

# Spotlight on Aging

VOLUME XXIX, ISSUE 9

A newsletter for D.C. Seniors

September 2018



## EXECUTIVE DIRECTOR'S MESSAGE

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

I hope everyone enjoyed their summer! Although it's been some time since I've been a student, I still think of September as a time to prepare for a productive year, to learn more about our community and how the D.C. Office on Aging can better serve our residents.

One of the ways we do this is by always listening to the community, and working to meet our residents where they are at. In September, all of our Senior Wellness Centers will be holding their annual budget town halls. These interactive town halls are an opportunity for members of the Wellness Centers to vote on the programs and activities they would like to have in fiscal year 2019.

We learn so much about our participants through these town halls every year! If you are a member of a Senior Wellness Center — or if you're interested in joining — I encourage you to attend this meeting and let us know what programs and activities you would like to see in your ward. Reach out to my office at 202-724-5626 to find out when your local senior site will be holding its annual budget town hall.

September is also Fall Prevention Awareness Month, and it's a great time to brush up on steps you can take today to prevent falls and other accidents in and around your home.

We are holding Falls Prevention Awareness Day activities in all eight wards of the city on Sept. 21. Join us for free Falls Risk Workshops and screenings at a Senior Wellness Center or designated senior site in your ward.

Contact us at 202-724-5626 to learn more about falls prevention strategies you can use in your daily lives to keep you active and moving about safely.

But we're not leaving all the work to you. Because we know that most older Washingtonians would choose to remain in their own homes as they age, Mayor Muriel Bowser has made it her priority to make the homes and communities of our older adults safer.

Through her Safe at Home program, we have served close to 1,600 older residents with in-home safety modifications to reduce the risk of falls and mobility barriers. Safe at Home is making it possible for so many of our older residents to continue living and thriving in the homes they know and love.

But we've learned from the community that there are many more older residents who could benefit from the program, but didn't meet the income qualifications. So in FY 2019, we will be adding a cost-share component, which along with the Mayor's \$4.5 million investment, will enable more residents to participate. Stay tuned for more information on the expanded program in FY 19.

At the D.C. Office on Aging, we're learning every day. We're listening, and we're always looking for new ways to better meet you where you are at. As Mayor Muriel Bowser says, "Aging well means living well," and we know that to be the best city in the world to age, listening, learning, and the ability to adapt to the needs and desires of our community are key.

Be well, and remember, aging is living!

## Ms. Senior D.C.



The Ms. Senior D.C. Pageant participants and former reigning queens participated in an awards ceremony to honor their contributions to the local pageant. Ms. Senior D.C. also received her local crown! If you are interested in supporting Ms. Senior D.C. Phyllis Jordan as she competes in the Ms. Senior America Pageant, Oct. 15-19 in Atlantic City, NJ, contact Delores Powers or Monica Carroll at 202-635-1900.

## Empowering D.C. Caregivers via the DCOA Savvy Caregiver Program (SCP)

Join the DCOA Savvy Caregiver Program (SCP) to develop the knowledge, skills and attitudes to care for your family member with Alzheimer's disease or other dementia. The SCP is for caregivers in D.C. who provide care for older adults, age 60 and over, and adults with disabilities, age 18 and older, living with Alzheimer's disease or other dementias. The program is delivered in two-hour sessions, over a six-week period.

**Where:** D.C. Office on Aging, Conference Room 114, 500 K St. NE, Washington, DC 20002

**For more information/RSVP:** Contact Linda Irizarry @ 202-535-1442 or [Linda.Irizarry@dc.gov](mailto:Linda.Irizarry@dc.gov).

### Upcoming Savvy Caregiver Program Sessions

Topics	Tuesdays 10:00 AM to Noon	Thursdays 4:30 PM to 6:30 PM
1. Introduction to Savvy Caregiver	September 18	September 20
2. Strategies for Self-Care	September 25	September 27
3. Contented Involvement	October 2	October 4
4. Stages of Dementia	October 9	October 11
5. Caregiving Skills	October 16	October 18
6. Strengthening Family Resources	October 23	October 25



GOVERNMENT OF THE DISTRICT OF COLUMBIA

MURIEL BOWSER, MAYOR



# Get Involved

**Saturday, Sept. 8 • 10 a.m. – 3 p.m.**

3rd Annual Purple Wave Festival  
DC Gateway Pavilion  
2700 Martin Luther King, Jr. Ave., SE – Ward 8

**Saturday, Sept. 8 • 10 a.m. – 2 p.m.**

Saint Gabriel Church in Collaboration  
with D.C. Office on Aging  
Community Health & Resource Fair  
Center City PC – School Hall  
510 Webster St., NW – Ward 4  
Contact: Ms. Josette Foster, 703-298-3120

**Saturday, Sept. 8 • 1 p.m. – 5 p.m.**

2018 Community Day  
Redeeming Love Outreach Center  
4611 Nannie Helen Burroughs Ave., NE –  
Ward 7  
Contact: Emmanuel Fields, 202-656-2562

**Monday, Sept. 10**
**11:30 a.m. – 1 p.m.**

DCOA & Collaborating Partners  
Community Presentation & Workshop

Language Interpreter will be onsite  
Asian/Pacific Islander Senior Service Center  
417 G Place, NW – Ward 2  
Contact: Kenneth So, 202-842-4376

**Tuesday, Sept. 11 • 10 a.m. – 2 p.m.**

The Mayor's Office on Returning Citizens  
Affairs and the Dept. of Corrections  
will be hosting a Reentry Resource Fair  
Central Treatment Facility & Central  
Detention Facility  
1901 E St., SE – Ward 6

If you feel your organization may be helpful in  
providing resources and services, please in-  
quire.

Contact: monte.pollard@dc.gov

**Wednesday, Sept. 12 • 9 a.m.**

Mayor's Office on Latino Affairs & Capital  
Area Food Bank  
Mobile Market  
4801 16th St., NW – Ward 4  
Contact: Ingrid Gutierrez, 202-671-2823

**Saturday, Sept. 15 • 10 a.m. – 5 p.m.**

500 K St., NE  
To register, contact: 202-724-5626 or  
darlene.nowlin@dc.gov

29th Anniversary Glover Park Day  
D.C. Office on Aging will staff an  
informational booth  
Guy Mason Recreation Center  
3600 Calvert St., NW – Ward 3

**Saturday, Sept. 15**
**10:30 a.m. – 7 p.m.**

12th Annual H Street Festival  
D.C. Office on Aging will staff an  
informational booth  
4th to 14th Streets on H St., NW – Ward 6

**Saturday, Sept. 15 • 10 a.m. – 2 p.m.**

Paramount Baptist Church  
Celebrating the 23rd Annual Harvest Day  
Health Fair  
3924 Fourth St., SE – Ward 8  
Contact: Susie Harris (301) 928-8572

**Thursday, Sept. 20**
**10 a.m. – 12 p.m.**

Train to Become a DCOA Ambassador

500 K St., NE  
To register, contact: 202-724-5626 or  
darlene.nowlin@dc.gov

**Friday, Sept. 21 • 9 a.m. – 1 p.m.**

5th Annual Seniors Health Fair  
Vida Senior Centers at Brightwood  
1330 Missouri Ave., NW – Ward 4

**Saturday, Sept. 22 • noon – 6 p.m.**

Ft. Lincoln Day  
Contact: Robert Looper, (202) 491-5958

**Saturday, Sept. 22 • 10 a.m. – 2 p.m.**

Hillcrest Community Day  
Hillcrest Recreation Center  
3100 Denver St., SE – Ward 7

**Saturday, Sept. 29 • 8 a.m. – 5 p.m.**

The Tenant Advocate Forum  
Kellogg Conference Center  
Gallaudet University  
800 Florida Ave., NE – Ward 5

## Get the Right Care Right Now

The District is dedicated to ensuring that when it comes to your health, you receive the Right Care, Right Now. DC Fire and Emergency Medical Services has rolled out a new initiative with the primary goal to improve health outcomes and preserve resources for patients with life threatening injuries and illnesses.

Not every call to 911 necessitates transportation by an ambulance to a hospital's emergency department. The goal is to connect 911 callers who have medical needs to the most appropriate healthcare.

Based on a caller's description of their symptoms, a caller may be transferred to a registered nurse in order to determine the most appropriate path for

treatment. The nurse will ask the caller questions, and assess his or her symptoms, so that the nurse can refer the caller to the most appropriate non-emergency medical care available — most likely a community clinic or urgent care clinic in the caller's neighborhood. Medicaid and DC Healthcare Alliance enrollees will be provided with free transportation to and from the clinic.

The goal of the Right Care, Right Now program is to not only preserve D.C. Fire and EMS Department's resources, but also this new program will free up beds in crowded hospital emergency departments, which will benefit all critically ill emergency patients.

To learn more, call 202-673-3331.



## Falls Prevention Awareness Day



**Friday, September 21, 2018**

**9:30 a.m. – 11:30 a.m.**

**Call Your Local Site to Pre-Register.**

**We Will Offer Free Falls Risk Talks and Screenings for All DC Seniors!**

**Ward 1**

Bernice Fonteneau Senior Wellness Center  
3531 Georgia Avenue, NW  
Washington, D.C. 20010  
202-727-0338

**Ward 2**

St. Mary's Court 725 24th Street,  
NW Washington, D.C. 20037  
202-223-5712

**Ward 3**

Satterlee Hall, St. Alban's Episcopal Church  
3001 Wisconsin Avenue, NW  
Washington, D.C. 20016  
202-895-9448

**Ward 4**

Hattie Holmes Senior Wellness Center  
324 Kennedy Street,  
NW Washington, D.C.  
Washington, D.C. 20011  
202-291-6170

**Ward 5**

Model Cities Senior Wellness Center  
1901 Evars Street, NE  
Washington, D.C. 20017  
202-635-1900

**Ward 6**

Hayes Senior Wellness Center  
500 K Street, NE  
Washington, D.C. 20002  
202-727-0357

**Ward 7**

Washington Seniors Wellness Center  
3001 Alabama Avenue, SE  
Washington, D.C. 20020  
202-581-9355

**Ward 8**

Congress Heights Senior Wellness Center  
3500 Martin Luther King, Jr. Avenue, SE  
Washington, D.C. 20032  
202-563-7225

## 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  
202-724-5626  
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.**



School of Nursing

THE GEORGE WASHINGTON UNIVERSITY

WE ARE DC GOVERNMENT OF THE  
DISTRICT OF COLUMBIA  
MURIEL BOWSER, MAYOR