

Celebrating 40 Years

DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging

VOLUME XXVI, ISSUE 10

A newsletter for D.C. Seniors

October 2015



DEPUTY MAYOR'S MESSAGE

By Brenda Donald

*Deputy Mayor for Health and Human Services
Interim Director, D.C. Office on Aging*

I know many of you have been wondering about who the next permanent director will be for the D.C. Office of Aging (DCOA). The Mayor has been committed to finding the best candidate for DCOA and continues her national search with the advisement of the D.C. Commission on Aging. The Mayor has set a high standard for the new director because the residents of the District deserve the best. Whoever the new director is, you can be confident that DCOA will continue to provide the core services you and your neighbors have come to rely on.

Celebrating 40 years

This month, DCOA is celebrating our 40th anniversary as an office in the District of Columbia. In October 1975, the Council of the District of Columbia passed legislation establishing the D.C. Office on Aging and the D.C. Commission on Aging. Before that time, the majority of the services for the elderly were handled through the Division of Services to the Aging within the Department of Human Resources.

DCOA was established to administer the provisions of the Older Americans Act (OAA) and to promote the welfare of persons age 60 and older. DCOA was designated by the Mayor as the State and Area Agency on Aging with the mandate to plan, develop and implement programs and services for residents age 60 and older. The law defined the services as nutritional programs; transportation and legal services; health and financial assistance; employment and housing programs; recreational opportunities; and information referral and counseling services.

Today, we have a senior service network of providers (Office on Aging Senior Service Network) consisting of 20 community-based nonprofit organizations (including three universities) that operate more than 33 programs for adults age 60 and older:

- Adult Day Care
- Alzheimer's Services
- Caregiver Support
- Case Management
- Counseling
- Emergency Shelter
- Employment
- Group Homes
- Group Mid-Day Meals
- Health Insurance Counseling
- Home Delivered Meals
- In-Home Support
- Legal Services

- Long Term Care Ombudsman
- Multi-Purpose Senior Centers
- Nursing Homes
- Nutrition Counseling
- One-Stop Resource Center
- Recreation and Socialization
- Respite Aid Services
- Transportation
- Wellness Centers

Since 2008, DCOA has also operated the District's Aging and Disability Resource Center (ADRC). ADRC provides a single, coordinated system of information and access for individuals seeking long-term services and supports by providing District residents unbiased, reliable information, counseling, and service access to older adults (60 years and older), individuals with disabilities (18 to 59 years old), and their caregivers. In 2012, ADRCs were put in all 8 wards to ensure that aging and disabled residents age 18 and older had services and resources available to them citywide.

D.C. Moves Toward an Age-Friendly City

Age-Friendly D.C. has the goal of ensuring all D.C. residents are active, connected, healthy, engaged and happy in their environment. It involves every aspect of life, from transportation, to housing, to health and social participation. The District completed the Age-Friendly D.C. Strategic Plan in December 2014 after engaging nearly 4,000 residents through community forums, focus groups, surveys, and neighborhood walks.

Over its first nine months, the Bowser administration has been hard at work refining strategies and getting transformative projects off the ground that will make it easier for all of us to age comfortably in DC. Later this month, Age Friendly DC will release its 2015 Progress Report, outlining some of these early accomplishments and ways for you to get involved with the initiative. Stay tuned to www.agefriendly.dc.gov and follow @Age-FriendlyDC on twitter to stay up to date on the release of this important report.

In our 40th anniversary year, you can see that we have a lot to celebrate! I also want to thank the residents of the District for helping us get here through your partnership and advocacy. You continue to hold DCOA and the District to the highest standard – and I hope you agree that we're meeting the challenge. Here's to another great 40 years!

Social Security Disability Helps People Get Back to Work

By Charles Dunlap

People with disabilities are challenged with both overcoming barriers and with convincing others that those barriers do not define them.

That's why we wanted to mark this October's National Disability Employment Awareness Month by reminding you that Social Security is an earned benefit for millions of disabled individuals, and we can assist them in going back to work.

The Social Security Disability Insurance program, or SSDI, is perhaps the most misunderstood program of Social Security. Some people may think that SSDI recipients have never worked and are taking advantage of the system by receiving money for minor impairments.

Nothing could be further from the truth. First, anyone who qualifies for SSDI must have worked enough to pay into the system and be "insured." Second, Social Security has some of the strictest requirements in the world for disability benefits. To qualify, a person must not only have an impairment that will last one year or more, or result in death, but they must be unable to perform any substantial work.

Consequently, Social Security disability beneficiaries are some of the most severely impaired people in the country, and they greatly depend on their benefits. You can learn more by visiting the Faces and Facts website at www.socialsecurity.gov/disabilityfacts. At the website, you will find many personal stories of those who have benefitted from Social Security when they needed it most.

We also have incentives that give beneficiaries with disabilities — who are able — the opportunity to return to work. These work incentives include continued cash benefits for a period of time while you work, continued Medicare or Medicaid coverage, and help with education, training and rehabilitation to start a new line of work.

In some cases, we may even be able to deduct certain impairment-related work expenses from your countable income, making it possible to earn more and also remain eligible to receive benefits. Examples of these expenses are wheelchairs, transportation costs, and specialized equipment needed for work.

Social Security also offers the Ticket to Work program, which gives participants a "ticket" to go back to work while keeping their disability benefits. This program is free and voluntary. Ticket to Work gives access to an employment network, which offers assistance with job searches and placement, vocational rehabilitation and training.

Those who enroll find the Ticket to Work program makes it easier to explore whether going back to work is right for them. Some even find that they are able to eventually get back to work and earn far more than the disability payments they once received.

Visit www.socialsecurity.gov/work for more information on the Ticket to Work program and work incentives. You may also call 1-866-968-7842 (TDD 866-833-2967).

Charles Dunlap is the district manager of the Anacostia Field Office in Washington, D.C.



Senior Villages Help You Age in Place

A Village is a neighborhood-based non-profit membership organization that makes it easier for older neighbors to keep living safely, comfortably and actively in their own homes and remain connected with their neighbors.

Villages also provide services that help their members find useful community resources, reliable professionals and licensed vendors.

The following is a list of villages in the District of Columbia that may be helpful to you as you continue to age in place. The descriptions are written by members of the village.

Capitol Hill Village

Our vision is quality life on Capitol Hill. We work hard to ensure that our members have the confidence and practical means to stay in their own homes throughout their lives.

With one phone call or e-mail message, Village members gain access to a range of professional and volunteer services and a variety of educational and social programs.

Volunteers and staff provide free transportation to events and appointments; medical and legal advocacy; advice on senior-friendly home renovation updates; vendor recommendations for repair and maintenance projects; and a monthly list of programs and activities.

Individuals and households of all ages are encouraged to join. Members must reside on Capitol Hill in Washington, D.C. The boundaries are H Street NE to M Street SE, North and South Capitol Streets to 19th Street, SE and NE.

Contact: 202-543-1778, info@capitolhillvillage.org, www.capitolhillvillage.org

Cleveland & Woodley Park Village

Members live in apartments and houses in the Cleveland Park and Woodley Park neighborhoods. They range in age from 54 to 98, and some members are also volunteers!

Our members benefit from volunteers who provide:

- household and yard tasks
- social visits
- computer and cell phone assistance
- rides to doctors, shopping, and more

Together, members and volunteers enjoy social activities and outings and new friendships.

Contact: 202-615-5853, info@clevelandwoodleyparkvillage.org, www.clevelandwoodleyparkvillage.org

Dupont Circle Village

We are a vibrant and diverse community, with members who share a sense of connectedness. We support our local busi-

nesses, organizations, and activities, and we are interested in learning how to live our best lives in this community for as long as we desire.

We are a small organization with a big vision and mission to support planning as we tackle new decisions that come with aging. A newsletter, list serve, and monthly seminars keep us informed.

Museum tours, concerts, group dining in the neighborhood, and potluck gatherings keep our calendars full. Yoga, walking groups, and exercise and fall prevention classes help with staying fit.

Neighbors help neighbors as volunteers for simple requests, like changing a light bulb, pet sitting, garden landscaping, and more.

We exist to help each other remain an active part of this energetic, inclusive community.

Contact: Dupont Circle Village, 2121 Decatur Pl. NW, Washington, DC 20008, 202-436-5252, info@dupontcirclevillage.net, www.dupontcirclevillage.net

East Rock Creek Village

We work hard to ensure that our members have the confidence and practical means to stay in their own homes throughout their lives. With one phone call or e-mail message, Village members gain access to a range of professional and volunteer services, and a variety of educational and social programs.

Volunteers and staff provide free transportation to events and appointments, medical and legal advocacy, advice on senior-friendly home renovation updates, vendor recommendations for repair and maintenance projects, and a monthly list of programs and activities.

Individuals and households of all ages are encouraged to join. Members must reside in one of seven neighborhoods in the northern part of Ward 4: Colonial Villages, North Portal Estates, Shepherd Park, Takoma, Manor Park, Brightwood, or Crestwood.

Contact: 202-341-7775, info@eastrockcreekvillage.org, www.eastrockcreekvillage.org

Foggy Bottom West End Village

Being connected to a village community creates opportunities to enjoy group activities, make new friends, and obtain reliable information on service providers of all types, while also creating a place to turn in time of need — whether as a member, volunteer, or donor (or all three!).

Members have access to a range of services and benefits that help them live independently for the long term.

Our Village serves residents of single-family homes and the 60 or so high-rise

buildings in the DC ANC2A area that corresponds to zip code 20037. We have no minimum or maximum age, since our goal is to enable area residents to live independently in their homes, regardless of age and whether the need is temporary or permanent.

Contact: Foggy Bottom West End Village, 2430 K St. NW, Washington, DC 20037, 202-333-1327, <http://www.fbwevilage.org>

Georgetown Village

Georgetown Village was established to help senior neighbors age in place by providing them with the practical means and services to do so. Such services may include providing transportation to appointments, home visits, and concierge services.

We work with trained volunteers and professional service providers to meet our members' needs. The needs and desires of members will continue to shape the services we offer.

Georgetown Village also provides opportunities to meet neighbors at our social activities and group meetings. Please join us, and participate in the wide variety of activities we offer to enhance your daily living.

Contact: Georgetown Village, 3000 K St. NW, Suite 310, Washington, DC 20007, 202-999-8988

Glover Park Village

A small group of neighbors and volunteers has been working hard since 2010 to create a neighborhood in greater Glover Park where intergenerational connections flourish, neighbors help neighbors, and no one is forced to move prematurely because of disability or frailty.

Through Glover Park Village, we hope to accomplish this by:

- Building on existing neighborliness, connecting those with the ability to give with those in need of help;
- Providing residents of all ages opportunities to give back to the community, volunteer their time and skills, and make enduring connections;
- Providing both information and connections to the myriad services available in Washington, D.C.;
- Providing opportunities for persons of all ages to socialize easily within Glover Park; and
- Fostering a livable community.

Contact: Glover Park Village, PO Box 32255, Washington, DC 20007, 202-436-5545, Info@GloverParkVillage.org

Mount Pleasant Village

We are a new, community-based nonprofit that mobilizes multi-generational resources to enrich the lives of neighborhood resi-

dents. Our neighbor-to-neighbor volunteer services and social, wellness, educational and cultural programs help members remain independent in our homes as we age.

Mount Pleasant Village boundaries generally correspond to the borders of Mount Pleasant's ANC 1D: Piney Branch Road (N), 16th Street (E), Harvard Street (S), Adams Mill Road (W).

Mount Pleasant Village will tailor its offerings to members' needs and provide services such as: local transportation and shopping, friendly visits, light house and yard chores, respite for family caregivers and basic computer help. Activities include exercise programs, outings and social activities.

Contact: Mount Pleasant Village, 1735 Lamont St. NW, Washington, DC 20010, mpvillageinfo@gmail.com, website under construction.

Northwest Neighbors Village

We are a community-based nonprofit that helps residents of northwest DC remain independent at home as long as they can safely do so. By offering services, educational programs, social events and professional referrals, NNV creates a neighbor-to-neighbor network of support.

Contact: Northwest Neighbors Village, 4901 Connecticut Ave. NW, Suite 277, Washington, DC 20008, 202-777-3435, nnvillage@gmail.com, www.nwnv.org

Palisades Village

Palisades Village is a Washington, D.C. community focused on enabling older adults to remain in their homes, living independently, comfortably and safely as long as possible.

We are aligned with the national "Aging in Community" movement, which aims to help older adults and baby boomers continue to reside at home without burdening their family members with caretaking responsibilities as they age.

We help our residents thrive in their community by providing access to a network of volunteers who help with requests, and hosting social events and gatherings.

Our organization was founded in 2007 and has continued to grow each year.

The neighborhoods that our village serves are:

Berkley
Foxhall
Kent
Palisades
Spring Valley
Wesley Heights

Contact: PO Box 40403, Washington, DC 20016-0403, 202-244-3310, phil.potter@verizon.net, www.palisadesvillage.org

Spotlight On Aging

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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 30, preceding the Housing Options Magazine at the left.

Falls Prevention Awareness Day

The D.C. Office on Aging (DCOA), in conjunction with the Falls Free Coalition, hosted the Third Annual Falls Prevention Awareness Day at the District's six senior wellness centers, a senior program, and three senior residential buildings across the city. According to the National Council on Aging, every 13 seconds, an older adult is seen in an emergency department for a falls-related injury.

A disastrous fall in June, that led to ER visits and many doctor's appointments, prompted a local resident in her seventies to brave the "gummed up" traffic situation caused by the Papal Visit to attend the event in Foggy Bottom. She shares her experience here.

"I first saw a physical therapist who gave me two tests - one a TUG assessment to see if I could get up five times in a row without grasping the arms of the chair in which I sat. Then I was charged with walking three meters and back in under 15 seconds, the same time as for the TUG test. I did both in under 15," said Valentine P.

According to the TUG Test, if her score was more than 15 seconds, that would represent a fall risk. Slower walking and rising could indicate that an individual is not picking up their feet enough or lacks the strength to get up without falling. TUG stands for STand Up and Go!

Participants had their blood pressure taken by a nurse and were asked about the types of medications they may have been taking. "I discovered that most of those that might put one at risk for a fall are ironically pain and blood pressure medications, although an extensive list is provided," added Valentine P.

"I had a short information session with Michelle Early, the Care Coordinator of Right at Home, an agency on 1818 New York Avenue NE dedicated to keeping DC residents safely in their homes. She informed me right up front, as I suppose she has to do, that, 'I'm not certified in anything,' akin to that old disclaimer, 'I'm just a secretary.' (www.RighAtHomeDC.net - and this is from someone who never thought until recently that she would be referring anyone to websites in a million years!) But Michelle is very well informed, and also distributes a great variety of literature, including a home diagram with pitfalls — clutter, inaccessible telephone, rolled up rug, etc. (sounds like my home to me), yet the genius who designed this illustrates safe conditions on the other side. Equally valuable is a sheet with diagrams on how to get UP from a fall despite one's best efforts not to suffer one in the first place, as well as a referral list of optometrists. (Think about it!)

"So all in all a morning well spent, and I even got a glimpse of The Holy Father on the way down, so I like to think that I am protected on various fronts. By the way, the fall I took earlier could NOT have been prevented even with any of the above advice, however valuable. I fell into an unmarked, uncordoned-off hole. Next time, they (the property owners) should be invited to this most helpful, memorable



Evangeline Paredes, 99 years old, has her blood pressure checked as part of the screening at the Falls Prevention Awareness Day at Congress Heights Senior Wellness Center. The independent senior passed her TUG test with flying colors as well!

and perhaps life-saving program," concluded Valentine P.

The Falls Prevention Day 2015 participating agencies include the Falls Free Coalition, Legal Counsel for the Elderly, National Council on Aging, Wal-Mart, Walgreens, Howard University, George Washington University, George Washington University Hospital, Transitions Healthcare, Right at Home, So Others Might Eat, Community Preservation and Development Corporation, Capitol City Pharmacy MRC, Agewell Biometrics, George Washington University, Iona, local optometrists, *American Academy of Ophthalmology*, *Sibley Hospital*, and *American Optometric Association*.

DC's Falls Prevention Awareness Day included falls prevention education/awareness, speakers on home safe-

ty, TUG and strength tests by PTs and OTs, medication reviews by pharmacists, vision testing by optometrists and an ophthalmologist, and an overall review of risk factors. Participating agencies for the event were Falls Free Coalition, Legal Counsel for the Elderly, National Council on Aging, Wal-Mart, Walgreens, Howard University, George Washington University, George Washington University Hospital, Transitions Healthcare, Right at Home, So Others Might Eat, Community Preservation and Development Corporation, Capitol City Pharmacy MRC, Agewell Biometrics, George Washington University, Iona, local optometrists, American Academy of Ophthalmology, Sibley Hospital, and American Optometric Association.

IRS IMPOSTER SCAMS

on the rise

The Internal Revenue Service (IRS) is the government agency that collects federal taxes.

Scammers pretend to be IRS officials to get you to send them money.

Complaints by Month

received by the Federal Trade Commission (FTC)

WARNING SIGNS

How will the IRS first contact you?	
phone call	NO
email	NO
mail	YES

How will the IRS ask you to pay?	
with a prepaid debit card	NO
with a money transfer	NO
won't require a specific type of payment	YES

HOW THE SCAM WORKS

GOT A CALL?

- Don't give the caller information**
such as your financial or other personal information.
- Write down details**
such as the number and name of the caller.
- Hang up**
- Contact the IRS directly**
If you're worried the call is real, contact the IRS directly at **800-829-1040** or go to **irs.gov**.
- Report the call**
File a complaint with:
 - the Treasury Inspector General for Tax Administration (TIGTA) at **tigta.gov** or **800-366-4484**.
 - the FTC at **ftc.gov/complaint** or **877-FTC-HELP**.
- Warn friends and family**
Tell people you know that these calls are scams.

ftc.gov/taxidtheft
Federal Trade Commission
January 2015

Community Calendar

October

5th • 11 a.m. and 6th • 1 p.m.

Melanie Laughinghouse will present "Get2Breast Care Phase 2," a breast cancer education seminar. On Oct. 5, it will be at Delta Towers Apartments Nutrition Center, 1400 Florida Ave. NE, and on Oct. 6, the presentation will be at Edgewood Apartments Nutrition Center, 635 Edgewood St. NE. For more information, call 202-529-8701.

5th • noon to 2 p.m.

The Hayes Senior Wellness Center will hold a flu shot clinic at the center, 500 K St. NE. For more information, call Sherrell Briscoe at 202-727-0357.

7th • 11 a.m. to noon

Monica Veney, a community outreach specialist with the U.S. Attorney's Office – District of Columbia, will present a seminar titled "Know Your Rights." It will take place in the dining room of Petersburg (Fort Lincoln 3), 3298 Fort Lincoln Dr. NE. For more information, call 202-529-8701.

10th • 10 a.m. to 3 p.m.

Attend a Community Health, Wellness & Informational Fair at Zion Hill Baptist Church, 841 Shepherd St. NW. There will be a free clothing giveaway for the entire family. For more information, call 202-535-1321.

13th • 10 a.m. to 2 p.m.

Congress Heights Senior Wellness Center will host a Community Health, Wellness & Informational Fair, plus a flu clinic. The center is located at 3500 Martin Luther King, Jr. Ave. SE. To learn more, call William Richie at 202-563-7225.

13th • 11 a.m. to 12:45 p.m.

MedStar Washington Hospital Center's Eye Center will present a program titled "Understanding Eye Pain." To register and reserve a light lunch, leave a message for Michelle Duncan at 202-877-6159. Ask about parking. The talk will be at 110 Irving St., Suite 1A-19.

13th, 27th • 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. If you are not available at noon, check back at your convenience and hit replay to see the entire chat. Join the discussion at www.dcoa.dc.gov/page/caregiver-chat. For more information, contact Linda Irizarry at 202-535-1442 or linda.irizarry@dc.gov.

15th • 10 a.m. to 12 p.m.

The D.C. Office on Aging (DCOA) Ambassador Program is 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. If you are interested in expanding your network and educating older adults about the services and resources available to them, join the next Ambassador Training Workshop. All workshops include an overview of Office on Aging programs and services, information on how to access resources, and guidance on your role as an advocate. Call 202-724-5622 to register today.

15th • 10 a.m. to 12 p.m.

Verizon and Model Cities Senior Wellness Center present a free Senior Technology Demonstration Fair. This event brings together community and government leaders, service providers, seniors, area residents and others for a day of helpful information, giveaways, food and fun. To RSVP or for more information, contact Stacie Thweatt at sthweatt@provhosp.org or 202-635-1900.

17th • 11 a.m. to 4 p.m.

The 4th Annual Hillcrest Day will feature line dancing, pumpkin decorating, arts and crafts, a basketball tournament and more. It will take place at the Hillcrest Recreation Center, 3100 Denver St. SE. For more information, call 202-535-1321.

18th • noon to 4 p.m.

The 13th annual Foggy Bottom/West

End Neighborhood Block Party will take place at 22nd and I Streets NW. For more information, call 202-535-1321.

19th • 10 a.m. to 2 p.m.

Vida Senior Center will host a flu clinic. The center is located at 1842 Calvert St. NW. Contact Miguel Guerrero 202-483-1508 for information.

19th • 11:30 a.m.

Medstar Washington Hospital Center will give a talk called "Understanding Cancer" in the dining room at Gettysburg (Fort Lincoln 1), 2855 Bladensburg Rd. NE. For more information, call 202-529-8701.

20th • 10 a.m. to 12 p.m.

Verizon and Washington Seniors Wellness Center present a free Senior Technology Demonstration Fair. This event brings together community and government leaders, service providers, seniors, area residents and others for a day of helpful information, giveaways, food and fun. To RSVP or for more information, contact Tamika Tyree at ttyree@erfsc.org or 202-581-9355.

21st • 10:30 a.m. to noon

There will be a Ward 5 Mini-Commission on Aging meeting at 2900 Newton St. NE. For more information, call 202-529-8701.

SPOTLIGHT ON AGING

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The D.C. Office on Aging does not discriminate against anyone based on actu-

al 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.

October is National Breast Cancer Awareness Month

Breast cancer is the second-most commonly diagnosed cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point.

The good news is that many women can survive breast cancer if it's found and treated early.

Talk to a doctor about your risk for breast cancer, especially if a close family member of yours has had breast or ovarian cancer. Your doctor can help you decide when and how often to get mammograms.

Project WISH recommends women 40 and over have a yearly mammogram — unless otherwise recommended by a practitioner. Take time to care for you.

Project WISH

Project WISH (Women Into Staying Healthy) is a District breast and cervical cancer screening program for women in the D.C. metropolitan area.

Free breast and cervical cancer screening and diagnostic follow-up services are offered to eligible women 21 to 64 years of age who have limited health insurance, no health insurance, or only Medicare Part A. Project WISH also provides patient navigation, transportation assistance, and cancer education to all women enrolled in the program.

Call Project WISH to find out if you are eligible at 202-442-5900.