

Spotlight on Community Living

Wednesday, December 26, 2012 Serving D.C. residents who are age 18+ with a disability or age 60+ and their caregivers Vol 1, No 3



Executive Director's Message

*John M. Thompson, Ph.D., FAAMA
D.C. Office on Aging*

This issue of **Spotlight on Community Living** is on communities and volunteerism and it is a nice complement to my message last month on an Age-Friendly Washington, DC as it is about us ensuring that our seniors remain in the "fabric of this city". As we consider the communities across the District of Columbia, we can agree that there are many unmet needs and that there are caring and dedicated seniors and other volunteers who are working to meet some of the needs. Moreover, as I go across the city, I often hear from seniors who want to volunteer their time in a meaningful way.

The DC Office on Aging has responded by bolstering its Ambassador Program that was started in 2012. As you may recall, the purpose of the Ambassador Program is to educate volunteers on the programs and services offered by the agency so that they would be equipped with the necessary information to tell their family members, neighbors, church members, and others about our agency. In less than a year, we have trained well over 200 volunteers and now we are adding three new components to the Ambassador Program that will afford volunteers an opportunity to be actively engaged in addressing needs in our community through the Intergenerational Service, Discharge and Transition Service, and Library Courier Service to Nursing Home Residents.

I am pleased to announce that DCOA has partnered with Youth Build, a DC public charter school, to rehabilitate

seniors' homes in the District of Columbia. This program is a win-win situation for all parties. The Youth Build students have opportunities to develop home improvement skills while the seniors benefit from the practically free services (the seniors are responsible for purchasing the materials for the projects). In just a couple of months, seven seniors have been fortunate to have the following improvements made to their homes: painting, replaced ceiling tiles, sealed exterior porches and cement steps, and a repaired leaking porch ceiling.

As we continue to partner with Youth Build, we have now established a partnership with Langdon Education Campus in Ward 5 and will roll out an Intergenerational Program on January 28, 2013. Through this newest partnership, DCOA will identify seniors who are interested in working with students in Langdon Education Campus's Early Childhood Education Programs. Senior partners will participate in story time, a time when they will read to the children and the children will read to them. Senior partners will also assist teachers during recess and lunch time. As we understand that some children may not get the necessary supports and nurturing at home, research tells us that similar programs in other jurisdictions have improved the social and academic outcomes of children. Moreover, seniors benefit as they remain actively engaged mentally and physically as they interact and mold our future leaders. Based on

my observation of my father who has participated in a similar program for the past six years in Columbia, South Carolina, I am confident that seniors will find that this is a very rewarding program that will keep them socially connected in a meaningful way.

In 2013, we also plan to begin a new partnership with our interested DCOA Ambassadors in identifying and assisting vulnerable residents, who are being discharged from hospitals, in locating the necessary home and community-based services that prevent unnecessary rehospitalizations and premature nursing home placements. Additionally, we will partner with the DC Public Library and area nursing homes in establishing a book club for residents in nursing homes. The premise is that nursing home residents don't lose the interest in reading books and utilizing other library resources when they go into a nursing home; however, we simply have not established a system for them to access such services.

As you can see, we have some very exciting programs that are underway and I hope that you share the same enthusiasm in desiring to touch the lives of an early childhood education student and/or a senior. If you are interested in volunteering your time in any of the aforementioned opportunities or if you would like to donate home improvement supplies to support home improvement projects, please contact Tony Moreno, strategic planner at DC Office on Aging, at 202-535-1372 or tony.moreno@dc.gov. ~

SENIORS CELEBRATE THE HOLIDAYS AT THE D.C. ARMORY

Nearly 3200 seniors celebrated the holidays at the D.C. Armory for the Mayor's 15th Annual Senior Holiday Celebration. Mayor Vincent C. Gray greeted those in attendance as well as Ward 5 Councilmember Kenyan McDuffie.

The event provided information and senior resource exhibits, health and safety exhibits, free health screenings and immunizations, counseling and facials and manicures. "Captain Fly" from WPFW 89.3 FM and WYCB Spirit 1340 AM served as the Master of Ceremonies for the stage show which included live music from former lead singer for the Spinners Frank Washington, HALO Band and Comedian Greg Cooper, Captain Fly. Seniors were also treated to music from a DJ and performances from senior groups the Asian Senior Service Center, Vida Senior Centers and the Our Lady Queen of Peace Line Senior Dancers. No event would be complete without a workout from fitness coordinators William Yates, Hayes Senior Wellness Center, Walter Smith and Yummy Tyler who led chair exercise, dance movement and Zumba to get seniors moving before the start of the official program.



The American Kidney Fund provided free health screenings for seniors, testing kidney health, cholesterol, blood pressure and more.



Executive Director John M. Thompson, Ph.D., FAAMA, Mayor Vincent C. Gray, Tonya J. Smallwood, Chief Executive, Family Matters of Greater Washington; and MC Captain Fly, program host, WPFW 89.3 FM and Spirit WYCB 1340 AM pose at the stage during the event.

The event was presented by the D.C. Office on Aging and Family Matters of Greater Washington. Community partner AARP supported the event and volunteers from the armed forces, local schools, PEPCO and various community organizations assisted the seniors throughout the day. ~



VERY SPECIAL SENIORS SELECTED

The Metropolitan Police Department (MPD) and the DC Office on Aging (DCOA) recognized five very special seniors in the District of Columbia from a number of nominations submitted from the public that identified the seniors who improved the lives of District seniors through the creation of community-based programs and/or advocacy in 2012. Other seniors were identified because they were in need of holiday cheer. The seniors selected received a hand delivered special treat from MPD and DCOA on Monday, December 24.

The Very Special Seniors selected (in no particular order) were:

Ms. Willie Nelson
Mr. Johnnie Cain
Ms. Elizabeth Hicks
Mr. Raymond Ball
Ms. Maureen Gehrig Cook

PREPARING FOR WINTER EMERGENCIES

Now is the time to prepare for possible winter emergencies. Once you learn of a cold or winter weather alert, such as a winter storm warning, listen to the broadcast media about the weather conditions. Seniors are urged to follow certain protective measures, including: staying in warm places, wearing several layers of dry clothing, wearing a windproof outer layer, rescheduling appointments if possible, and storing canned goods and prescription medicines in case you cannot get out to a store. See www.72hours.dc.gov for information on preparing for emergencies and save these phone numbers:

IMMEDIATE EMERGENCY RESPONSE

■ Emergency Assistance 911

In a life-threatening situation, call 911 for Police, Fire and ambulance services. There is a charge for DC ambulance transportation to healthcare facilities. Medicare Part A recipients can be reimbursed.

■ Hypothermia/Shelter Hotline (202) 399-7093 or (800) 535-7252

The hotline offers assistance to persons in need of overnight shelter, and support for those living in the streets. Open 24 hours a day, 7 days a week.

GOVERNMENT ASSISTANCE

■ DC Consumer and Regulatory Affairs (202) 442-9557

If the heat system is not working in your rental apartment building, notify

the property management. If you do not receive a response, you can call the Housing Inspections Office for assistance during business hours. On weekends and after hours, call the Office of Emergency Management at (202) 727-6161.

■ DC Call Center (202) 311

To report public streets that need snow and ice clearing and removal. Also, the main number for DC residents to report a problem or violation, offer feedback to the Mayor, or obtain government information.

■ Homeland Security and Emergency Management Agency (202) 727-6161

This office can give you information about shelters, where to get blankets, heaters and oil, and whom to contact for other assistance. Also for non-medical emergency assistance and service information on holidays, weekends and after hours. Open 24 hours a day, 7 days a week.

■ D.C. Office on Aging (202) 724-5626

The Information and Assistance Office can link seniors with needed services and provide general information on keeping warm. The Office is open Monday through Friday, 8:15 a.m. to 4:45 p.m.

■ D.C. Energy Office Hotline (202) 673-6750



COMMUNITY EVENTS CALENDAR

JANUARY

8th • 11am

Seabury Resources for the Aging will present "Thyroid Awareness Symptoms & Signs" at Green Valley Senior Nutrition Site, 2412 Franklin Street, NE. For more information, contact Vivian Grayton at (202) 529-8701.

9th • 9am

The Ward 5 Advisory Council Meeting will be held at Seabury Resources for Aging, 2900 Newton Street, NE. For more information, contact Vivian Grayton (202) 529-8701.

9th • 11:30am

Seabury Resources for the Aging will present an Elder Abuse Seminar at Delta Towers, 1400 Florida Ave., NE. For more information, contact Vivian Grayton (202) 529-8701.

15th • 11:30am

The Seabury Resources for the Aging will present What Is Strep Throat & Why Is It Different at the Edgewood Terrace Senior Nutrition Site, 635 Edgewood Street, NE. For more information, contact Vivian Grayton at (202) 529-8701.

22nd • 11:30am

22nd 11:30a The Seabury Resources for the Aging will present What Are The Symptoms of Glaucoma at the Ft. Lincoln II Senior Nutrition Site, 3001 Bladensburg Rd., NE. For more information Contact Vivian Grayton at (202) 529-8701.

28th • 10am-2pm

The Asbury Dwellings, located 1616 Marion Street, NW will host an open house. Find out more about the program and what services are available to seniors. For more information, contact Alice Murrell at (202) 397-1725.

THE DISTRICT IS SEEKING CENTENARIANS

The D.C. Office on Aging is looking for persons age 100 and older to honor at a special luncheon for centenarians later this year. If you know of someone who should be included, call the Office on Aging at 202-724-5626 to make sure they are registered as a District of Columbia centenarian. Please provide their name, birth date and contact information so that we can invite them to the celebration. ~

SENIOR VILLAGE INITIATIVE IN WARD 4 IS DEVELOPING

Building on the enthusiasm of the October 25 open house sponsored by North Washington Neighbors Incorporated, a group of twenty-six residents met to discuss their interest in starting a village to assist seniors who want to age in place in their homes in Ward 4. Representatives from the Brightwood, Colonial Village, Crestwood, Manor Park, North Portal Estates, Shepherd Park, and Takoma DC neighborhoods participated in this first meeting of the Ward 4 Senior Village Steering Committee. They talked about their expectations for services within a village to support seniors, as well as what seniors themselves could contribute to their communities and their own support systems. For example, seniors can call other seniors by phone to check on their welfare. Everyone was excited about the prospect of remaining among their friends and neighbors, and undaunted about the amount of work that lies ahead.

Assisted by helpful documents supplied by the DC Office on Aging, like the DCOA and Montgomery County blueprints for starting a senior village, the steering committee agreed to form several subcommittees to do work on communications, concept development and needs assessment, fundraising, governance, and volunteer recruitment, retention, and management. The group discussed starting a village as a pilot project that could serve as a model for other villages to serve residents because there are more than 17,000 seniors residing in Ward 4.

The subcommittees are forging ahead with their work and the full Ward 4 Senior Village Steering Committee is expected to meet again on January 31 to continue its work. Based upon the amount of time other senior villages, such as the Capitol Hill, Dupont Circle, and Georgetown senior villages needed to get started, it is reasonable to expect that with a bit of luck and hard work, a village might be in place to serve some of the seniors in Ward 4 by the end of 2013. ~

SPOTLIGHT ON COMMUNITY LIVING

Spotlight on Community Living is published by the External Affairs and Communications unit of the D.C. Office on Aging. Advertising contained in the Current is not endorsed by the D.C. Office on Aging or by the publisher. The D.C. Office on Aging is responsible for developing and carrying out a comprehensive and coordinated system of health, nutrition, education, employment, training, and social services for the District's elderly population, who are 60 years of age and older. The Office on Aging also administers the Aging and Disability Resource Center, a one-stop shop resource center, designed to assist seniors, persons with disabilities 18 years of age and older and family caregivers navigate the long-term services and supports system.

500 K Street, NE, Washington, D.C. 20002

202-724-5622 • www.dcoa.dc.gov

John M. Thompson, Ph.D., FAAMA
Executive Director

In accordance with the D.C. Human Rights Act of 1977, as amended, D.C. Official Code Section §2-1401.01 et seq., (Act), the D.C. Office on Aging does not discriminate on the basis of actual or perceived: race, color, religion, national origin, sex, age, marital status, personal appearance, sexual orientation, gender identity or expression, familial status, family responsibilities, matriculation, political affiliation, genetic information, disability, source of income, or place of residence or business. 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 subject to disciplinary action.