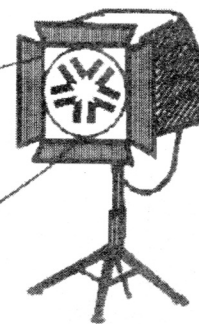


DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XXV, ISSUE 6

A newsletter for D.C. Seniors

June 2014



EXECUTIVE DIRECTOR'S MESSAGE

*By John M. Thompson,
Ph.D., FAAMA*

June is Men's Health Month, which is celebrated across the country with health fairs and screenings, media appearances, and other educational and outreach events. The purpose of this month is to increase the public's awareness about early detection and treatment of diseases among men. I trust that this message will be an eye opener for you and your family members and that you will be ready to take action!

According to the Centers for Disease Control and Prevention (CDC), men are 5 to 10 percent more likely than women to have heart disease and be morbidly obese. Men with such chronic diseases must closely monitor their health and make a concerted effort to change their lifestyles to prevent further health complications.

Unfortunately, the failure to make these changes could lead to greater chances of hospitalizations, premature nursing home admissions, and even death. According to the National Center for Health Statistics (NCHS), men have a higher death rate for the following diseases: heart disease, cancer, cerebrovascular disease, chronic lower respiratory disease, diabetes, pneumonia/flu and HIV infection.

Consequently, the staggering death statistics result in a shorter life expectancy for men as compared to women. CDC reports that black males have a life expectancy of 71.4 years compared to 77.7 years for black females; white males have a life expectancy of 76.4 years compared to 81.1 years for white females; and Hispanic males have a life expectancy of 78.5 years compared to 83.8 years for Hispanic females. According to the Men's Health Network, the gap of life expectancy between men and women is resulting in more women experiencing poverty.

Poverty among widowed women stems from the loss of the husband's income after death, expenses involving the care of the husband, and funeral expenses. Men's Health Network reports that widowed women are three to four times more likely to live in poverty compared to married women of the same age. In another statistic, the U.S. Administration on Aging reports that over one-half of elderly widows now living in poverty were not poor before the deaths of their husband.

In viewing the startling statistics reported in this month's message, I hope that you are motivated in joining me to make positive changes in the District. It will take a village of committed family members to ensure that our men are making every effort to get their annual checkups, to see their doctors when they experience physical abnormalities, to eat healthy, and to adopt ac-

Beware of Fake Postal Service Emails

Recently, the Postal Inspection Service has received complaints from individuals nationwide related to fraudulent emails and phone calls. These messages falsely claim that a package was unable to be delivered by the US Postal Service and attempt to gather personal identifying information.

The emails, which claim to be from the US Postal Service, include a message related to an attempted or intercepted package delivery. The customer is told to click the link or open an attachment in the email.

When opened, a malicious virus is installed on the customer's computer. This virus could steal personal information located on the customer's computer and compromise the customer's information.

If a customer receives an email similar to the one described above, they should follow these steps:

- DO NOT click on the link or open the at-

tachment

- Forward the email to spam@uspis.gov
- Delete the email



Criminals are also contacting potential victims by phone. When contacted, similar information is provided related to an attempted or intercepted package delivery. The caller attempts to obtain personal identifying information from the customer.

If a customer receives a phone call, they should follow these steps:

- DO NOT provide any personal identifying information to the caller
- Hang up
- Contact your local post office to verify the phone call
- Contact the Postal Inspection Service at 1-877-876-2455

The Postal Inspection Service is actively investigating these fraudulent emails and phone calls.

tive lifestyles including physical fitness.

The government offers support to ensure access to quality resources that help the District's men. For example, through the Affordable Care Act, men on Medicare can receive free annual wellness visits, as well as preventive screenings for a number of chronic diseases.

Let me also add that men 60 years of age and older can take advantage of the District's six senior wellness centers, which offer free health and wellness programs, such as chair aerobics, Tai Chi, hand dancing, strength training exercises, nutritional counseling, nutritious meals, social engagement and educational offerings, among other activities.

In closing, as we celebrate Men's Health Month, I would like to encourage all seniors and their loved ones to wear blue on the five Mondays in June to raise awareness about the importance of Men's Health Month. Also, this is an opportunity for men to wear blue to demonstrate their commitment in improving their own health. Please join me in solidarity as we honor our men and let them know that we support them and will do what it takes to keep them healthy and engaged in our communities.

Men, I hope to see you at one of our six senior wellness centers! Please call us at 202-724-5626 if you need information about the senior wellness centers.

Senior Wellness Centers

Bernice Fonteneau Senior Wellness Center
3531 Georgia Ave. NW
202-727-0338

Congress Heights Senior Wellness Center
3500 Martin Luther King Jr., Ave. SE
202-563-7225

Hattie Holmes Senior Wellness Center
324 Kennedy St. NW
202-291-6170

Hayes Senior Wellness Center
500 K St. NE
202-727-5763

Model Cities Senior Wellness Center
1901 Evarts St. NE
202-635-1900

Washington Seniors Wellness Center
3001 Alabama Ave. SE
202-581-9355



GOVERNMENT OF THE DISTRICT OF COLUMBIA

VINCENT C. GRAY, MAYOR

Town Hall Budget Meeting



Mayor Vincent C. Gray presented his budget during the Mayor's FY15 Budget Town Hall Meeting held at Kennedy Recreation Center. "Keeping the Promises" discussed continuing fiscal responsibility for the upcoming fiscal year.



At-large Councilmember Anita Bonds also provided more details on the Senior Citizen Real Property Tax Relief Act. According to the Act, residents age 70 and older who have resided in their homes for 20 years or more and have an income of \$60,000 or less will no longer have to pay property taxes on their properties. (See this issue of *Spotlight* for more details.)



More than 200 seniors attended the Mayor's FY15 Budget Town Hall Meeting for seniors at the Kennedy Recreation Center.



Information and resources were also available from the D.C. Office on Aging at the Town Hall Budget Meeting.



Thursday, June 5, 2014

10:00 am – 2:00 pm

Ages: 50 yrs. & up

Oxon Run Park

Wheeler Rd. & Valley Ave., SE

For more information, please call
Jennifer Hamilton at (202) 664-7153

The Senior Picnic Fest is an annual event celebrating DC's seniors. Participants will enjoy socializing with each other as they experience live entertainment, music, health exhibits, board games and guest speakers. Lunch will be provided. **FREE!**

Senior Citizen Real Property Tax Relief Act of 2014

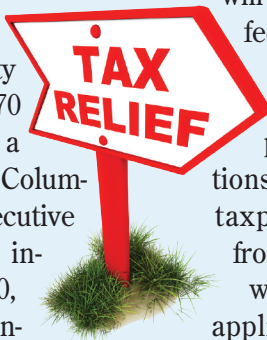
The Senior Citizen Real Property Tax Relief Act of 2014, D.C. Act 20-303, provides for exemption from real property tax for property owners who are at least 70 years of age, have owned a home in the District of Columbia for at least 20 consecutive years, have household income of less than \$60,000, are domiciled in DC, principally reside at the property, and have household interest and dividend income of less than \$12,500.

The Act was passed by the Council on March 4, and it was signed by the Mayor on March 25. Before becoming a law, the Act must undergo 30 Congress-

sional review days and be funded. It is anticipated that the law will become funded and effective by Oct. 1, 2014.

The Office of Tax and Revenue (OTR) expects to provide applications to potentially eligible taxpayers it can identify from its records. Taxpayers who have not received an application by the end of October will be able to download one from OTR's Web site, www.taxpayerservicecenter.com.

If the act will be effective beginning Oct. 1, then the first real property tax bill to which the exemption would apply is the bill for the first half of 2015, which will be issued by March 1, 2015.



Ms. Senior Pageant D.C. to be Held June 29

You may have seen her at your senior program, a church event, or an event sponsored by your group or organization. Wherever it may have been, many have seen her proudly wearing her banner and tiara.

Ms. Senior D.C. Nancy A. Berry has visited each ward of

the city speaking to her peers, performing "Sweet Georgia Brown," or tutoring youth at a local school. The retired educator, volleyball coach, quilter and dancer has been seen across the city representing Ms. Senior D.C.

She has carried the message of the pageant, which has a presence at the Ms. Senior America Pageant, operating under the theme, the "Age of Elegance."

The pageant, which recognizes the community service, elegance, inner beauty, poise and style of women age 60 and over, will be held locally on Sunday, June 29 at 2:30 p.m., at the Univer-



sity of the District of Columbia, 4200 Connecticut Ave. NW, Building 46, Main Auditorium.

The 2014 Ms. Senior D.C. Pageant contestants will compete for the title of Ms. Senior D.C. and the right to represent their city at the Ms. Senior America Pageant. A panel of judges will meet with the contestants and rate them on their interview, their philosophy of life, talent and evening gown competition.

Don't miss the show and the opportunity to share the lives and talents of each of the contestants as they compete. For tickets and information, call 202-289-1510, ext. 1171.

New D.C. Identification Requirements

The District of Columbia has begun issuing a REAL ID credential.

The REAL ID credential requires a one-time revalidation of source documents when obtaining, renewing or requesting a duplicate D.C. driver's license or identification card. This validation will enable the D.C. Department of Motor Vehicles (DMV) to ensure your identity and issue a federally compliant REAL ID driver's license/identification card.

The new requirements will affect what you will need to bring to the D.C. DMV office when obtaining, renewing or requesting a duplicate credential. First time D.C. applicants and existing D.C. driver's license/identification card holders should expect to provide source documents as proof of identity (full legal name and date of birth), Social Security number, lawful presence in the United States, and current residence in the District of Columbia.

REAL ID is a coordinated effort by US jurisdictions and the federal government to improve the reliability and accuracy of driver's licenses and identification cards, which should inhibit terrorists' ability to evade detection by using fraudulent identification. REAL ID implements a 9/11 Commission recommendation urging the federal government to "set standards for the issuance of sources of identification, such as driver's licenses."

The Department of Homeland Security (DHS) is implementing REAL ID through a period of phased enforcement over the next several years. In particular, the date for implementing the prohibition on boarding aircraft for travel will be set after an evaluation of earlier phases and will not occur sooner than 2016.

For more information, visit www.dmv.D.C.gov or call 311.



Health Fair at Vida Brightwood

!FREE! !FREE! !FREE!

JUNIO 23, 2014
1330 MISSOURI AVE. NW
9:30 AM TO 3:00 PM
202 503-2783

Vida
SENIOR CENTERS

SERVICES

- Blood Pressure
- Glucose Check
- Mammogram Screening
- Kidney Exam
- HIV Test
- Vision Screening
- Dental Screening
- Nutrition Screening
- Prostate PSA

INFORMATION:

- Alzheimer
- Stroke
- Medicaid & Food Stamp
- Health Insurance
- Emergency Safety
- Legal Services
- Utility Discount
- Tobacco Prevention
- Alcohol Prevention
- Housing



www.vidaseniorcenters.org

ORGANIZACIONES PARTICIPANTES: DC OFFICE ON AGING, OLA OFFICE OF LATINO AFFAIRS, UPO UNITED PLANNING ORGANIZATION, MARY'S CENTER, THE GW MEDICAL FACULTY ASSOCIATES/MAMMOVAN, TERRIFIC INC., HISPANIC INSTITUTE FOR BLINDNESS, THE AMERICAN KIDNEY FOUNDATION PREVENTION INC., HUH CANCER CENTER, HSEMA-DC HOMELAND SECURITY IN EMERGENCY AGENCY, AARP-DC, LEGAL COUNCIL FOR THE ELDERLY, OPC/ DC THE OFFICE OF THE PEOPLE'S COUNCIL, NATIONAL ALLIANCE FOR HISPANIC HEALTH, NHCOA NATIONAL HISPANIC COUNCIL OF AGING, VENTANILLA DE LA SALUD, SEABURY RESOURCES FOR AGING, MPDC METROPOLITAN POLICE DEPARTMENT.

"Learning on Healthy Aging"

Community Calendar

June events

3rd • 10 a.m. to 2 p.m.

A community health and wellness fair sponsored by the Office on Aging will be held at Iona's Active Wellness Program at St. Albans, 3001 Wisconsin Ave. NW. For more information, call Thelma Hines 202-363-5145, ext. 212.

7th • 11 a.m. to 2 p.m.

A community health fair will be held at the Columbia Lodge #85 at 1844 3rd St. NW. For more information, contact Ebony Smith at 202-809-1010.

7th • 11 a.m. to 5 p.m.

Celebrate Glover Park Day at an intergenerational community festival that includes games for children. The festival will take place at the Guy Mason Recreation Center, 3600 Calvert St. NW.

9th • 11:30 a.m.

Get important information at the presentation, "Make a Plan: Emergency Preparedness," at all Ward 5 nutrition sites. For more information, call Vivian Grayton at 202-529-8701.

10th • 6 to 8 p.m.

Iona Senior Services and the National Center for Creative Aging present Memory Arts Café, a free event for people with Alzheimer's and their caregivers. A highlight of the evening will be the creation of a new performance by the guest artists and the audience. Memory Arts Café features Gary Glazner, of the Alzheimer's Poetry Project, along with other improvisational artists. The event includes light refreshments and the opportunity to chat with the guest artists. Iona is located at 4125 Albemarle St. NW. Reservations are recommended. To RSVP, call Sharon O'Connor at 202-895-9469.

16th • 11:30 a.m.

At Men's Health Day at all Ward 5 nutrition sites learn about how to stay healthy as you age. For more information, call Vivian Grayton at 202-529-8701.

18th • 11:30 a.m.

Learn about stroke symptoms in men at all Ward 5 nutrition sites. For more information, call Vivian Grayton at 202-529-8701.

19th • 7 to 9 p.m.

Celebrate Gay Pride Month with Iona Senior Services. Refreshments will be served at 7 p.m., and the film *Ten More Good Years* will be shown at 7:30 p.m. The film follows four LGBT elders, exploring why so many age alone, without financial stability, and often return to the closet. The film will be followed by a discussion of what has already changed since the film was made in 2008, and how Iona can meet the needs of the LGBT community today. Iona is located at 4125 Albemarle St. NW. RSVP by calling 202-895-9448.

21st • noon to 4 p.m.

North Michigan Park Civic Association will hold a Family Day at North Michigan Park Recreation Center, 1333 Emerson St. NE. Contact Grace Lewis at 202-526-7696 for more information.

Ongoing

Ward 5 residents who are age 60 and over and are in need of legal advice can contact Seabury Ward 5 Aging Services on Mondays to speak with a lawyer. Call 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.

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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.**

Third Annual Senior Symposium



More than 700 caregivers, professionals and seniors attended the Mayor's Third Annual Senior Symposium at the Hyatt Regency Washington during Older Americans Month.



Mayor Gray greets Verizon employees, Karen Campbell, vice president, and Mario Acosta-Velez, director, state government affairs. Jeffrey Merriman, director, state & federal government affairs is pictured at the left. Verizon was a supporter of the annual event.



Panel discussions during the symposium included the meaning of Age-Friendly City, emergency management, mental health and aging, transportation, information on serving persons living with disabilities, and senior villages.



DCOA Executive Director John M. Thompson introduces Ricardo Mowatt, a guitarist who performed through the National Center for Creative Aging during lunch. The MC Steppers also performed "VOGUE" during the break.