWSLETTER

# Mayor's Holiday Celebration 2015

Mylar balloons, centerpieces and tablecloths in red, gold, black and silver decorated the cavernous D.C. Armory tables and back drop, where nearly 4,000 District older residents celebrated the holiday season. A District favorite, the Mayor's Annual Senior Holiday Celebration was hosted by the D.C. Office on Aging and its Senior Service Network.

Deputy Mayor for Health and Human Services Brenda Donald introduced Mayor Muriel Bowser, who greeted those in attendance. She called then Interim Executive Director Laura Newland to the stage and instructed the seniors to hold her accountable and "work her hard." Mayor Bowser also called to the stage Councilmembers Brandon Todd and LaRuby May, who also provided brief greetings. Also in attendance during the festivities were Councilmember Charles Allen, Ward 6 and staff members for Councilmember Anita Bonds, at large.

The event featured the sounds of Luther Relives with William "Smooth" Wardlaw, and local senior entertainment all hosted by Robert "Captain Fly" Frye from WYCB Senior Zone on 1340 AM and WPFW 89.3 FM. Also from WPFW, DJ Nate D. Skate led the music, from oldies to all the latest line dance music, that kept the dance floor packed.

Fitness consultant for the Hayes Senior Wellness Center William Yates provided a warm-up, bringing many of those in attendance to the dance floor. He was followed by Angela Rice, who led movement through line dance. Watching the response from the audience made you forget that exercise was hard work.

Immunizations, health screenings, facials and manicures were also provided free during the celebration. More than 70 exhibitors from government and community based organiza-

See **HOLIDAY CELEBRATION**, page 26  
after Housing Section



▲ Mayor Muriel Bowser, Executive Director Laura Newland and Chief of Staff Garret King pose after the mayor's remarks.



▲ William "Smooth" Wardlaw performed "Luther Relives" during the event, singing some holiday and old school tunes.



▶ Ms. Senior D.C. Wendy Bridges greeted seniors, introduced members of the DC Seniors Cameo Club and helped lead line dances on the dance floor to the delight of many.

◀ Members of the Commission on Aging and Mini-Commission on Aging, including Chairperson Romaine Thomas and Samuel McCoy, enjoyed the festivities of the day. Also present but not pictured were Jacqueline Arguelles, Barbara Hair, Nathaniel Wilson and Constance Woody.



◀ Carols were led by the Seabury Singers.



▲ Participants at the Vida Senior Center performed a Zumba demonstration during the Holiday Celebration at the D.C. Armory



▶ Dancers from the API Senior Center performed.



◀ Bennett Career Institute students provided free facials and manicures to seniors during the event.



▲ Nearly 4,000 seniors attended the Mayor's Annual Senior Holiday Celebration. William Yates and Angela Rice from the Hayes Senior Wellness Center led a lively workout that included movement and dance steps.

## Spotlight On Aging

continues on page 25, following the Housing Options Magazine section at the right  
Please pull out and keep the Housing Options section. You may also pull out and keep Spotlight on Aging.

## Spotlight On Aging, continued

Continued from page 24, preceding the Housing Options Magazine at the left.

### 2016 Saturday Respite Program Dates

The D.C. Office on Aging is happy to announce DCOA's Saturday Respite program dates for 2016! This program gives a four-hour break to caregivers of individuals with Alzheimer's disease and related disorders. Participants engage in interactive and stimulating activities with other participants, and enjoy time being socially engaged. Please see scheduled program dates, program site, contact information, and hours of operation.

Dates: January 9  
January 23  
February 6  
February 20  
March 5  
March 19  
March 26  
April 2  
April 16  
April 30  
May 14  
May 28  
June 11  
June 25  
July 9  
July 23  
August 6  
August 20  
September 3  
September 17

**Program Coordinator:** Aisha Bailey, email: aisha.bailey@dc.gov, Phone: 202-341-5883

**Location and time:** Washington Seniors Wellness Center, 3001 Alabama Ave., SE, Washington, D.C., 10 a.m. to 2 p.m.

**Enrollment eligibility:** Age 60 or older

- Low to moderate income
- Has mild to moderate dementia and/or memory loss
- D.C. resident (priority given to those in Wards 7 and 8)
- Needs minimal assistance with prompting and/or cueing

For questions or to make a referral, please contact **DCOA's Aging and Disability Resource Center** at: (202) 724-5626. We look forward to hearing from you!

### Searching for Ms. Senior DC 2016

We are searching for the elegant lady who will represent the District of Columbia as Ms. Senior DC. If you are a District resident age 60 or older who is interested in competing for the title, go online to apply at [www.dcoa.dc.gov](http://www.dcoa.dc.gov) or call 202-724-5622 for more information.



### Search for Centenarians

The District of Columbia is seeking District residents 100 years of age or older to honor at a special event this spring. To register a centenarian with the office so they may be honored, call 202-724-5622.



## FACT SHEET

- BenefitsCheckUp® is the most comprehensive, Web-based service of its kind in the nation that screens for benefits programs for seniors with limited income and resources.
- BenefitsCheckUp® screens for more than 2,000 public and private benefits programs, from all 50 states and the District of Columbia.
- More than 4 million people have been successfully screened through individual or agency use of BenefitsCheckUp®.
- BenefitsCheckUp® screens for programs that can help with the cost of prescription drugs, heating bills, housing and rent, food, legal services, medical costs, in-home services, tax relief, Veterans benefits, employment, and volunteer opportunities.
- Screenings are confidential. Users are not required to enter their name, address, phone number, or any other personally identifiable information.
- Reports can be printed that describe each benefit a person has been found potentially eligible for, including information on where to apply locally and documentation required.
- More than 1,400 downloadable application forms are available for benefits programs. Users can also apply online for the Medicare Prescription Drug Coverage (Part D) Low Income Subsidy (LIS/Extra Help).

### About the National Council on Aging

The National Council on Aging is a nonprofit service and advocacy organization headquartered in Crystal City, Virginia. NCOA is a national voice for millions of older adults—especially those who are vulnerable and disadvantaged—and the community organizations that serve them. NCOA works with thousands of organizations across the country to help seniors find jobs and benefits, improve their health, live independently, and remain active in their communities.

[www.BenefitsCheckUp.org/dcoa](http://www.BenefitsCheckUp.org/dcoa)

# Community Calendar

## January

### 5th and 19th • 11:30 a.m.

Seabury Ward 5 Resources for Aging presents: "Get2Breast Care Program" sponsored by MedStar Washington Hospital Center. The program will be held in two locations. On Jan. 5 it will be at Senior Village I, 3001 Bladensburg Rd. NE, and on Jan. 19, it will be presented at Kibar, 1519 4th St. NW. For more information, call Norma Hardie at 202-529-8701.

### 5th and 19th • noon

The D.C. Caregivers Online Chat at Noon is a great resource for caregivers. Log on for advice, resources and tips to assist you with your caregiving responsibilities. On Jan. 5 the topic is "Creating a caregiver toolbox in 2016." The Jan. 19 topic is "How do I transition into my role as a caregiver when caring for someone with lupus?" If you are not available at 12 p.m., check back at your convenience and hit replay to see the entire chat. Join the discussion at [www.dcoa.dc.gov/page/caregiver-chat](http://www.dcoa.dc.gov/page/caregiver-chat). For more information, contact Linda Irizarry at 202-535-1442 or [linda.irizarry@dc.gov](mailto:linda.irizarry@dc.gov).

### 7th+ • 2 to 3 pm.

Iona offers a dance class for people with Parkinson's disease and their families. The class, which follows the

model of the Dance for PD program developed by the Mark Morris Dance Group, combines live violin accompaniment and easy-to-do movement drawn from a wide range of dance styles, all of which are adaptable to varying levels of physical ability. As they enjoy dancing together, participants focus on areas including stretching, balance, and freedom of movement. No dance experience is needed, and family members and care partners are welcome to join. The fee is \$10 per individual class with registration for each complete session or \$13 per class for drop-in students. No fee for family members or care partners. Students may begin at any time. The introductory class is free. The session meets from Jan. 7 to Feb. 25 at Iona, 4125 Albemarle St. NW. For more information, contact Anthony Hyatt (301-657-8484) or Robert Sacheli (202-246-6644), or e-mail [danceforparkinsons-DC@gmail.com](mailto:danceforparkinsons-DC@gmail.com).

### 9th • 9 a.m. to 5 p.m. and 10th • 9 a.m. to 4 p.m.

The annual NBC 4 Health & Fitness Expo returns to the Washington Convention Center, 901 Mt. Vernon Place NW. The event includes health screenings, fitness classes and speakers. Visit [www.nbcwashington.com](http://www.nbcwashington.com) for more information.

### 11th • 12:15 p.m.

Learn about AARP's Legal Counsel for the Elderly services at a session at Petersburg – Ft. Lincoln 3, 3298 Ft. Lincoln Dr. NE. For more information, call Norma Hardie at 202-529-8701.

### 12th • 10:45 to 11:45 a.m.

The D.C. Central Kitchen will present a food demonstration at Model Cities Senior Wellness Center, 1901 Evarts St. NE. For more information, contact Alice Thompson at 202-535-1321.

### 13th • 10:30 to 11:45 a.m.

The Northeast branch of the D.C. Public Library hosts a workshop at Hayes Senior Wellness Center, 500 K St. NE. For more information, contact Alice Thompson at 202-535-1321.

### 13th and 20th • 11:30 a.m.

MedStar Washington Hospital Center will give a "Heart and Brain Health Seminar" at two locations. On Jan. 13, it will be at Delta Towers Apartments, 1400 Florida Ave. NE, and on Jan. 20, it will be presented at Edgewood Terrace Apartments, 635 Edgewood St. For more information, call Norma Hardie at 202-529-8701.

### 21st • 10 a.m. to noon

Are you interested in making a difference in your community? Train to become a DCOA Ambassador, and help connect your neighbors, friends and family members to DCOA programs and services. DCOA has valuable programs, services and resources to help residents age 60 and older remain in their communities and assistance for their caregivers. Resources are also available for persons living with disabilities age 18 and older. Call 202-724-5622 to register.

### 22nd • 11:30 a.m.

The Office of the People's Counsel offers an energy information session at Kibar, 1519 Fourth St. NW. For more information, call Norma Hardie at 202-529-8701.

### 23rd • 8 a.m. to noon

Learn about caregiving in a session titled "Prepare to Care" at Nineteenth Street Baptist Church, 4606 16th St. NW. For more information, contact Alice Thompson at 202-535-1321.

### 26th • 11:30 a.m.

Seabury Ward 5 Resources for Aging's town hall meeting will be held at the Edgewood Terrace Apartments, 635 Edgewood St. NE. For more information, call Norma Hardie at 202-529-8701

## SPOTLIGHT ON AGING

Spotlight On Aging is published by the Information Office of the D.C. Office on Aging for D.C. senior residents. Advertising contained in the *Beacon* is not endorsed by the D.C. Office on Aging or by the publisher.

500 K St. N.E.,  
Washington, D.C. 20002  
202-724-5622 •  
[www.dcoa.dc.gov](http://www.dcoa.dc.gov)

### Executive Director

Laura Newland

### Editor

Darlene Nowlin

### Photographer

Selma Dillard

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.**

## Holiday celebration

*From page 24*

tions were also on hand to provide resources and giveaways.

This event would not have been possible without the assistance of many in the Office on Aging Senior Service Network and the Department of Parks

and Recreation. Also important to the event were volunteers from the local public schools, Pepco, the Retired and Senior Volunteer Program, branches of the Armed Services, the Department of Insurance, Securities and Banking and others who assisted with unloading of the buses, serving the meals and helping the frail seniors during the day.

**SENIORS AND RESIDENTS WITH DISABILITIES**

**DO YOU NEED HELP WITH SNOW REMOVAL?**

For assistance, call **311** for

Mayor Bowser's

**DC RESIDENT SNOW TEAM**