



Understanding Your Options As a Seasoned Citizen!

**First Annual Older Americans Month Senior Symposium
An Event for Seasoned Citizens, Providers, and Caregivers**

**Friday, May 25, 2012
9:00 a.m. - 4:00 p.m.**

**Park Hyatt Washington
1201 24th Street, NW
Washington, D.C. 20037**

Sponsored by D.C. Office on Aging



Proclamation



OLDER AMERICANS MONTH

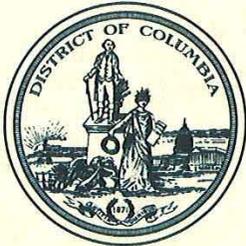
MAY 2012

WHEREAS, May 2012 has been designated as Older Americans Month, giving us an opportunity to honor our older citizens for their contributions to their respective communities; and



WHEREAS, the District of Columbia has identified its elders as a resource to live with dignity and independence in community settings and the Office on Aging through its programs for older Washingtonians, has demonstrated its commitment to making the latter years as stimulating and enjoyable as possible; and

WHEREAS, this year's theme: "Never Too Old To Play" encourages older Americans to stay engaged, active and involved in their communities through working and volunteering; and



WHEREAS, a host of activities have been planned within the community and by the Office on Aging Senior Service Network during this month and throughout the year, to celebrate the spirit of learning, playing and enjoying:

NOW, THEREFORE, I, THE MAYOR OF THE DISTRICT OF COLUMBIA, do hereby proclaim May 2012, as "OLDER AMERICANS MONTH" in Washington, D.C. and call upon all the residents of this great city to join me in saluting our older citizens by recognizing their strength, character, wisdom, and dedication to our youth.



A handwritten signature in black ink that reads "Vincent C. Gray".

SYMPOSIUM AT-A-GLANCE

Friday, May 25, 2012

9:00 a.m. – 9:30 a.m.
9:15 a.m. – 10:00 a.m.
10:00 a.m. – 10:30 a.m.

Check-In
Continental Breakfast and Networking
Opening Plenary Session

Welcome
Brenda Williams, Commissioner on Aging, Ward 1

Greetings
Jacqueline C. Arguelles, Chairperson
D.C. Commission on Aging

Greetings
John M. Thompson, Ph.D., FAAMA, Executive Director
District of Columbia Office on Aging

Purpose
Chantelle Teasdell, PhD, MPH, Interim Manager
Aging and Disability Resource Center
District of Columbia Office on Aging

10:30 a.m. – 11:30 a.m.

Break/ Exhibits

11:00 a.m. – 12:00 p.m.

Concurrent Workshops I

- **It's Never Too Late For Prevention: Evidence Based Health Programs** (Drawing Room 1)
Presenter: Kristie Patton, MSW, Senior Program Manager
Center for Healthy Aging/National Council on Aging
- **Know Your Options...Decide Your Future** (Salon 1 –2)
Presenters: Felicia Cowser, MSW, LICSW, Options Counselor
District of Columbia Office on Aging/Aging and Disability Resource Center
Edith Chandler, Senior Aide, Information and Assistance
District of Columbia Office on Aging/Aging and Disability Resource Center;
Edward Mayo
Consumer/Options Counseling Recipient
- **Living Well: Simple Healthy and Nutritious Practices for Today's Senior** (Salon 3 –4)
Presenters: Tiffanie Yates MS., RD, Public Health Nutritionist,
District of Columbia Office on Aging
Rose Clifford, RD, LD, MBA, Nutritionist
Iona Senior Services
Melissa Pember, RD,LD, Nutritionist
Barney Neighborhood House
- **Aging in the LGBT Community** (Drawing Room 2)
Presenter: Imani Woody, Ph.D., IWF Consulting
Multicultural and Older Adult Advocacy Training

12:00 p.m. – 1:30 p.m.

Networking Luncheon

Moderator: Lisa D. Bryant, MSW, Special Assistant to the Executive Director
District of Columbia Office on Aging

Emma P. Ward, Ms. Senior D.C. 2011

Keynote: Carol Crecy, Director of External Affairs
Administration for Community Living

SYMPOSIUM AT-A-GLANCE

Friday, May 25, 2012

John M. Thompson, Ph.D., FAAMA
Executive Director

1:30 p.m. – 2:00 p.m.

Break/ Exhibits

2:00 p.m. – 3:00 p.m.

Concurrent Workshops II

- **It Takes a Village to Maintain Seniors in the Community** (Salon 1 –2)
Moderator: Chantelle Teasdell, PhD, MPH, Interim Manager
Aging and Disability Resource Center
District of Columbia Office on Aging

Panelists: Jennifer Karapetyan, Kennedy Care
Leland Kiang, Iona Senior Services
Mark Andersen, We Are Family
Vivian Grayton, Seabury Resources for Aging

- **What's the Relationship Between Chronic Disease and Alzheimer's** (Salon 3 –4)
Presenter: Thomas Obisesan, MD, MPH, Chief, Section of Geriatrics
Howard University Hospital
- **Savvy Saving Seniors: Becoming Resourceful with the Help of Benefits** (Drawing Room 1)
Presenter: Christine Harding, Director, Community Education
National Council on Aging
- **Health Care Reform Act: How Can it Benefit D.C. Residents** (Drawing Room 2)
Presenter: Carolyn King
Department of Insurance and Securities Banking

3:00 p.m. – 4:00 p.m.

Concurrent Workshops III

- **Respite for the Family Caregiver: What Is It and How to Find It** (Salon 1 –2)
Presenter: Jill Kagan, Program Director
ARCH National Respite Network and Resource Center
- **Abuse, Neglect, and Exploitation of Seniors** (Drawing Room 1)
Presenter: Dr. Sheila Jones, Adult Protective Services
D.C. Department of Human Services
- **Strengthening the Senior Communities: Senior Villages/Greenhouses** (Ballroom)
Presenter: Gail Kohn, Advisor to the Board
Capitol Hill Village
- **HIV/ AIDs in the Senior Community** (Drawing Room 2)
Presenters: Joan McCarley, MSW, LICSW, Executive Director
TERRIFIC, Inc. Ward One Lead Agency

Carmen Ball, Medical Case Manager
TERRIFIC, Inc. Ward One Lead Agency

SYMPOSIUM EXHIBITORS

Friday, May 25, 2012

D.C. Caregivers' Institute

D.C. Dept of Insurance, Securities and Banking (DISB)

D.C. Long-Term Care Ombudsman Program

Department of Employment Services – SCSEP

Family Matters of Greater Washington

Just the Simple

Kennedy Care

Lions Club

Matthews Memorial Terrace

Pepco

Right at Home of Washington, D.C.

Safeway, Inc

Seabury Resources for the Aging

ABOUT D.C. OFFICE ON AGING

Office of the Executive Director

Executive Director, John M. Thompson, Ph.D., FAAMA

General Counsel, Deborah Royster, Esq.

Chief of Staff, Camile Williams, MPH

Special Assistant to the Executive Director, Lisa D. Bryant, MSW

Interim Manager, Aging and Disability Resource Center, Chantelle Teasdell, Ph.D., MPH

Project Officer, Tomiko Thomas, MSW

Who We Are

The D.C. Office on Aging is the State and Area Agency on Aging designated by the Mayor of the District of Columbia to plan, develop and implement programs and services for residents age 60 and older. We fund a senior service network of providers (Office on Aging Senior Service Network) consisting of 20 community-based nonprofit organizations (including three universities) that operate 33 programs for senior citizens.

Programs and Services

- 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

Although most services and programs are provided through our Senior Service Network, three direct services are performed by the Office on Aging. The Office on Aging operates a job training and employment program, an information and assistance unit for District residents and a one-stop for the elderly and disabled.

Job Training and Employment Program

The Older Workers Employment and Training Program (OWETP) assists District residents age 55 and older with job placement through training programs and various public/private partnerships. Persons interested in participating in the OWETP should call (202) 724-3662.

Information and Assistance

During the weekday hours of 8:30 am - 5:00 pm seniors, family members, caregivers and the general public can call one central location and find out how to access services that are available to seniors throughout the District of Columbia. Persons may also stop by the office to speak with someone or pick-up written materials on programs and services.

One-Stop Resource Center

The Aging and Disability Resource Center (ADRC), the District's One-Stop for the elderly and persons with disabilities provides information and services for residents age 60 and older and the disabled age 18 and older. Make one call to access services for the elderly and disabled, government-wide and in the community.

NOTES





**District of Columbia Office on Aging
500 K Street, NE
Washington, D.C. 20002
(202) 724-5622
www.dcoa.dc.gov**