

DISTRICT OF COLUMBIA COMMISSION ON AGING

"Representing 100,000+ Strong and Growing"

DC AGING TODAY



Seniors Count for Census

Make sure that you let the census taker count you. For every person not counted we lose vital dollars that can help seniors and others.

August 2010

■	NEWS/ANNOUNCEMENTS/ALERTS	PAGE
■	SENIOR COALITION HOLDS FORUM	2
■	NEW SENIOR HOUSING IN WARD 4	3
■	CAMPBELL HEIGHTS RESIDENTS PART OF OWNERSHIP	3
■	DEALING WITH POWER OUTAGES	4
■	UTILITY HELP FOR THE SUMMER	5
■	STREET TREE SERVICE FOR SENIORS	6
■	CONTACTS FOR WEATHER EMERGENCIES	7
■	OTHER NEWS AND INFORMATION	8
■	UPCOMING CALENDAR OF EVENTS	9-10
■	METRO BUS AND RAIL COST CHANGES	11

SENIOR COALITION HOLDS DC MAYORAL CANDIDATES DEBATE

Leading D.C. mayoral candidates debated the issues and discuss the state of seniors in the District of Columbia at a forum sponsored by the D.C. Senior Advisory Coalition on July 29, 2010 at the Mount Vernon Place United Methodist Church,

The DC Senior Advisory Coalition invited the leading mayoral candidates to debate the issues, communicate their position on the state of senior services, and speak to their larger vision for seniors in the District. The DC Senior Advisory Coalition is comprised of 35 organizations that provide services for seniors and/or represent seniors in the District of Columbia. Its mission is to be the unifying voice advocating improving the quality of life for DC Seniors. This event was co-sponsored by AARP District of Columbia.

Information that Seniors Should Know about the Upcoming 2010 Primary Election

Voter Registration Timelines (Primary):

Deadline for By Mail Registration	August 16
Deadline to make changes to Existing Party Registration	August 16
In-Person/Office Registrations	August 17 - September 13
Same Day Registration	August 30 - September 14, 2010 (During Early Voting Period and Election Day) – <i>Must present ID</i>

In Person Absentee and Early Voting At Board Office August 30- September 13

441 4th Street NW, Old Council Chambers, First Floor Washington DC 20001

8:30 am – 7:00 pm (Monday- Saturday); Closes at 4:45 PM on Monday, September 13

Early Voting Centers

September 4 - 11

8:30 am to 7:00 pm, Monday – Saturday

*Chevy Chase Community Center, 5601 Connecticut Avenue, N.W. “Recreation Room” Washington, DC 20015

*Turkey Thicket Recreation Center, 1100 Michigan Avenue, NE, “Meeting Room”, Washington, D.C. 20017

*Hine Junior High School, 335 8th Street, SE, “Auditorium”, Washington, D.C. 20003

*Southeast Tennis and Learning Center 701 Mississippi Avenue, SE “Round Room” Washington, D.C. 20032

Note: The new Votronic electronic voting machine will be available for these sites. Paper ballots will not be available at these sites. Voters wishing to cast a paper ballot may vote at the polls, by mail or at the Board’s office at 441 4th Street, N.W. Old Council Chambers, First Floor, Washington, DC 20001.

Primary Election Day (Voting at your voting precinct) **September 14**

Polls Open from 7:00 am – 8:00 pm

The September 14th Primary is open to persons who are registered Democrats, Republicans and DC Statehood Green to nominate a party candidate to the general election.

Offices on the Primary ballot: US House Delegate, Mayor, Council Chairman, At Large Member of the Council, Ward Councilmember (Wards 1,3,5 & 6) and US Representative

CITY BREAKS GROUND ON NEW AFFORDABLE SENIOR HOUSING

On July 27, Mayor Adrian M. Fenty, Ward 4 Councilmember Muriel Bowser, Deputy Mayor for Planning and Economic Development (DMPED) Valerie Santos, Department of Housing and Community Development (DHCD) Director Leila Edmonds, and DC Office on Aging (DCOA) Director Clarence Brown joined Treasurer of the United States Rosie Rios and Ward 4 residents to break ground on 36 units of affordable senior housing at Vida Senior Residences, 1330 Missouri Avenue, NW.

"The Vida Senior Residences in Brightwood is being developed in partnership with VIDA Senior Center, which is a non-profit agency that provides information, services and other assistance to hispanic elderly. They are located at 1842 Calvert Street NW.

Vida Senior residences are available to individuals ages 55 and older who earn 50 percent or less than the area media income (AMI). The project is expected to be complete in spring 2011 and create 55 full-time equivalent construction jobs over the 11-month construction period.

DHCD awarded Vida \$6,867,244 in funds from the American Recovery and Reinvestment Act (ARRA) under the Section 1602 Tax Credit Exchange Program. The DC Housing Finance Agency (DCHFA) also provided Vida a \$150,000 loan in McKinney Act funding for predevelopment costs.

CAMPBELL HEIGHTS RESIDENTS PART OF OWNERSHIP

Campbell Heights Residents' Association has signed the final papers to be part of the ownership of the Campbell Heights Senior Apartments located at 2001 15th Street, N.W. The 171 residents will have the opportunity to be part owners of the property where they reside. The new name of the building will be Paul L Dunbar Apartments. A celebration took place on July 15. The project is being supported by Jair Development, Harrison Institute and DHCD with the support of Councilmember Ward One Councilmember Jim Graham.

DISB ADDS NEW HEALTH CARE REFORM LINK TO ITS WEBSITE

The District of Columbia Department of Insurance, Securities and Banking (DISB) created a new link on its Website to address the new health insurance reform. Residents can browse the site to learn about health insurance scams popping up as a result of the health care reform, answers to frequently asked questions, etc discount health cards, programs to assist the uninsured. Learn more: <http://disb.dc.gov/disr/cwp/view,a,1300,q,645242.asp>

DC Department of Health Reminds Residents of Food Safety After Power Outage

The DC Department of Health reminds residents that during and after power outages residents should inspect all refrigerated food items before eating. Food may not be safe for consumption in the event of a power outage, and should be examined before eating to reduce the risk of foodborne illness. Below are Centers for Disease Control and Prevention (CDC) tips to help assess the safety of foods that have been left in refrigerators during a power outage. The Tips to Help Identify Safe and Spoiled Food Throw away food that may have come in contact with flood or storm water are:

- Throw away food that has an unusual odor, color, or texture
- Throw away perishable foods (including meat, poultry, fish, eggs and leftovers) that have been above 40 degrees Fahrenheit (F) for 2 hours or more
- Thawed food that contains ice crystals or is 40 degrees F or below can be refrozen or cooked
- Throw away canned foods that are bulging, opened, or damaged
- Be sure to discard any items in either the freezer or the refrigerator that have come into contact with raw meat juices
- Food containers with screw-caps, snap-lids, crimped caps (soda pop bottles), twist caps, flip tops, snap-open, and home canned foods should be discarded if they have come into contact with floodwater because they cannot be disinfected
- If cans have come in contact with floodwater or storm water, remove the labels, wash the cans, and dip them in a solution of 1 cup of bleach in 5 gallons of water. Re-label the cans with a marker and include the expiration date
- Do not use contaminated water to wash dishes, brush your teeth, wash and prepare food, wash your hands, make ice, or make baby formula
- In order to keep food stored safely during a power outage, the CDC advises people to keep freezer and refrigerator doors closed as much as possible, and to add block or dry ice to refrigerators if electricity is expected to be off longer than 4 hours. CDC also recommends people wear gloves when handling ice. For more info on food safety during an emergency, visit <http://emergency.cdc.gov/disasters/foodwater/facts.asp>

HANDLING PEPSCO OUTAGES

- **FIRST**, make sure your outage has been reported....Do not assume that PEPSCO is aware of an outage or a neighbor has called to report an outage. PEPSCO needs to hear from every affected customer to help locate problem areas. Call PEPSCO's 24-hour outage report line - 1-877-PEPCO-62 (1-877-737-2662). If you cannot use your home phone, it is still important to call and follow the prompts. Make sure PEPSCO has a working phone number where you can be reached about service restoration.
- **SECOND**..... Check on elderly and at-risk friends and family to make sure they have access to plenty of water, a telephone and food.
- **THIRD**, do your part to help keep the power on.... Electricity customers can take simple electricity conservation steps:
 - Close curtains and blinds to keep out the sun and retain cooler air inside,
 - Postpone using major electric household appliances such as stoves, dishwashers and clothes dryers until the cooler evening hours,
 - If health permits, set air conditioner thermostats higher than usual, and Turn off electric appliances and equipment that you do not need or are not using

PEPCO TIPS FOR CUSTOMERS DURING HOT WEATHER SEASON

Pepco urged customers to make safety a priority and conserve energy wherever possible as extremely high temperatures continue to affect the mid-Atlantic region. Extreme heat can be a danger to the young as well as senior citizens and those with medical conditions. Avoid heat stress by staying in cooled areas of your home, local shopping malls, libraries or public buildings as much as possible.

While power supply in the region is sufficient to meet expected demand, soaring electrical use can lead to higher bills. By practicing safety and energy conservation, customers can keep costs down.

Pepco offers the following energy-saving tips:

- Set air-conditioning thermostats at 78 degrees and use an electric fan, which doesn't require as much energy, and the air will seem cooler without sacrificing comfort.
- Keep window shades, blinds, or drapes closed to block the sunlight during the hottest part of the day and retain cooler air inside your home or business.
- Limit the use of electrically heated water and turn off non-essential appliances and as many lights as possible. Limit opening refrigerator or freezer doors.
- Postpone using high-energy appliances like electric stoves, washing machines, dishwashers and dryers until the evening.

Pepco customers in the District of Columbia can take advantage of the following energy conservation programs and tips.

- Sign up for My Account and find ways to save energy and money with an easy online home energy audit. My Account also allows customers to compare, analyze, and pay their bills.
- CFL Discounts - With Pepco's CFL discount program, customers can replace standard bulbs with more efficient CFLs. The discount is applied at the register, so customers instantly save \$1.50 on each single CFL and \$3 on multipacks.
- Appliance Rebate Program – Pepco customers can receive cash rebates of up to \$50 by purchasing ENERGY STAR® qualified refrigerators and room air conditioners and qualifying electric water heaters.

Smart Meters Move Forward in the District

- PEPCO is scheduled to begin deploying “smart meters” in the fourth quarter of 2010 with completion targeted for the summer of 2011.

DC WASA is Now DC Water 

- On June 15, 2010, DC WASA unveiled a new name. Though the Authority still holds its legal name of the District of Columbia Water and Sewer Authority, it now goes by DC Water. A fresh logo, tagline and website accompany this change.

Street Tree Services for Senior Residents

DDOT's Urban Forestry Administration

The mission of the District Department of Transportation's Urban Forestry Administration (UFA) is to establish a full population of street trees within the District and to ensure that those street trees are maintained in a healthy and safe condition. UFA has 19 certified arborists on staff who are responsible for issuing permits, enforcing regulations and caring for over 140,000 trees throughout the city.

The following are ways that UFA can serve senior residents and ways senior residents can help the city's street tree population:

Call 311 or visit 311.dc.gov to request that UFA:

- plant a new street tree
- prune dead limbs or
- remove a dead or dying street tree

The Hazardous Tree Removal Subsidies for Low-Income Homeowners program enables the city to remove hazardous private property trees or limbs owned by qualifying low income residents. The program is available to District residents of any age who:

- are enrolled in a Federal or District income subsidy program
- own and live in a single-family home
- do not earn income renting part of the home

Qualifying residents are encouraged to call UFA (202-671-5133) to request an application. If approved, a city arborist will inspect the tree before making a final decision.

Become a Canopy Keeper! Young street trees need residents' help to survive the spring, summer, and fall. Individuals who volunteer to care for a street tree by watering, mulching, and inspecting it for damage (especially after storms) will receive a free slow-drip watering bag for each tree adopted. To acquire the Canopy Keeper request form, please call 202-671-5133 or visit ddot.dc.gov and click on the "Trees" link.

d.

DISTRICT DEPARTMENT OF TRANSPORTATION
URBAN FORESTRY ADMINISTRATION

HELP FOR SENIORS DURING HEAT EMERGENCIES

Once a heat advisory or alert has been given, seniors are urged to listen to the broadcast media about the weather conditions. Seniors are urged to follow certain protective measures including: staying indoors, cool places; wearing light clothing; reduce strenuous activities, reschedule appointments if possible; taking a cold or lukewarm bath or shower; and drinking plenty of non-alcoholic liquids. The following are other helpful community resources to be utilized during the hot weather alert or advisory:

IMMEDIATE EMERGENCY RESPONSE

- **Emergency Assistance** **911**
In a life threatening situation contact the Police, Fire or ambulance services. There is a charge for DC ambulance transportation to health care facilities. Medicare Part A recipients can be reimbursed.
- **Hyperthermia/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.
- **DC Consumer and Regulatory Affairs** **(202) 442-9557**
If the cooling system is not working in your rental apartment building, notify the property management. If you do not receive a response, you may call the Housing Inspections Office for assistance during business hours. Call the Office of Emergency Management at (202) 727-6161 after hours and weekends.
- **DC Call Center** **(202) 311**
The main number for DC government to report a problem for city services information.
- **D.C. Office on Aging** **(202) 724-5626**
The Information and Assistance Office can link seniors with needed services and provide you with general information on keeping cool and identifying senior cooling sites. The Office is open Monday through Friday, 8:15 a.m. to 4:45 p.m.

UTILITY SERVICES AND REPAIRS

- **D.C. Energy Office Hotline** **(202) 673-6750**
Operates Monday-Friday 8:15 a.m. to 4:45 p.m. & offers info and financial assistance with utilities.
- **PEPCO** **(202) 833-7500**
To report electrical power outage in your residence. Also, let them know if there are persons in your household with health problems.
- **Yellow Pages** **411**
If your cooling system or air conditioner goes out inside your private residence, check the yellow pages or call directory assistance for listing of heating and cooling contractors.

CONTINUING EDUCATION FOR SENIOR CITIZENS

Tuition and fees normally required for students admitted to the University of the District of Columbia will be waived for qualifying senior citizens, 65 years of age or older, except in cases where the applicant matriculates in a degree program. Such matriculating students shall pay half of the amounts set for students within their category unless otherwise deferred or waived by specific board of trustees authority. For further information, please contact The Institute of Gerontology, Intelsat, Room 6m-01, or call 202.274.6593.

HELP FOR THOSE WHO NEED THE TEST

If you have friends (male or female) over 50, let them know that Howard University Hospital is giving free colonoscopies to people over 50. That exam is usually about \$1200. To make an appointment, call 202 - 865-7741.

KNOW YOUR RIGHTS

As we celebrate 20 years of the Americans with Disabilities Act, we must remember there is still much more to be done. the District Office of Disability Rights (ODR) is here to ensure that the programs, services, benefits, activities and facilities operated or funded by the District of Columbia are fully accessible to, and useable by people with disabilities. ODR is committed to inclusion, community-based services, and self-determination for people with disabilities. ODR is responsible for overseeing the implementation of the City's obligations under the Americans with Disabilities Act (ADA), as well as other disability rights laws.

DISTRICT OF COLUMBIA OFFICE OF DISABILITY RIGHTS

441 4th Street NW, Suite 729 North
Washington DC 20001
Phone: (202) 724 - 5055

BERWICK NAMED NEW CMS ADMINISTRATOR

President Obama has named Don Berwick as the new administrator of the Centers for Medicare & Medicaid Services (CMS). A leading authority on health care quality and improvement, Dr. Berwick has long recognized that our health system must give greater attention to chronic disease, community-based, primary, and preventive care—priorities.

NCOA MOURNS LOSS OF ROBERT BUTLER

NCOA was greatly saddened by the July 4 death of Dr. Robert Butler, renowned gerontologist, psychiatrist, and Pulitzer prize winning author who was founding director of the National Institute on Aging. "Robert Butler was

a giant in the field of aging,” said NCOA President & CEO Jim Firman. “His book, *Why Survive? Growing Old in America*, was a clarion call that inspired me and many others to careers of service to older adults.

STRIKE OUT FOR ALZHEIMER'S



The Alzheimer's Association, National Capital Area Chapter is partnering with the Washington Nationals Baseball Team to bring you

Alzheimer's Day at the Park

Friday, August 13th

Washington Nationals vs. Arizona Diamondbacks

Nationals Park

1500 South Capitol St., SE

Washington, DC 20003

Game Time is 7:05 PM,

Wear purple to help us raise awareness for the cause!

Seats are \$24 and are located in Section 102

Don't forget to Join us again at Nationals Park this fall as we will walk to end Alzheimer's, National Memory Walk, October 2, 2010 at Nationals Park.

SENIORS ON THE BALL

KEEN Senior Program "Blue Jean Ball

Friday, September 17, 2010

5:00 p.m. - 9:00 p.m.

St Lukes Center, 4923 East Capitol Street, NE

- Western Style Dinner, - Prize for the Best Jean Outfit! - Door Prizes!

Tickets are \$12.00. This is a fundraiser for KEEN Senior Program (Lead Agency for services to seniors in Ward 7). For tickets contact Robin Gantt at 202-534-4880

SEARCH FOR CENTENARIANS

DO YOU KNOW OF ANY DISTRICT OF COLUMBIA RESIDENTS WHO ARE

100 YEARS AND OLDER (CENTENARIANS)?

THE CITY IS PLANNING AN ANNUAL CELEBRATION TO HONOR THEM.

CALL (202) 724-5626 TO REGISTER THEM.

HELP WITH UTILITY COSTS



Joint Utility Discount Day (JUDD)

Friday, September 3, 2010, 8am - 7pm

Walter E. Washington Convention Center
 Accepting applications from DC residents ONLY, FIRST COME, FIRST SERVED!
 With one application, you may be eligible for assistance and discounts on your
 DC Water, Pepco, Verizon and Washington Gas utility bills.

For more information please call 311.

Individuals with disabilities may contact DDOE at 311 after Sept. 3, 2010 for an appointment

SENIORS JUST WANT TO HAVE FUN

DC Parks and Recreation is having their annual Senior Fun Camp. It is about getting away and having fun! Activities will include Spiritual Meditation, exercise & Fitness Warm-ups, Jewelry Making, Arts and Craft, Fiber Art, Hand/Line Dancing as well as Bingo and much, much more! For more info call (202) 664-7153

August 23-27, Departure at 9:00 am

Age: 55 and older

Camp Riverview (Overnight Camp), 49000 Cornfield Harbor Road, Scotland MD

Fee DC Residents: \$60 per person, Non-DC Residents \$75 per person.

UPCOMING EVENTS OF INTEREST

- | | | |
|---|--------------------------------|----------------|
| <input type="checkbox"/> August 12, Sibley Plaza Senior Wellness Day, | 1140 North Capitol St NW, | 11 am - 3 pm |
| <input type="checkbox"/> August 21, Greater Mt. Calvary Health Fair | 601 Rhode Island Ave NE | 9:00 am - 2 pm |
| <input type="checkbox"/> August 27, Downtown Cluster Bringing Down the House | 4411 4 th Street NW | 6:30 – 9:00 pm |
| <input type="checkbox"/> August 28, 10 th Street Baptist Church Health Fair, | 1000 R Street NW | 9 am – 3 pm |

*Downtown Cluster's Geriatric Day Care Center and Aging Services
 Present*

Bringing Down the House!

Featuring

Kevin McIlvaine -Singer, Actor

Joyce Hill- Impersonator

and The AJQ Plus 1 Band



*Friday, August 27, 2010
 6:30pm to 9:00pm*

Fun

Dancing

Breakdancing

Live Entertainment

*XI OMEGA Center
 Alpha Kappa Alpha Sorority House
 4411 14th St. NW
 Washington, DC*

\$15.00

*Proceeds to support Geriatric and Ward 8 Aging Services
 Assorted foods available for a donation.*

For More Information Call - 202-347-7527.

To Donate log on to www.catalogueforphilanthropy-dc.org tab to "Our Non-Profits"

then select Human Services: Downtown Cluster's Geriatric Day Care Center, Inc.



METRO BUS AND RAIL FARE IMPACTS SENIORS AND
 PERSONS WITH DISABILITIES

The Washington Metropolitan Area Transit Authority's has started new fares and fees increases on Metrorail and Metrobus in two phases. The first phase began on June 27 and the second began on August 1. Note that Senior passes and the cost for Metrorail, Metrobus and Metroaccess rose.

The second phase of Metrorail fare adjustments took place starting August 1, **with the implementation of a new 20-cent surcharge during peak-of-the-peak weekday travel periods**, an increase in the cost of three Metrorail passes and a 25-cent discount per trip for customers who use a SmarTrip® card instead of a paper fare card.

Metrorail customers who use a SmarTrip® card instead of a paper fare card will save 25 cents per trip, enjoying the same convenience and savings of SmarTrip® as Metrobus riders. In addition, Metro is reducing the cost of a getting a new SmarTrip® card by 50 percent to \$2.50 starting on August 29 to make it easier for customers to take advantage of the SmarTrip® discount. This marks the first reduction in the price of the cards since SmarTrip® was first introduced in 1999.

The 20-cent surcharge will apply to trips taken weekdays between 7:30 and 9 a.m. and 4:30 and 6 p.m. weekdays.

The MetroAccess base fare is \$3, with an additional \$2 to \$4 supplemental charge for MetroAccess passengers who begin or end their trips more than 3/4 miles from Metro fixed route service, which is the service corridor requirement laid out in the Americans with Disabilities Act. The maximum fare for MetroAccess service will be limited to \$7. Call MetroAssess at 301-562-5360,

For example: If you are boarding the metro system, the initial fare would be:

Type of Travel		Regular Fare		Senior Reduce Fare		Peak hours- added cost	
		Cash	Smart Card	Cash	Senior Smart Card	Cash	Senior Smart Card
	Bus	170*	150*	80*	75*	20c	10c
	Rail	185**	160**	145**	120**	20c	10c

* Additional costs apply (based on peak or late hours and use of cash or smart card)

** Additional costs apply (based on how far you are going, peak or late hours and use of cash or smart card)

Note: The Bus fare increases took effect June 27.

The Weekly Senior and Disabled Fash Pass is now \$ 7.50.

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 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



DISTRICT OF COLUMBIA COMMISSION ON AGING
441 Fourth Street, N.W., Suite 900 South
Washington, D.C. 20001