

DISTRICT OF COLUMBIA COMMISSION ON AGING

"Representing 98,000+ Strong and Growing"

DC AGING TODAY



Seniors Count for Census

Watch your US mail for your **2010 Census Form**. Make a difference in your community

April 2010

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NEWS/ANNOUNCEMENTS/ALERTS

UPCOMING DC COUNCIL HEARINGS ON AGING

On Wednesday, February 24, 2010 the Committee chaired by Yvette Alexander heard from residents, advocates and service providers about the performance of DC Office on Aging and DC Commission on Aging. The meeting concluded with Chairperson J. Arguelles saying that the DC Commission on Aging is committed to working with the Mayor, City Council, Office on Aging and others to find ways to maintain critical cost-effective programs, and providing stability for our seniors who are in the greatest need.

The next hearing will be on the Office on Aging Budget Request for 2011 in May. The Commission encourages seniors to let the Council know about the impact of the existing services and what is needed for seniors to maintain a good quality of living in the city.

Thursday, May 6, 2010

**10:00
AM**

**Office on Aging Fiscal Year 2011 Budget Request
Committee of Aging and Community Affairs
Location: John A. Wilson Building, Council Chamber (Room 500)
1350 Pennsylvania Avenue N.W.**

Persons wishing to testify about the performance of the Office on Aging or the Commission on Aging may contact Ed Fisher at 724-2110 or e-mail efisher@dccouncil.us

District Seeks Comments on State Aging Plan

The Office on Aging is seeking public comments on the draft District of Columbia State Plan on Aging for Fiscal Years 2011-2013, as required under the Older Americans Act (P-L 109-365) as amended in 2006. The District of Columbia is required to submit a State Plan on Aging in order to receive federal dollars (currently over 6 million). The plan serves as a blueprint of how the Office on Aging will spend the funds for the next three years. In order to provide the District's older residents, their caregivers and other stakeholders, with an opportunity to express their views on the current services, future needs and priorities, a questionnaire is being distributed throughout the city. The questionnaire may be accessed at www.dcoa.dc.gov or contact Anne Williams at (202) 741-5887. anne.williams@dc.gov.

The Draft State Plan on Aging is available for review at www.dcoa.dc.gov. To request a copy of the State Plan, please contact Mr. Courtney Williams at (202) 727-8370, courtney.williams@dc.gov, FAX (202) 741-5885.

Comments on the Draft State Plan on Aging may be mailed to: DC Office on Aging, 441 Fourth Street, NW, Suite 900 South, Washington, DC 20001.

NEWS/ANNOUNCEMENTS/ALERTS

CENSUS 2010: SEND BACK YOUR FORM

Help us spread the word about the importance of the 2010 Census. The message is simple: ***The 2010 Census is easy, important and safe, and your participation is vital.*** The Census affects the allocation of billions of dollars in government funding as well as political representation. It is in our hands to ensure the District has a complete and accurate 2010 Census.

It's easy: It only takes about 10 minutes to answer just 10 questions.

It's important: The data can help enhance our community.

It's safe: By law, the Census Bureau cannot share respondents' answers with anyone, including other federal agencies and law enforcement entities.

Why is it important for all District residents (which includes seniors) to participate in the 2010 Census?

- Every year, more than \$300 billion in federal funds are awarded to states and communities based on Census data. That is more than \$3 trillion over a 10 year period. A complete and accurate count of all residents ensures the District will receive the funding and services to which they are entitled.

Specifically, it impacts seniors because:

- The federal Older Americans Act dollars are allocated to the District based on population numbers. This Act funds crucial programs such as congregate and home delivered meals, social services, caregivers, health promotion and disease prevention, nutrition counseling, nursing home advocacy, elder abuse, neglect and exploitation, legal assistance, in home support services, etc.
- Helps other city agencies determine allocation for programs such as housing, energy assistance, Medicaid, tax relief, recreation services, human services, kinship care, health prevention and disease control, etc.
- The Census assist city agencies such as the Office on Aging to identify places where seniors live (census tracts, Zip Codes, neighborhoods, and Wards)
- Census data is used to identify the need for the location of supermarkets, shopping centers, health services, drug stores, health clinics, and other facilities.

CENSUS QUESTIONNAIRE ASSISTANCE CENTERS WILL BE AVAILABLE TO ASSIST IN FILLING OUT THE FORM – CALL THE OFFICE ON AGING AT 202-724-5626 FOR A LISTING OF LOCATIONS NEAR YOU.

NEWS/ANNOUNCEMENTS/ALERTS

BE ON THE ALERT FOR

As the 2010 U.S. Census ramps up in March, you should be on the alert for potential scams. Con artists could use the event to acquire personal information that can lead to identity theft.

Forms are to returned by April 1. Census workers will then go door-to-door from the end of April to July to households that didn't return the questionnaire. One thing to watch for is a form or person asking for a Social Security number and financial information, such as bank-account numbers. **DO NOT PROVIDE THIS INFORMATION.**

Another red flag: email: **The Census Bureau will never contact you by email.** And the form can't be completed online, says Census Bureau spokesman Michael Cook. Census takers are required to carry an ID badge with an expiration date and a Department of Commerce watermark. You also can request contact information for a supervisor or the local Census office for verification. Census takers are trained to do business outside the door, says Mr. Cook. So be wary of people trying to enter your home as well as anyone soliciting donations.

To report a scam, contact your regional Census Center, the Better Business Bureau and local law enforcement office, if necessary. You also can report fraudulent emails to ITSO.Fraud.Reporting@census.gov and fraudulent mail to the U.S. Postal Inspection Service (postalinspectors.uspis.gov).

METRO TO HOST DISCUSSION ABOUT METROACCESS ELIGIBILITY

The Metro Office of Eligibility Certification will meet with the Accessibility Advisory Committee at a special meeting on Monday, April 19, to discuss improvements that are being made to the MetroAccess eligibility process and the Reduced Fare Program for People with Disabilities. The meeting is open to the public and will take place from 5:30 to 7:30 p.m. at Metro Headquarters, Lobby Level Meeting Room, 600 Fifth Street NW, Washington DC. Members of the audience will have the opportunity to ask questions and share comments after a presentation is made. Anyone who needs reasonable accommodations to participate in the meeting should contact Metro no later than Monday, April 5, by calling 202-962-6060 and selecting option 5. For more information about MetroAccess eligibility requirements and the application process, please visit http://www.wmata.com/accessibility/metroaccess_eligibility.cfm

NEWS/ANNOUNCEMENTS/ALERTS

IN THE WARDS

WARD 2

DISTRICT SELECTS URBAN MATTERS/WIN FOR SENIOR HOUSING PROJECT

On March 15, 2010 Mayor Adrian M. Fenty announced the District selected a development team led by Urban Matters, Mission First, Mt. Lebanon CDC and the Washington Interfaith Network (WIN) to redevelop the former MM Washington Career High School, a 94,000 square foot former school at 27 O Street Northwest. The Urban Matters/WIN proposal calls for redeveloping the 80 to 90 units of affordable senior rental housing and 15,000 square feet of community space.

“We’re making real investments to build stronger, healthier neighborhoods,” said Mayor Fenty. “This is a great example of how we are using our excess government-owned properties back into productive use and meeting the needs of our seniors at the same time.”

Ward 5

SURVEY THE COMMUNITY NEEDS OF WARD 5 SENIOR RESIDENTS

The Ward 5 Mini Commission on Aging is conducting a survey of community needs of Ward 5 senior citizen residents. The survey asks you to help us to better focus on the priority needs of our senior residents. The intent of the Mini Commission on Aging is to provide a vehicle for addressing the issues that affect the 15,000 Ward 5 senior citizens. The Mini Commission serves as an advisory board to the DC Commission on Aging and be representatives on senior issues for their respective neighborhood. Please return form to: Fax (202) 741-5885 or mail to: DC Commission on Aging, 441 4th Street, N.W., Suite 900 South, Washington, D.C. 20001 by April 15. If you need any additional information please call (202) 727-8370.

Ward 7

DEDICATED SPACE FOR SENIORS AT NEW RECREATION CENTER IN WARD SEVEN

Deanwood Community Center is a co-location project that will be constructed at 49th and Quarles Streets, NE, Washington, DC. The new facility shall include co-located functions of the Department of Parks and Recreation and Department of Public Libraries. The new facility shall include an in-door leisure swimming pool, locker rooms, gymnasium, game room, full library, childcare facilities, toilet facilities, **dedicated senior area**, kitchen, multi-purpose facilities, and the required mechanical and electrical supports.

NEWS/ANNOUNCEMENTS/ALERTS

Episcopal Senior Ministries (ESM) Renamed Seabury Resources for Aging

The name draws on the Episcopal heritage of the organization's first U.S. Episcopal Bishop, Samuel Seabury. Friendship Terrace Retirement Community and Springvale Terrace will continue with their current names but will also become Seabury Senior Living Communities.

ESM Cares will become Seabury Case Management; and

Ward 5 Lead Agency Services will become Seabury Ward 5 Aging Services.

DC GETS Wheelchair Accessible Taxicab Service

The District of Columbia Taxicab Commission is pleased to announce the soft rollout of the Wheelchair Accessible Taxicab Vehicles.

The Wheelchair Accessible Taxicab Pilot Project was made possible by legislation introduced by Councilmember Jim Graham, (Ward 1, D) and approved by the DC Council, "The Wheelchair Accessible Taxicab Promotion Fund Act of 2007" in which \$200,000 was set aside to encourage the purchase, operation and use of Wheelchair Accessible Taxicabs within the District of Columbia.

The cab companies chosen were Liberty Transportation Management, LLC and Yellow Paratransit, LLC. Each company received \$100,000 and 10 Toyota Siennas provided for the program. If you need this service call the following companies.



Liberty Transportation Management Inc; (202) 398-0500 AND Yellow Paratransit, Inc (202) 544-1213.

NEWS/ANNOUNCEMENTS/ALERTS

METRO PROPOSALS FOR 2010 WILL GREATLY IMPACT RIDERS

Metro will hold a series of public hearings to get public input on a variety of options for how the transit agency should close a \$189 million budget gap in fiscal year 2011. Any proposed fare increases, service reductions and changes to MetroAccess service would start June 27, 2010. All hearings are scheduled to begin at 7 p.m. The hearing in DC will take place
Thursday, April 1, 2010 , Hearing Number # 552
All Souls Unitarian Church, Pierce Hall
1500 Harvard Street, N.W. Washington D.C. 20009

Possible fare increases being considered for FY2011 include:

- Increasing the Metrorail peak period (weekdays 5-9:30 a.m & 3-7 p.m) boarding charge from \$1.65 to up to \$2;
- Increasing the Metrorail maximum peak period fare from \$4.50 to up to \$5.45;
- Implementing a surcharge of up to 50 cents for "peak-of-the-peak" trips from 7:30 to 9 a.m.& 4:30 to 6 p.m. weekdays;
- Increasing the Metrorail off-peak boarding charge from \$1.35 to up to \$1.65;
- Increasing Metrorail and Metrobus passes so the price is consistent with boarding charges;
- Increasing the Metrobus boarding charge from \$1.25 to up to \$1.60 with SmarTrip® and from \$1.35 to up to \$1.70 with cash;
- Increasing the MetroAccess fare to up to twice the comparable fixed route fare;
- Increasing all daily parking rates by up to \$1.15; and
- Increasing the bicycle locker yearly rental fee from \$70 to up to \$200.

Service reductions being considered for FY2011 include:

- Increasing intervals between trains and buses;
- Closing some station mezzanines and rail stations during periods of low ridership
- Beginning rail service later in the mornings; Modifying late-night rail and bus service; and eliminating some low-ridership bus routes or portions of routes.

Changes to MetroAccess service being considered for FY2011 include:

- Reduce the MetroAccess service area (within Americans with Disabilities Act guidelines) to reflect actual fixed-route bus and rail service areas reflecting the actual time, day and location;
- Charging a premium for service provided to locations beyond the ¾-mile corridor around fixed-route services. The premium for zones would be \$4 extra for zone 1, \$8 extra for zone 2, \$12 extra for zone 3 and \$16 extra for zone 4;
- Aligning the MetroAccess fare structure to the maximum allowed under the ADA definition, which is twice the equivalent of fixed-route fare; and
- Restricting the use of the Free Ride Program to only those MetroAccess certified persons with conditional eligibility.

Individuals and representatives of organizations who wish to be heard at the hearings are asked to provide in writing their name, address, telephone number and organization affiliation, if any, to Office of the Secretary, Washington Metropolitan Area Transit Authority, 600 Fifth Street, NW, Washington, D.C. 20001. Written statements and exhibits may be sent to the Office of the Secretary, Washington Metropolitan Area Transit Authority, 600 Fifth Street, N.W., Washington, D.C. 20001, or e-mail public-hearingtestimony@wmata.com. Please reference the hearing number. Submissions must be received by 5 p.m. Tuesday, April 6.

Get Ready for Volunteer Week

April 18-24 is National Volunteer Week, and this year's theme is Celebrating People in Action. It's a great time to recognize older seasoned volunteers who support the senior service network—and showcase the great work of older volunteers in your community.

Health Care Reform AT A GLANCE IMPACT ON SENIORS

Among the things that the recently signed Health Care Reform legislation signed by President Obama includes many provisions we fought for that will improve care for older adults. Among them are:

- Provide a \$250 rebate to Medicare beneficiaries who reach the Part D coverage gap in 2010 and gradually eliminate the Medicare Part D coverage gap by 2020.
- Expand Medicare coverage to individuals who have been exposed to environmental health hazards due to living in an area subject to an emergency declaration made as of June 17, 2009 and have developed certain health conditions as a result.
- Improve care coordination for dual eligibles by creating a new office within the Centers for Medicare and Medicaid services, the Federal Coordinated Health Care Office.
- Reduce annual market basket updates for inpatient hospital, home health, skilled nursing facility, hospice and other Medicare providers, and adjust for productivity.
- Ban new physician-owned hospitals in Medicare, requiring hospitals to have a provider agreement in effect by December 31; limit the growth of certain grandfathered physician-owned hospitals.

APRIL IS FINANCIAL LITERACY MONTH – LEARN ABOUT GO DIRECT

Millions of Americans get their monthly payments through paper checks, despite the risk of delays, loss or theft. That's why it's so important that we, as Aging Network providers, alert older people about opportunities to switch to electronic payments for their monthly benefits checks. With this simple, smart step, they can help protect their money and improve their financial health. Senior citizens, people with disabilities and others who receive federal benefits, can sign up for direct deposit by calling the Go Direct campaign helpline at (800) 333-1795 or visiting www.GoDirect.org

UPCOMING EVENTS

Age Strong! Live Long! *Walk on the National Mall:*

Thursday, May 27, 2010, beginning at 8:30 a.m. and ending around 11:30 a.m. (rain or shine)

The Administration on Aging (AOA) along with area seniors and local partners will host a Walk on the National Mall for Seniors to celebrate Older Americans Month and as a way to promote healthy lifestyles. Come join them for a day on the National Mall.

- There will be exhibit booths with information of importance to older adults and their caregivers, a senior dance demonstration and warm-up activities.
- AoA will reserve some parking spaces. The use of nearby Metrobuses (32,34,36, A11,C40,Circulator) and Metrorail (Federal Center Southwest) is encouraged.
- Walk: The distance is approximately one mile and should take about 30 minutes to complete.
- Walk Route: 3rd Street & Independence Avenue, SW (HHS Humphrey Building) →north on 3rd Street to Jefferson Drive, southwest on Jefferson Drive to 7th Street, NW →north on 7th Street to Madison Drive, NW →east on Madison Drive to 1st Street, NW →south on 1st Street to Maryland Avenue, SW →west on Maryland Avenue to 3rd Street & Independence Avenue, SW
- Walkers receive Certificate of Appreciation as they return to the Humphrey Building
- Let me know if you want to participate. Courtney Williams (202) 727-8370
Courtney.williams@dc.gov

WORKSHOP ON RENT CONTROL PROTECTION FOR THE ELDERLY

The District of Columbia Office of the Tenant Advocate is co-sponsoring with IONA Senior Services a workshop on “Rent Control Protection for the Elderly and Persons with Disabilities” on Thursday, April 1, 2010. The workshop will be held from 2:00 p.m. until 3:30 p.m. at IONA Senior Services, 4125 Albemarle Street, NW.

The Rental Housing Act of 1985 (Act), as amended, includes provisions covering the amounts and frequency of rent increases for units subject to rent control in the District of Columbia. Rent increases are based on the Consumer Price Index (CPI-W) plus 2%, with maximum amount of the rent increase capped at 10%. However, rent increases for the elderly (62 years of age or older) and persons with disabilities are equal to the CPI-W or 5%, whichever is lower.

Tenants can reserve space by calling the Office of the Tenant Advocate at 202-719-6560, faxing their request to 202-719-6585 or sending an email to delores.anderson@dc.gov.

EVENTS

GET READY FOR THE 27th Annual DC Golden Olympics

The DC Department of Parks and Recreation (DPR) has opened registration for Fit 4 Life, the 27th Annual DC Golden Olympics. The DC Golden Olympics is scheduled for May 3rd – 7th, 2010 at various locations.

Athletes who participate in the DC Golden Olympics can qualify to compete in the National Senior Games. This year, 2010, is a qualifying year for next year's National Senior Games, which is scheduled for June 13-30, 2011 in Houston, Texas.

The DC Golden Olympics opening ceremony will take place on Monday, May 3rd, 2010, 10 am, at the Emery Recreation Center, 5801 Georgia Avenue, NW.

There is a \$15 registration fee per athlete. Registration closes at 5 pm on Monday, April 26, 2010 though early registration is highly recommended. Registration for the DC Golden Olympics can be completed online or the entry application found below can be submitted in person at one of DPR's 21 senior centers or mailed to: 2010 DC Golden Olympics /DC Parks & Recreation 1480 Girard Street, NW Suite 420 Washington, DC 20009

Schedule at a Glance

May 3	Emery Recreation Center	Opening, Archery, Free Throw, Spot Shot, 3 on 3 basketball	9 -5
May 3	AMF Capital Plaza Lanes	Singles Bowling	11- 1
May 4	Takoma Aquatic Center	100 yard, backstroke, breaststroke, 25 yard butterfly, 200 yard medley,	9 -11
May 4	SE Tennis & Learning Center	Singles Tennis	11-1
May 4	Langston Golf Course	Golf Chipping	8 -12
May 5	Coolidge High School	Softball Throw, Fun Walk, 400M Dash, 1500M Dash, 100 Dash, 1500 M Run, Long Jump	8 -12
May 5	SE Tennis & Learning Center	Doubles Tennis	
May 5	Kenilworth Parkside	Horseshoe Pitch	8 – 8
May 5	Emery Recreation Center	3 on 3 basketball	
May 6	AMF Capital Lanes	Doubles	10-12
May 6	Takoma Aquatic Center	100 yard Butterfly, 100 yard freestyle, 100 yard medley, 200 yard backstroke, 25 yard freestyle,	9 -11

EVENTS

HOW MUCH DO YOU KNOW ABOUT MEDICARE?

Please join Legal Counsel for the Elderly, Senior Medicare Patrol (SMP) in an INFORMATIONAL SESSION

When: Tuesday, April 6, 2010

Where: 601 E St NW, Washington, DC 20049

1st Session: Healthcare Fraud

10:00 am – 11:00am

You will get an understanding about compliance and enforcement in healthcare fraud.

2nd Session: Emergency Preparedness

1:00pm – 2:00pm

You will learn what to DO in the event of a disaster and HOW to assist seniors, children, people with disabilities and those experiencing homelessness.

Don't miss out! Come and get your innovated Disaster Readiness Planner!!!

Please call (202)434-2013 to RSVP or if you have questions

HIV GROWING AMONG OLDER ADULTS AND SENIORS

Persons currently over the age of 50 account for a third (32.6%) of the 15,120 living HIV/AIDS cases in the District. In the District, 38% of persons living with AIDS in 2007 are currently over 50 years old, even though only 13.8% were diagnosed at the age of 50 and above. In a few years the majority of persons living with HIV will be 50 years and older.

HIV and Aging Conference "HIV/AIDS Affects Us All".

Thursday June 3, 2010

Howard University School of Social Work

601 Howard Place N.W.

This conference's goals are to:

- 1) Provide outreach and aids/aging service providers connections, health literacy, etc.
- 2) Provide information on treatment, adherence and clinical trials, generational issues, etc.
- 3) Provide a special HIV workshop for seniors who can educate other seniors.

For more information contact (202) 741-5888 or (202) 727-8370.

DISTRICT OF COLUMBIA COMMISSION ON AGING

DC Commission on Aging was established under DC Law 1-24 in 1975 to advise the Mayor, the Office on Aging, the Council of the District of Columbia and the public concerning the views and needs of the senior citizens in the District of Columbia.

Members

WARD ONE

Jacqueline C. Arguelles, *Chairperson*
Brenda Williams

WARD TWO

Iris Harris

WARD THREE

Gene Coffey
Ruth Nadel

WARD FOUR

Annette Jones
Nell M. LaBeach
Samuel E. McCoy

WARD FIVE

Harriet Brockington

WARD SIX

Don Colodny

WARD SEVEN

Elfrida R. Foy

WARD EIGHT

Alethea Campbell, *Vice Chairperson*
Shirley Thorne



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