

# Spotlight on Aging

VOLUME XXIX, ISSUE 4



## EXECUTIVE DIRECTOR'S MESSAGE

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

Happy spring! Last month, Mayor Muriel Bowser released her Fair Shot Budget for fiscal year 2019, a commitment to all Washingtonians that D.C. is a city where no one gets left behind.

The Fair Shot budget is all about investing in our people — those who've made this city what it is today, and those who are paving the way for tomorrow. And because our older residents are the core of this city, this budget reflects the Mayor's commitment to ensuring that Washington, D.C. is the best city in the world to age!

So what can our seniors expect in fiscal year 2019?

### Support Community Living

We'll help more of our older residents continue living in their own homes and communities thanks to a \$4.5 million investment into our Safe at Home program. This program addresses safety concerns in and around the homes of our older residents and adults with disabilities by providing preventative in-home safety adaptations and exterior security cameras.

Since we launched this program in January 2016, we've completed more than 1,000 projects, from installing grab bars, to safety railings, stair lifts, to bath tub cuts. Thanks to the Mayor's continued investments, we are making sure more and more of our residents are able to live and thrive in their own homes and communities.

And thanks to \$28 million invested for 50 new permanent supportive housing units for senior women, we're making sure our older residents have a place to call home, in the community — where they want to be and where they belong.

### Promote Living Well

Because we know that aging well means living well, access to health, wellness and recreation to keep you active and engaged is a priority for this Administration. This means capital investments in all of our Senior Wellness Centers. In addition to the \$4 million committed to refreshing our wellness sites, the Mayor has committed an additional \$1.5 million to expand the Model Cities and Congress Heights Senior Wellness Centers. We'll also be investing in a

new Senior Wellness Center in Ward 8!

But we also know how important it is to have more high quality wellness programs in more places, so that no matter where you live, you can join a fitness class, group activity, or social event. Thanks to the Mayor's annual commitment of \$350,000 to YMCA's Fit & Well program, we are making it easier for you to stay active and engaged, wherever you are.

Living well also means being able to move around the city, get to your appointments, shop and socialize. Thanks to the Mayor's \$2 million increase for the popular Transport D.C. service, Metro Access customers will be able to do so with more \$5 taxi cab rides.

### Care for the Caregivers

Whether you're a caregiver, a former caregiver, a future caregiver or will be cared for, chances are that you will benefit from more caregiver resources and supports. We're excited about a partnership with the Department of Parks and Recreation (DPR) to provide therapeutic, respite and support services all under one roof for all of the caregivers in the District.

Here in D.C., we're committed to providing care for the caregivers, because you are the soul of our city. You are the reason our older adults and people with disabilities are able to continue being a part of our communities. Thanks to the Mayor's support and our strong partnership with DPR, we will all be working together on plans to build a state-of-the-art caregiver complex.

This was just a snapshot of the investments made to support our older residents. My team and I are excited to talk to you more about what's planned for FY 2019. Join us for one of our budget town halls, April 2 to 5, and be a part of the conversation around what the FY 2019 budget will mean for you. To attend, reach out to us at 202-724-5626.

When I say that D.C. is the best city in the world to age, it's because we truly have the best seniors in the world! And it's also because we have a Mayor who sees you and who knows that investments in our older residents are an investment in our communities. Thank you for all of the contributions you've made and continue to make, every day. I'll see you out in the community!

## Statue of Mayor Marion Barry, Jr., Unveiled



Despite the frigid temperatures, many seniors joined the hundreds of people who attended the unveiling and dedication of the eight-foot bronze statue of Mayor Marion Barry, Jr., in front of the John A. Wilson Building on March 3.

"Sometime after Martin had a dream and before President Obama gave us hope, Marion Barry provided opportunity," said Mayor Muriel Bowser. "Mr. Barry was a larger-than-life figure — a man who could both lead the protest as an activist and engage the protest as Mayor. He gave hope to those who had lost it and created access to the middle class for Washingtonians who, for years, had been locked out of power and prosperity. With this statue, we are preserving a tremendous part of Washington, D.C.'s history, and honoring our Mayor for Life, Marion Barry."

Barry served four terms as Mayor of the District of Columbia, and served 16 years on the Council. As a councilmember, Barry co-authored legislation to form the D.C. Office on Aging (D.C. Law 1-24), which created the office as an independent agency in 1975, removing it from what was previously the Department of Human Resources, Division of Services for the Aged.

Whether it was creating the Office on Aging, providing you your first job through the Sumer Youth Employment Program, or granting contracts through the minority business set-aside program, Mayor Barry provided opportunities for many D.C. residents.

Thank you to our older residents who came out and paid tribute as the statue was unveiled on a cold and windy day.

## Application Deadline for Ms. Senior D.C. Pageant

April 30 is the deadline to apply to compete in the Ms. Senior D.C. Pageant 2018 for District women age 60 and older. The winner will be crowned in June to represent her

peers in the Ms. Senior America Pageant.

Visit [www.dcoa.dc.gov](http://www.dcoa.dc.gov) to apply online, or contact [darlene.nowlin@dc.gov](mailto:darlene.nowlin@dc.gov) or 202-727-8364 for more information.



GOVERNMENT OF THE DISTRICT OF COLUMBIA

MURIEL BOWSER, MAYOR



# Get Involved!



## Monday, April 2

**Noon to 1 p.m.**

Gethsemane Baptist Church  
Senior Praise Luncheon  
5119 4th St. NW  
Presentation on DC Office on Aging  
Resources and Services

## Monday, April 9

**Noon to 2:30 p.m.**

D.C. Resource Group  
Washington Area Village Exchange  
Metropolitan Memorial United  
Methodist Church  
3401 Nebraska Ave. NW

## Tuesday, April 10

**10:30 a.m. to 1:30 p.m.**

House of Lebanon  
27 O St. NW  
D.C. Office on Aging Health &  
Resource Fair

## Wednesday, April 11

**9:00 a.m. to noon**

WTU Retirees Chapter Business Meeting &  
D.C. Office on Aging  
Sponsored Health & Resource Fair  
Stoddard Baptist Nursing Home  
2601 18th St. NE  
Contact: Mrs. Emma Coates, 202-483-6060

## Saturday, April 14

**11 a.m. to 2:30 p.m.**

Capital City Chapter of the Links  
Senior Luncheon  
Paul Laurence Dunbar High School  
101 N Street, NW

## Wednesday, April 18

**11 to 11:30 a.m.**

Senior Telephone Town Hall  
Get important information on the FY 2019  
budget and priorities for seniors.  
1-855-756-7520 x 30984 #  
RSVP: 202-442-8150

## Wednesday, April 18

**1 to 3 p.m.**

Michigan Park Christian Church  
First Annual Resource Fair —  
Community Presentations & Workshops  
1600 Taylor St. NE  
Contact: Ms. Delli, 202-288-8622

## Thursday, April 19

**10 a.m. to noon**

Train to become a DCOA Ambassador  
500 K St. NE  
Contact: [sadia.ferguson@dc.gov](mailto:sadia.ferguson@dc.gov) or  
202-727-0374 to register.

## Thursday, April 19

**10:30 a.m. to 2:30 p.m.**

D.C. Office on Aging/Chevy Chase  
Community Center  
Health & Resource Fair  
5601 Connecticut Ave. NW  
Contact: Caryl King, 202-282-2204

## Friday, April 20

**9:30 a.m. to 2 p.m.**

9th Annual Voices of Change  
Conference:  
Secondary Transition for DC Youth  
801 Mt. Vernon Place, NW

## Monday, April 23

**10:30 a.m. to 2 p.m.**

D.C. Office on Aging & Collaborating  
Partners  
Staffing informational tables  
AARP Penn Branch Chapter #3473  
Pennsylvania Ave. SE

## DCOA Budget Oversight Hearing April 25

Chairperson Anita Bonds of the Committee on Housing & Neighborhood Revitalization will hold a Budget Oversight Hearing for the D.C. Office on Aging on Wednesday, April 25 at 11 a.m. in Room 412 of the John A. Wil-

son Building, 1350 Pennsylvania Ave. NW.

Persons wishing to testify about the performance of the D.C. Office on Aging may contact Oscar Montiel via email at [omontiel@dccouncil.us](mailto:omontiel@dccouncil.us) or by calling 202-724-8198.

Did you lose money to a scammer who had you pay using  
**Western Union** between January 1, 2004 and January 19, 2017?

File your claim with the U.S. Department of Justice  
**by May 31, 2018.**

Start at **FTC.gov/WU**

## Spotlight on Aging

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

**D.C. Office on Aging Executive Director Laura Newland will hold a series of town hall discussions on the 2019 DCOA budget.**

**We encourage you to attend!**

**To register, contact your local Wellness Center**

**Monday, April 2, 2018**

**11:30 a.m. – 1 p.m.**

Emery Heights Community Center Gymnasium  
5701 Georgia Ave. NW, Washington, D.C. 20011

**Tuesday, April 3, 2018**

**12:30 p.m. – 1:30 p.m.**

Saint Albans Episcopal Church Satterlee Hall  
3001 Wisconsin Ave. NW, Washington, D.C. 20016

**Wednesday, April 4, 2018**

**1 p.m. – 2 p.m.**

R.I.S.E. Demonstration Center St. Elizabeth's East  
2730 Martin Luther King Jr Ave. SE, Washington, D.C. 20032

**Thursday, April 5, 2018**

**11:30 a.m. – 1 p.m.**

North Michigan Park Recreation Center Gymnasium  
1333 Emerson St. NE, Washington, D.C. 20017

**For more information, call 202-724-5626.**