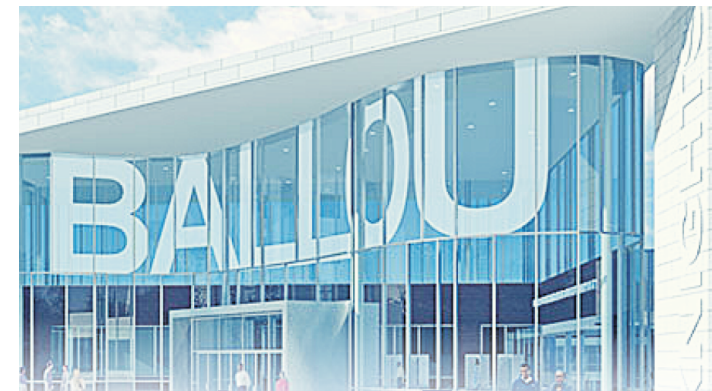


Laura Newland, Executive Director
District of Columbia Office on Aging
500 K Street, NE
Washington, D.C. 20002



*Mayor's Sixth Annual
Senior Symposium*



**HOSTED BY THE
DISTRICT OF COLUMBIA
OFFICE ON AGING**

**TUESDAY, JUNE 20, 2017
8:30 AM—3:00 PM**

**BALLOU SENIOR HIGH SCHOOL
3401 4TH STREET, SE
WASHINGTON, D.C. 20032**



ACKNOWLEDGMENTS

Mayor's Annual Senior Symposium Advisory Council

Barbara Scope Hair
Brenda Atkinson Willoughby
Carolyn Nicholas
Charles Hicks
Constance Woody
Elfrida R. Foy
George Arnstein
Grace J. Lewis
Romaine Thomas
Ron L. Swanda
Ann Thomas
Wendy Bridges
Billie LaVerne Smith
Barbara Cline
Kathleen Brisbane
Guleford BoBo
Clarence "Buddy" Moore
Marguerite Pridgen
Kris Laurenti
Wess Morrison

THANK YOU!!

A special thank you to the planning committee, Senior Service Network Agencies, volunteers, community and government partners and the Office on Aging staff for their hard work and dedication to ensure that this event was such a success.

Follow us on social media!
@dcagingnews
Event #DCSrSymposium





GOVERNMENT OF THE DISTRICT OF COLUMBIA
MURIEL BOWSER, MAYOR

INVESTING IN AN AGE-FRIENDLY DC



The **FY2018 budget** supports Mayor Bowser's commitment to ensuring that Washington, DC is an inclusive, Age-Friendly city for all residents. Through investments in housing, employment opportunities, public safety, transportation, and wellness programs, we will ensure that more District seniors are able to age in place and live purposeful lives.

- ✓ Produce and preserve more affordable housing units, including senior apartments with \$100M invested in the Housing Production Trust Fund and \$10M in the Housing Preservation Fund
- ✓ Enable more residents to age safely in their own homes and communities with a \$3M investment in the Safe at Home program, which provides preventative, in-home adaptations to reduce the risk of falls
- ✓ Ensure seniors and people with disabilities most at risk of isolation have access to social, health and wellness activities with \$459K invested in expanded transportation services
- ✓ Provide access to vital health, fitness and nutrition programs with \$350K dedicated to increasing recreation and wellness activities
- ✓ Support innovative programs that promote aging in place by committing \$300K in to senior villages
- ✓ Create more pathways to employment with \$36.7M toward employment initiatives, such as LEAP, linking unemployed residents with employment, education and training opportunities
- ✓ Increase community safety and stability with \$11.7M in police recruitment and \$530K to establish an Office of Community Engagement & Neighborhood Safety
- ✓ Make it safer to move around the city whether on foot or by car, with \$4.5M invested in increased street safety, including more Traffic Control Officers



WELCOME

Message from Muriel Bowser Mayor, District of Columbia



As Mayor of Washington, DC, it is my pleasure to welcome you to the DC Office on Aging's Sixth Annual Senior Symposium!

This year's theme—Enrich.Empower.Engage—promotes healthy aging and wellbeing through resource sharing, education, and advocacy. My Administration is focused on making DC an inclusive and accessible city that encourages active and healthy living for our older residents.

Today's Symposium is a wonderful opportunity for Washingtonians like you from across DC to come together, learn new skills, share strategies, and stay engaged. I hope each of you will develop new and lasting relationships that will ultimately contribute to your long-term goal of healthy living at every phase of life.

Most of all, I hope that the new insights, aspirations, and motivation you learned today will help to continue your journey towards successful aging in our great city.

WELCOME



Message from
Laura Newland
Executive Director, D.C. Office on Aging

Welcome to the Mayor's Sixth Annual Senior Symposium! The DC Office on Aging is so excited to host all of you for a great day of dynamic speakers, performances, educational workshops, and networking opportunities with more than 90 vendors.

The Mayor sponsors this event every year to carry out her commitment to making the District the best city in the world to age. The Symposium is an opportunity for us to bring you information and resources needed to maintain a healthy and active lifestyle. Most importantly, it's an opportunity for us to celebrate the District's greatest natural resource—our seniors!

We hope that you take advantage of this opportunity to **enrich** your knowledge, **empower** yourself and your community and **engage** with your peers. Thanks for teaching all of us that growing older doesn't mean getting old. Thanks for sharing with us today and every day how you're able to live well. Aging is living.

Have a great Symposium!

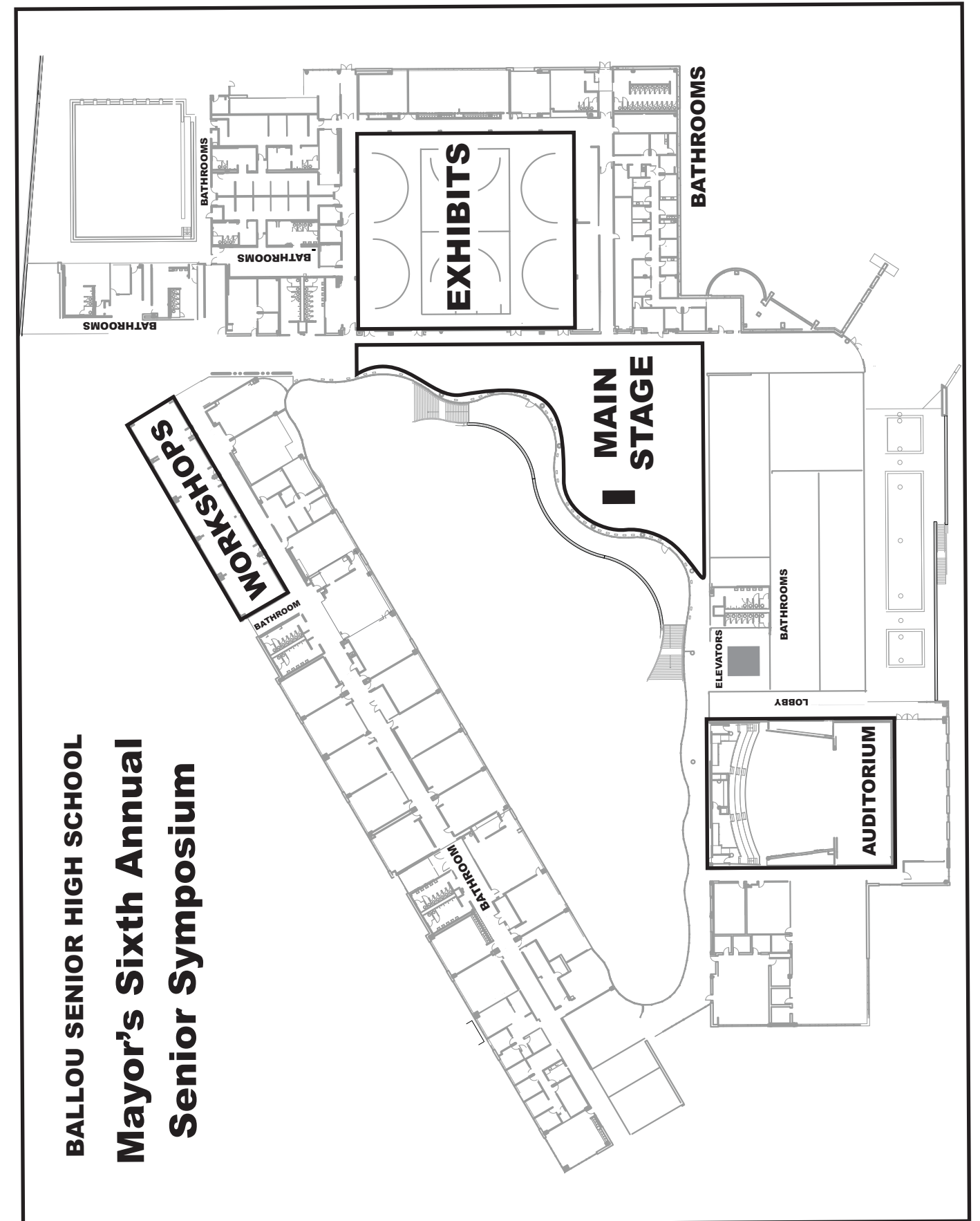




EXHIBIT HALL

Lead Agencies

- Wards 1, 2, 4 – Terrific, Inc.
- Ward 3 – Iona Senior Services
- Ward 5, 6 – Seabury Resources on Aging
- Ward 7 – East River Family Strengthening Collaborative
- Ward 8 – Family Matters of Greater Washington

Zone 1 Government Agencies - District and Federal

- D.C. Adult Protective Services
- D.C. Age Friendly City
- D.C. Board of Elections and Ethics
- D.C. Department of Consumer and Regulatory Affairs
- D.C. Department of Disability Services
- D.C. Department of Energy & Environment
- D.C. Department of Health
- D.C. Department of Insurance, Securities, and Banking
- D.C. Department of Transportation
- D.C. Homeland Security and Emergency Management Agency
- D.C. Housing and Community Development
- D.C. Lottery
- D.C. Office of Health Care Ombudsman and Bill of Rights
- D.C. Office of Planning
- D.C. Office of Police Complaints
- D.C. Office of Unified Communications - Smart 911
- D.C. Office of Tax and Revenue
- D.C. Office of the Chief Technology Officer
- D.C. Office of the Inspector General
- D.C. Office of the Peoples Counsel
- D.C. Office on Aging – EPD Waiver Program
- D.C. Public Schools Grandparents Program
- D.C. Public Service Commission
- D.C. Sustainable Energy Utility
- D.C. Water
- Mayor’s Office of Community Relations and Services (MOCRS)
- Mayor’s Office on Latino Affairs
- Mayor’s Office of Veterans Affairs
- Mayor’s Office of Volunteerism - Serve D.C.
- Mayor’s Office on Women’s Affairs
- U.S. Department of Agriculture
- U.S. Federal Communications Commission

ZONE 2

Community Resources

- Arena Stage
- Capital Area Food Bank
- Capitol Hill Senior Village
- D.C. Center for Independent Living
- D.C. Central Kitchen – Employment
- D.C. Councilmember Anita Bond’s Office
- Cleveland and Woodley Park Senior Village
- Costco
- Grid Alternatives
- Kingdom Care Senior Village
- Legal Counsel for the Elderly
- Long Term Care Ombudsman Program
- Metro Access
- Moyer & Sons Moving and Storage
- NCBA – Senior Community Service Employment Program
- Pepco
- Safeway
- Stratford University
- Transport DC
- Verizon
- WMATA

ZONE 3

Health Providers

- Alzheimer’s Association
- ALS Foundation
- American Kidney Fund
- Ashley Elevators
- Doctor Imani Woody
- D.C. Fire and Emergency Medical Services - Hands on Hearts
- D.C. Relay
- Center for Vein Restoration
- Costco Hearing Aids
- Healing Hands Massage Institute
- Home Feet Care
- Lisa Newell, DDS
- MedStar
- Men’s Health Howard University
- Men’s Health Network

SYMPOSIUM AT-A-GLANCE



8:30am – 9:30am

Breakfast and Registration

Performance
Kennedy Center for the Performing Arts

9:30 am – 10:00 am

Welcome/Greetings

Master of Ceremonies
Carroll “ Mr. C” Hynson
WHUR 96.3 FM, Mr. C’s Time Tunnel

Laura Newland
Executive Director, DC Office on Aging

Romaine Thomas
Chairperson, DC Commission on Aging

Billie LaVerne Smith
Ms. Senior DC

10:00 am – 12:00 pm

ENRICH.EMPOWER.ENGAGE

HyeSook Chung
Deputy Mayor, Health and Human Services

Patricia Davidson, MD
Cardiologist/ Internist, Medstar Health
“Matters of the Heart”

The Honorable Muriel Bowser
Mayor, District of Columbia

Rawle Andrews Jr.
Regional Vice President, AARP
“Reclaiming Your Inner David: Finding Purpose and Promise in a World of Goliaths”

Fit & Well Break
William Yates, YMCA

12 pm – 1:00 pm

Lunch

Performance
Rayceen Pendarvis, The Ask Rayceen Show

1:10 pm – 2:00 pm

Workshop Sessions & Exhibits

2:10 pm – 3:00 pm

Workshop Sessions & Exhibits

3:00 pm

Event Concludes



TRAINING/CLINICS

Continuing Education Units (CEUs)

To receive your CEU, please make sure that you sign-in at the beginning of each session you are attending. After attending the morning and afternoon sessions, please turn in your evaluations to the CEU desk. CEU certificates will be sent to the email address on the sign-in sheet two weeks after the Symposium. There are four general CEUs being offered.

Behavior Symptom Management (BSM) Trainings on Alzheimer's disease and Related Disorders to Family Caregivers

9:00 am – 12:00 pm

Room: Auditorium

The DC Office on Aging's Behavior Symptom Management (BSM) Training Program is offering training workshops to local families, whose loved ones are affected by dementia. Come and learn about common behaviors and management techniques associated with this disease during this 3-hour educational session. Join us for an experiential, hands-on training for caregivers who are interested in understanding dementia care.

Speakers: Marla Lahat, Executive Director of Home Care Partners
Marti Bailey, Director of the Sibley Senior Association (SSA) and Community Health at Sibley Memorial Hospital

Senior Techies

The Office of the Chief Technology Officer (OCTO)

11:00 am– 2:00 pm

Location: Mobile Tech Lab – Located in the surface parking lot

Learn news ways to become high-tech in the digital age by climbing aboard the Mobile Tech lab. This state-of-the-art bookmobile is equipped with computers and Wi-Fi that allows Connect DC to bring the power of technology to neighborhoods across the District. The purpose

of the workshop is to educate attendees on the technical options available to assist and improve daily living routines and actively combat social isolation. This session will teach the fundamentals of social media, apps, and other relevant tools for beginners to advanced participants.

CLINICS/SCREENINGS

Clinics and screenings are **BY APPOINTMENT ONLY**. To make an appointment, please visit the DCOA help desk to sign up.

Power of Attorney and Wills Legal Counsel for the Elderly

10:00 am – 3:00 pm

Room: 2027

Receive legal assistance in drafting financial and health care powers of attorney, simple wills and living wills.

Falls Prevention Assessments Howard University Physical Therapy

10:00 am – 12:00 pm

Room: Gymnasium

Incidence rates of falling increase progressively with aging. Preventing or delaying the onset of functional decline is a crucial important goal. Screenings will include tug and strength testing facilitated by a trained physical therapist.

Healthcare Insurance Counseling The George Washington Law School's Health Insurance Counseling Project (HICP)

10:00 am – 3:00 pm

Room: 2036

Learn what your healthcare coverage options are available and how to pick the right options for you. The George Washington Law School's Health Insurance Counseling Project (HICP) provides free health insurance information, education, and counseling services.



WORKSHOPS

Money Smarts: Protecting your Nest 1:10 am – 2:00 pm & 2:10 pm- 3:00 pm Room: 2035

This session is designed to identify important points to consider in planning for a more secure financial future, including how to safeguard against fraud and other forms of financial exploitation. Learn ways to identify potential scams, gain a better understanding of reverse mortgages and how to report financial abuse.

Moderator: Michael Kirkwood, DC Office on Aging
Douglas Klein, US Attorney
Philip Ziperman and Jimmy Rock, Office of the Attorney General
Idriys Abdullah, Department of Insurance, Banking and Securities

Love Connections: Sex and Intimacy After 60 1:10 pm – 2:00 pm & 2:10 pm- 3:00 pm Room: 2031

Sex is a natural and healthy facet of our existence throughout our lives. Learn about the sexual challenges and opportunities people encounter throughout the aging process and how your senior years can be fulfilling.

Speakers: Susan Shepard, TERRIFIC, Inc.
Dr. Philip Lucas, Howard University

Ask Rayceen: Everything you want to know about LGBTQ, but are afraid to ask 1:10 pm – 2:00 pm & 2:10 pm - 3:00 pm Room: 2033

Rayceen Pendarvis is a larger than life columnist, comedian, activist and performer. He is also not one to hold his tongue, particularly when it comes to serious issues affecting the LGBTQ community; addiction, mental health and other topics routinely considered "taboo" or that might be uncomfortable to address. This workshop will provide a platform for attendees to get answers to their burning questions.

Speaker: Rayceen Pendarvis, The Ask Rayceen Show

Creating Safe Living Spaces: One Room at a Time Room: 2029

1:10 pm – 2:00 pm & 2:10 pm- 3:00 pm Research shows that many seniors live longer and healthier lives when they can age in place. In some cases, pre-established incomes force seniors to encounter challenges within homes in need of modifications to prevent accidents, falls and other hazards as a result of a change in the level of mobility. This session will provide cost saving tips, program information, and other resources to help local seniors age comfortably in place.

Speaker: Stacy Lipman, Home Care Partners

Civic Engagement: Building Strong Communities 1:10 pm – 2:00 pm & 2:10 pm- 3:00 pm Room: 2026

Learn how to access District government services that promote community independence and long-term care supports. In addition, learn more about the citywide call system and how to request service tickets for completion by agencies.

Moderator: Brian Footer, Former ANC Commissioner

Panelists: Karima Holmes, Director of the Office of Unified Communications
Tommie Jones, Director of the Mayor's Office of Community Relations and Services
Dominique Vinson, Supervisor of DCOA's Information and Referral/Assistance Division

Age- Friendly 1:10 pm – 2:00 pm & 2:10 pm - 3:00 pm Room: Auditorium

Come to this interactive session prepared to have your opinions instantly recorded and reported. You will use a digital device for this session to answer questions about issues that impact seniors in the District. The recorded responses will tell us how the group feels about how easy it is to grow older in DC now, compared to 2012. Ask the Age-Friendly DC interns at the opening session for an invitation to this workshop. The invitation will become your ticket to enter the session and there will be a raffle drawing for an iPad Mini. Come, learn, share and maybe...you will be the one who wins the iPad Mini.

Speaker: Gail Kohn, DC Age Friendly City Coordinator