

Spotlight on Aging

VOLUME XXXI, ISSUE 4

A newsletter for D.C. Seniors

April 2019



DIRECTOR'S MESSAGE

By Laura Newland, Director
D.C. Department of Aging and
Community Living

Last month, Mayor Muriel Bowser released her fiscal year 2020 Proposed Budget and Financial Plan, continuing her commitment to ensuring every Washingtonian has a fair shot of living a good life here in the District.

This year, Mayor Bowser challenged us to think bigger and bolder about what we can accomplish as a city if we are not afraid to fail. I want to thank all of you who participated in the Mayor's Budget Engagement Forums and shared your vision about what we could and should accomplish together.

The Mayor has been committed to ensuring our government agencies work for our residents. What this means for our seniors, adults with disabilities and caregivers is that there's continuity of services under one roof.

So, in FY20 the Adult Protective Services (APS) Division, which currently operates within the Department of Human Services, will become a part of the Department of Aging and Community Living. For our residents, this transition will be seamless: While the address will change, the core mission of APS — to investigate alleged cases of abuse, neglect and exploitation of adults — will remain the same.

In fact, this change will create more streamlined access to services and supports for older residents and vulnerable adults — in times of crises, and for the long-term. This will also enable DACL to better identify the trends around exploitation, abuse and neglect, and allow the District to move quickly and effectively to protect our residents.

We're excited to welcome the dedicated APS staff to our department, and I know you are looking forward to seeing all that we can accomplish together.

In addition, the Mayor continues to make historic investments in affordable housing. In her budget, Mayor Bowser has made it clear that supporting our seniors in their homes and in their communities is a top priority for her administration.

In FY20, the Mayor has increased the Safe at Home budget by \$2 million for a total annual investment of over \$6 million, ensuring more and more seniors and adults with disabilities can age well in the safety of their own homes and communities. In addition, a \$5.2 million investment will help more seniors remain in their homes by expanding the Keep Housing Affordable Tax Credit for eligible District seniors.

We heard from seniors that you don't want to wait for big projects like the new senior wellness site in Ward 8. So, the Mayor has expedited, by two years, construction plans for the new Citywide Senior Wellness Center. With this capital investment of \$11.4 million, we are delivering more wellness in more places, and we'll be working with the community on plans for the new site.

We are excited for the many changes that are happening within the agency and the historic investments in making sure D.C. continues to be an age-friendly city for all. Over the first two weeks of April, I'll be holding a series of budget town halls to discuss more in-depth all the investments made to ensure our seniors, adults with disabilities and caregivers have the services and supports to age well in D.C.

I hope you will join me for one, or all, of these town halls. This will be your opportunity to share with me your ideas, and what you envision for the Department as we continue to work together to make D.C. the best city in the world to age!

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Celebrating 100 years in D.C.



In late April, D.C. Mayor Muriel Bowser will honor John Tatum, right, at the 33rd Annual Salute to D.C. Centenarians. Bowser has said the city "remains committed to ensuring that Washington, D.C. continues to be an age-friendly city where residents of every age — whether they're 100 days old or 100 years old — can live and thrive."

John Tatum, who recently turned 100 years of age, continues to be a hero and role model in his community.

Mr. Tatum was born in 1919 to a family of nine in Washington, D.C. After serving in the U.S. Navy, fighting in WWII and building his own legacy as a Washingtonian, Mr. Tatum continues to break age barriers and inspire the community with his wisdom, wit and courage.

For decades, Mr. Tatum has been known to be one of the most athletic within his community. But when Mr. Tatum isn't training for senior swim meets at the Takoma Park Recreation Center or coaching youth athletics, you can find him advocating for his community, Woodridge, Northeast.

By his side, you'll find Curtis Brown,

See **CENTENARIANS**, page 21

Ms. Senior D.C.

The deadline for applications for the next Ms. Senior D.C. Pageant is April 30, 2019.

District women age 60 and older interested in becoming a contestant should

visit dcoa.dc.gov/page/ms-senior-dc-pageant to apply, or call 202-724-5626 for more information.



Director's message

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Tuesday, April 2, 11 a.m. – 1 p.m.
Prince Hall Center for the Performing Arts
1000 U Street NW

Thursday, April 4, 11 a.m. – 1 p.m.
Petworth Library Community Room
4200 Kansas Avenue NW

Monday, April 8, 11 a.m. – 1 p.m.
Saint Luke's Catholic Church
4925 East Capitol Street SE

Wednesday, April 10, 12:45 p.m. – 1:45 p.m.
Asian and Pacific Islander Senior Service Center,

417 G Place NW (Mandarin interpretation will be provided)

Friday, April 12, 12:45 p.m. – 1:45 p.m.
Vida Senior Center
1842 Calvert Street NW (Spanish interpretation will be provided)

To find out more about these town halls, reach out to us at 202-724-5626.

Also, on Thursday, April 25, I'll be representing DACL at our annual Budget Oversight Hearing. I hope you will join us and share your thoughts on DACL's programs and our proposed FY20 budget. If you're interested in testifying, call 202-724-8198. I can't wait to see you out in the community!

Aging is Living!

Centenarians

From page 20

a longtime family friend of the Tatum family. What sparked Brown's initial communication with Mr. Tatum was the loss of his own biological father when he was a child. After spending more time with Mr. Tatum, Brown eventually began to look at Mr. Tatum as his own father.

"I lost my father when I was nine years old, and I searched for a long time. I lived without a father forever, and when I met this man, he became a father figure," explained Brown.

Brown grew up as a close friend with Mr. Tatum's son, Kevin. After Kevin passed recently from cancer, Brown began to spend more and more time with Mr. Tatum. This sparked Brown to gather with Mr. Tatum every Tuesday, bringing forth food, family and fellowship.

It's no surprise that Brown has such a strong regard for Mr. Tatum, as he is known to be a legend within his community. Mr. Tatum has been awarded by the

DMV AIA – Athletes in Action for being a historian and caregiver to the community, and has participated for many years in the DPR Golden Olympics and the National Senior Games. He has hundreds of medals that he has received in both the local and national games.

With only two of his six biological children remaining, Mr. Tatum cherishes each moment he spends with his children, along with his grands and great-grandchildren. Known to be the "Superman" of his community, Mr. Tatum's legacy is sure to remain forever.

"I call him Superman because for a gentleman his age, he still takes great care of himself. He cuts his own grass, swims, drives; he even takes care of his daughter," explained Brown. "He loves to be involved."

Mr. Tatum is one of many centenarians who will be honored by Mayor Muriel Bowser at the end of April. According to the Social Security Administration, there are nearly 300 D.C. residents who are 100 years of age or older.

Spotlight on Aging

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The D.C. Department of Aging and Community Living is in partnership with the District of Columbia Recycling Program.

Get Involved

Tuesday, April 2 • 7 – 8:30 p.m.
The Department of Aging and Community Living will provide a presentation on DACL Resources and Services,
Palisades Recreation Center
5200 Sherier Pl. NW — Ward 3

Tuesday, April 2 • 7 – 8:30 p.m.
The Office of Tax and Revenue Workshop
Glover Park Citizens Association
Stoddert Elementary School
4001 Calvert Street, NW — Ward 3
Contact: Karen Pataky 202-337-3917

**Wednesday, April 3
10 a.m. – 2 p.m.**
The Senior Zone Senior Spa Day
Kenilworth-Parkside Recreation Center
4321 Ord Street, NE — Ward 7

**Wednesday, April 10
9 a.m. – noon**
Department of Aging and Community Living and partners graciously support the WTU Retirees Chapter 6th Annual Health & Resource Fair
Washington Center for Aging Services, Crystal Room
2601 18th Street, NE — Ward 5

Friday, April 12 • 1 – 3:30 p.m.
Department of Aging and Community Living and partners graciously support the Friendship Terrace Residents Community Health & Resource Fair
4201 Butterworth Place, NW — Ward 4
Contact: Jade Turner 202-244-7400

**Saturday, April 13
8:30 a.m. – noon**
Department of Aging and Community Living and partners graciously support the Community Forum for the National Capitol Chapter of the Society of Financial Service Professionals Achieving Financial Success, Retirement Planning, Aging in Place and Eldercare
Metropolitan AME Church
1518 M Street, NW — Ward 2
Contact: Carolyn Rogers 301-383-8282

Wednesday, April 17 • 1 – 3 p.m.
Department of Aging and Community Living and partners graciously support the Michigan Park Christian Church Senior Group's

Community Health & Resource Fair
1800 Taylor Street, NE — Ward 5
Contact: Dellie Reed 202-288-8622

**Thursday, April 18
10:30 a.m. – 2:30 p.m.**
Department of Aging and Community Living and partners graciously support the Chevy Chase Community Center's 5th Annual Health & Resource Fair
5601 Connecticut Avenue, NW — Ward 3
Contact: Caryl King 202-282-2204

April 18 • 10 a.m. – noon
Train to Become a DACL Ambassador
500 K Street, NE
Call 202-727-0374 or contact
sadia.ferguson@dc.gov

Friday, April 19 • 11 a.m. – 3 p.m.
Department of Aging and Community Living and partners graciously support the Therapeutic Recreation Center Community Health & Resource Fair
3030 G Street, SE — Ward 7
Contact: Tonya K. Cousins-Johnson 202-299-3781

**Saturday, April 20
10 a.m. – 3 p.m.**
Earth's Natural Force Connections Earth Day Celebration 2019
Emery Heights Community Center
5701 Georgia Avenue, NW — Ward 4
Contact: Allen Burris 202-320-8021

**Friday, April 26
11 a.m. – 5 p.m.**
Department of Aging and Community Living and partners graciously support the Jubilee Housing & Jubilee Senior Club Health & Resource Fair
Festival Center
1640 Columbia Road, NW — Ward 1
Contact: Constance Bryant & James Parker 202-559-2329

**Saturday, April 2
11 a.m. – 2 p.m.**
Department of Aging and Community Living and partners graciously support True Gospel Tabernacle Baptist Church's 46th Anniversary Celebration
Health & Resource Fair
4201 Wheeler Road, SE — Ward 8
Contact: Louise Harris 202-567-8100

Senior Peer Support Program

Help an isolated senior in your community through the gift of companionship!

The Senior Peer Support Program (SPSP) is a volunteer home visiting program being piloted through Mary's Center in partnership with the D.C. Department of Aging and Community Living.

The goal of the program is to improve emotional well-being of older adults experiencing loneliness through social connection with a peer.

Volunteers will provide weekly one-hour home visits to an assigned peer

for eight weeks. Volunteers will be trained through Mary's Center on how to give personalized, undivided attention and support to make their peer feel seen and understood.

Both volunteers and participants must be 60+ and residents of D.C. Mary's Center will cover transportation and onboarding costs (background check, TB test).

For questions or a volunteer application, contact Austyn Holleman: aholleman@maryscenter.org, 202-779-3006.