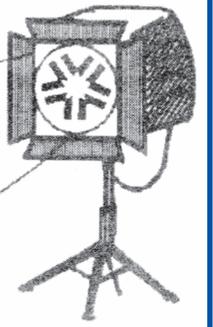


DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XXVIII, ISSUE 4

A newsletter for D.C. Seniors

April 2017



EXECUTIVE DIRECTOR'S MESSAGE

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

Hello everyone. Spring has officially arrived! This month, it's a great opportunity to start fresh. Whether we are trying to close one chapter of our lives and start over, or we're just trying new ways to face our daily challenges, what better time is there to start looking at our lives through a new lens?

Let's start by challenging the way we are talking about ourselves, our age, and what it means to age. How often do we hear people say that they are not looking forward to getting older? How often have you said this?

I like to ask people when I'm out in the community to help me define aging. What does it mean to age? What do you want people to know about your experiences? Sometimes it's difficult answering these questions because you are just living your life. Whether you are helping to raise grandkids, working, travelling, caring for a loved one, volunteering in your community, or picking up a new activity, you are living your life.

All too often we talk about aging when we are faced with a new challenge that we've never dealt with before. Or for many, we avoid talking about it altogether. We may ignore signs of illness, or criticize ourselves because our bodies are not functioning the ways they once did. We may blame our forgetfulness on age, or ask others to forgive us for moving at our own pace.

When we dismiss our challenges as symptoms of age, we are not only setting the expectation that aging is a challenge, we are accommodating the negati-

ty. If we all are fortunate to age, there may be challenges that come with longevity, but our age is not defined by these challenges. There's so much more to us and the lives we are living than the challenges we face.

It's more important than ever to be able to have real conversations about what it means to age in this city and in this country. Aging is living your life. And we all have the right to live meaningful lives. When we limit the way in which we define aging, we risk disconnecting from those who may be uncomfortable talking about it, or those who avoid the topic altogether, and even those who make decisions about programs and services that impact your lives.

If we are able to have these truthful conversations about aging, we are better able to get others to pay attention, and we are better able to advocate for ourselves and how we want our community to respond to our needs as we continue living our lives. Community is about people living their lives together. It's not about age, and it's not about facing your obstacles alone.

Let's shift the conversation from focusing on the challenges of aging, to focusing on the lives you are living and the life you want to live today and five, 10 and 20 years from now. Let's talk about how your community and your government can support you in ensuring you can continue to age well and live well, where you are. I look forward to having these conversations with you in the community. Be well!

Community Calendar

April events

3rd, 10th, 17th, 24th • noon

Learn about AARP's legal services for older adults from Bruce Rathbun. The seminar will be held at the Center for the Blind, 2900 Newton St. NE. An appointment is needed to attend. For more information or to schedule your appointment, contact Tinya Lacey, community planner/outreach coordinator, at 202-529-8701.

4th • 2 to 4 p.m.

A session on preventing financial exploitation is part of Iona's Take Charge and Live Well in D.C. series. It will be held at St. Columba's Church in Room 212, 4201 Albemarle St. NW. It will cover examples of exploitation, how to identify potential abusers, and resources for fraud protection. There will be guest speakers from the Consumer Protection Advocate, D.C. Department of Insurance, Securities and Banking (DISB), and members of the D.C. Elder Abuse Prevention Committee. For more information or to register, call 202-895-9442.

4th, 6th • 11:30 a.m. to 12:30 p.m.

Learn about financial fraud and exploitation at a postal inspection services seminar, which will be held on two dates. On April 4, it will be at Delta Towers, 1400 Florida Ave. NE, and on April 6 it will be held at Edgewood Towers, 635 Edgewood St. NE. For more information, contact Tinya Lacey, community planner/outreach coordinator, at 202-529-8701.

7th • 5 to 7 p.m.

Meet artists Lauren Kingsland and Liz Lescault, who are featured in the Lois & Richard England Gallery at Iona Senior Services, 4125 Albemarle St. NW. The reception will have refreshments and live music, and Kingsland and Lescault's artwork will be on display. For more information, call 202-895-9407.

8th • 10:30 a.m. to 4 p.m.

Save the date for a senior luncheon and resource fair. The fair will be run by the Capital City Chapter of the Links, Inc. and supported by the DC Office on Aging. It will be held at

the Paul Laurence Dunbar Senior High School located at 101 N St. NW. For more information, contact Annie Whatley at 202-285-3141.

10th, 17th, 28th • 11:30 a.m. to 12:30 p.m.

Hear from the AARP Legal Counsel for the Elderly. On April 10 and 28 the event will be held at Fort Lincoln, 3400 Banneker Dr. NE, and on April 17 attorney Bruce Rathbun will speak at Edgewood Towers, 635 Edgewood St. NE. For more information, contact Tinya Lacey, community planner/outreach coordinator, at 202-529-8701.

11th, 26th • 11:30 a.m. to 12:30 p.m.

The U.S. Attorney's office of the District of Columbia will hold a heroin and opium awareness seminar. On April 11 the seminar will be at 3298 Fort Lincoln Dr, NE, and on April 26 it will be at Fort Lincoln, 3400 Banneker Dr. NE. For more information, contact Tinya Lacey, community planner/outreach coordinator, at 202-529-8701.

11th and 25th • noon

Join the D.C. Caregivers Online Chat at Noon to discuss "Caregiving Tips for Someone with Autism" on April 11, and "6 Signs of Caregiver Burnout" on April 25. Log on to <http://dcoa.dc.gov/page/caregiver-chat> at noon or visit at your convenience and hit replay to see the chat. For more information, contact linda.irizarry@dc.gov or call 202-535-1442.

12th • 9 a.m. to noon

Save the date for the Washington Teachers Union Retirees' Chapter Spring Membership Meeting and D.C. Office on Aging health and resource fair. It will be held at the Stoddard Baptist Global Care Center, Washington Center for the Aging, 2601 18th St. NE.

19th

Join Seabury's Ward 5 Center for the Blind and Visually Impaired's Low Vision Support Group. The group meets the third Wednesday of each month at the

See **CALENDAR**, page 33



GOVERNMENT OF THE DISTRICT OF COLUMBIA

MURIEL BOWSER, MAYOR

D.C. OFFICE ON AGING NEWSLETTER

Thank You to Our Volunteers



We thank our volunteers for helping us during our special events. We are grateful for the partnerships with PEPCO, DC DISB, SERVE DC and the DC Public Schools.



Ambassadors are trained and volunteer to help connect DC residents to our services.

Thanks to Mayor Muriel Bowser and ServeDC for their leadership in helping many District seniors and disabled adults stay safe during the March snow.



Snow Team volunteers shoveled homes in all 8 wards of the city. This volunteer, left, shoveled eight homes in his community.



Members of the D.C. Seniors Cameo Club volunteer in the community, serving as hosts, performers and in speaking engagements. Daisy Savage, Ms. Senior DC 2002, and Sandra Bears, Ms. Senior DC 2005, received letters of appreciation from Mayor Muriel Bowser for their leadership in hosting a holiday event for less fortunate children in the community. Their efforts provided warm clothing, gifts and a luncheon for less fortunate children in the community and their families.



Our community outreach partners.

SPOTLIGHT ON AGING

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The Office on Aging is in partnership with the District of Columbia Recycling Program.

Calendar, cont.

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Woodridge Library, 1801 Hamlin St. NE. For more information, call Gloria Duckett at 202-529-8701.

19th, 25th • 11 a.m. to 12:30 p.m.

Learn about policy review of whole life and term insurance. On April 19 it will be held at 3298 Fort Lincoln Dr. NE, and on April 25 it will be at Green Valley Apartments, 2412 Franklin St. NE. For more information, contact Tinya Lacey, community planner/outreach coordinator, at 202-529-8701.

19th • 11 a.m. to 2 p.m.

There will be a volunteer appreciation luncheon on North Capital at Plymouth, 5233 Capitol St. NE. For more information, contact Tinya Lacey, community planner/outreach coordinator, at 202-529-8701.

20th • 10:30 a.m. to 2:30 p.m.

The third annual community health and wellness information fair sponsored by D.C. Parks and Recreation and the D.C. Office on Aging will be held at the Chevy Chase Community Center, 5601 Connecticut Ave. NW. For more information, contact Caryl King at 202-282-2204.

25th • 10 a.m. to 1 p.m.

Save the date for the United Planning Organization senior housing fair at the Petey Green Center, located at 2907 Martin Luther King Jr. Ave. SE. For more information, contact Nate Murrell at 202-231-7901.

26th • 10 a.m.

Learn about Seabury Resources for Aging Ward 5 and join a senior celebration at the Washington National Cathedral, located at 3102 Wisconsin Ave. NW. For more information, contact Tinya Lacey, community planner/outreach coordinator, at 202-529-8701.

27th

Seabury Resources for Aging Ward 6 will hold a health and information fair in honor of Older Americans Month. The fair will take place at St. Augustine's Episcopal Church, 555 Waters St. SW.

27th • 11:30 a.m. to 12:30 p.m.

Join a diabetes awareness seminar by the Delmarva Foundation. The seminar will be held at the Center for the Blind, 2900 Newton St. NE. For more information, contact Tinya Lacey, community planner/outreach coordinator, at 202-529-8701.

Office on Aging Budget Town Hall Discussions



The D.C. Office on Aging will hold a series of town hall discussions on the 2018 DCOA budget. This is your opportunity to speak with DCOA Executive Director Laura Newland about your budget priorities. We encourage you to attend!

Monday, April 10, 2017
10:30 a.m.—1:00 p.m.
Kennedy Recreation Center
1401 7th Street, NW
Washington, D.C. 20001

Wednesday, April 12, 2017
10:30 a.m.—1:00 p.m.
R.I.S.E. Demonstration Center
2730 Martin Luther King Jr Avenue, SE
Washington, D.C. 20032

Friday, April 14, 2017
10:30 a.m.—1:00 p.m.
Emery Heights Community Center
5801 Georgia Avenue, NW
Washington, D.C. 20011

Registration is required by April 5th. For questions or registration contact your wellness center, lead agency, or **Mark Bjorge at mark.bjorge@dc.gov.**

