

District of Columbia Commission on Aging

COMMISSION MEMBERS

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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

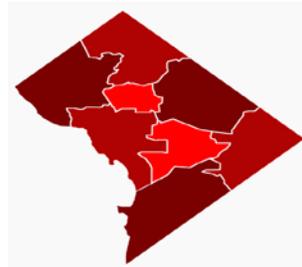
WARD SIX
Don Colodny

WARD SEVEN
Elfrida R. Foy

WARD EIGHT
Alethea Campbell,
Vice Chairperson
Shirley Thorne

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February 2011



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NEWS ALERT

CHANGE IN COUNCIL COMMITTEE THAT OVERSEES AGING

Committee Jurisdiction

The Committee on Aging and Community Affairs is responsible for the concerns of the aging; matters regarding Advisory Neighborhood Commissions; matters related to Statehood and self-determination for the District; human rights; Latino, African, Asian and Pacific Islanders and Gay, lesbian, bisexual and transgender affairs; issues related to women; and veterans affairs.

Committee Chairperson: Marion Barry

Committee Clerk: Garret King gking@dccouncil.us

Committee Members:

The Honorable Jim Graham, Ward One Councilmember jgraham@dcouncil.us 202-724-8195

The Honorable Tommy Wells, Ward Six Councilmember twells@dccouncil.us Tel: (202) 724-8072

The Honorable Sekou Biddle, Councilmember at Large, sbiddle@dccouncil.us (202) 724-8174

Committee Contact Information

Office: 1350 Pennsylvania Avenue, NW, Suite 17, Washington, DC 20004

Tel: (202) 741-0948 Fax: (202) 741-8055

Office on Aging Agency Performance and Oversight Hearing 2010 and 2011

March 3 at 10 am, Wilson Bldg, 1350 Pennsylvania Avenue NW, Room 500 (Council Chambers)

Persons wishing to testify about the performance may contact Garret King at 202-741-0948.

HHS OFFICIALS TO CELEBRATE BLACK HISTORY MONTH WITH DC SENIORS

"YOUR HISTORY, YOUR HEALTH"

HHS Assistant Secretary for Aging Kathy Greenlee will be joined by Caya B. Lewis, MPH, Chief of Staff, Centers for Medicare and Medicaid Services (CMS) at a special program to celebrate African American History Month. The program, "Your History, Your Health" is jointly sponsored by the U.S Administration on Aging (AoA), CMS, the D.C. Office on Aging, and the National Caucus and Center on Black Aged (NCBA).

WHEN: 10 a.m. to 1 p.m.

DATE: Wednesday, February 16, 2011

WHERE: Hattie Holmes Senior Wellness Center
324 Kennedy Street, NW,
Washington, DC. 20012

Counseling and health screenings will be provided by the DC Office on Aging Health and the Virginia Hospital Center. To RSVP call (202) 727-8370.

METROACCESS CUSTOMERS MAY EXCHANGE UNOPENED PACKAGES OF TOKENS, UNOPENED PACKAGES OF METROACCESS FARE CARDS

On February 1, Metro Access no longer accepts tokens and Metro Access fare cards. In an effort to accommodate Metro Access customers who have large quantities of tokens or Metro Access fare cards, Metro will allow customers to exchange unopened packages of tokens and unopened packages of Metro Access fare cards for EZ-Pay credit on Feb. 9, 10, 16 and 17 at the following locations:

- Metro Center Sales Office -12th and F Streets, NW (inside the Metro Center station). Open from 8 a.m. until 6 p.m.
- Metro Headquarters Sales Office- 600 Fifth Street, NW. Open from 9 a.m. until 3 p.m.

Organizations should call Metro's bulk sales office at 202-962-5700 to arrange for refunds of unopened packages of tokens and unopened packages of Metro Access fare cards. Metro will accommodate refund requests through March 31.

Social service agencies can use SmartBenefits® to load value onto individual Metro Access customers' EZ-Pay accounts. This will enable agencies to pre-pay for their Metro Access constituents and allows customers to board without having to handle any fare media. For more information, please visit http://www.wmata.com/business/employer_fare_program or call the SmartBenefits office at 202-962-1326 and select option 3.

NEW METRO ACCESS FARE CHANGE BASED ON DISTANCE AND TIME OF DAY

MetroAccess fares will change on Feb. 27 as part of Metro's overall fare adjustments that were approved last June for the current fiscal year.

The new MetroAccess fares will be based on the distance and time of day that a customer travels. The MetroAccess fare will be twice the amount of what the fare would cost on the fastest comparable trip if the same trip were taken on fixed-route services (such as Metrobus and Metrorail), up to a maximum fare of \$7. All grandfathered trips outside the ADA service area will be charged a supplemental fare, up to the maximum. MetroAccess customers currently pay a base fare of \$3, however the actual cost to provide that trip is \$40.

BLACK HISTORY MONTH EVENT

**85th Annual Black History Month
2011 Luncheon and Featured Authors' Event
2011 National Black History Theme: African Americans and the Civil War
Saturday, February 26, 2011**

**Authors' Event starts: 10:30 am, Doors open: 12:15 pm
Luncheon starts: 12:30 pm**

**The Renaissance Washington, DC Hotel
999 9th Street, NW | Washington, DC 20001
202.898.9000 www.renaissancehotels.com**

Guest Speaker: Lerone Bennett, Jr., Historian, Emcee: Andrea Roane, Anchor, [W*USA Channel 9 News](#)

Sheila on Being Miss Senior DC



(as publish by People' District of Washington DC Blog -12/29/10)

“One day, I was out with my neighbor, picking up lunch before going to play pinochle. We got to talking with this lady in line and after a few minutes, she looks to me and says, “You know what? You would be the perfect kind of person to be in this pageant I was in.” Turns out that she was RC Turner, Miss Senior DC 2008. She gave me her card and asked me to stay in touch. I didn’t give it too much thought at the time. but my neighbor said that I should look into it. I had been involved with a pageant before, but this was back in 1967. When I was 17, I won Miss Congeniality in the Miss D.C. pageant. I just saw the experience as a great opportunity, and a way to get some scholarship money.

“After giving it some more thought, I reached out to RC in October to invite her to play pinochle with me and the other ladies at the recreation center. We had a nice conversation and she kept encouraging me to apply. Eventually I did. It didn’t seem that extreme and unlike other pageants, looks were not the focal point. I liked that personal philosophy and other elements of your personality are much more important to the judges.

One of the funniest things about the pageant for me is that my maiden name is Queen. Would you believe it? “The experience turned out to be so wonderful, and the pageant allowed me talk about my love for the city. See, I am not just an African-American woman from Ward 5. I feel a deep kinship to all of Washington from Chinatown to the Latin areas to the Catholic areas. My maternal grandfather came here from South Carolina to work on the Washington Monument as a stone mason. My father’s family goes back generations in Anacostia. I had aunts who used to cook at the White House. My cousins worked on the Hill as Assistants to some of the Congresspersons. I grew up on Evarts St. NE and have so many fond memories there, including watching the construction of the Basilica. My life was filled with tales from all corners of this city. My love for all of this city helps me be a good ambassador as Miss Senior DC. This has really been an incredible opportunity for me, and I would encourage other women to do it, too.

“One of the funniest things about the pageant is that my maiden name is Queen. Would you believe it? As a child, I used to just hate it. When they called roll in school, our teacher always used to call us by our last names first. I was Queen Sheila. I used to be so embarrassed and just wanted her to get through the roll as quickly as possible. Kids don’t want to stand out like that. Now, that I am older, I have grown into the name. I guess you can say that it is okay to be a queen now that I am over 60.”

In addition, to winning Miss Senior DC 2010, Sheila also won best talent and best interview. I asked her about her talent, singing. “For the pageant, I performed *Who Can I Turn to* by Anthony Newley, but made famous by Sammy Davis Junior. I first heard that song when I was 12 years old. My Mom took me to the Lowes Palace movie theater down on F St to see *The Roar of the Greasepaint – The Smell of the Crowd*. When we left, I made her go around the corner to Super Music City on G St, so I could get the LP. I remember bringing it home and just falling in love. Ever since I was 12, I loved that song.”

NATIONAL BLACK AIDS AWARENESS DAY- FEBRUARY 7

The number of HIV cases are rising among older persons; particularly African Americans. By 2015, over half of HIV cases will be persons over 50. African Americans will make up the majority of the cases.

A summary report from the HIV and Aging Conference held at Howard University last year was released. If you want a copy of the summary and recommendations for action from the conference call 202-727-8370. The health department has formed a working group to address some of the recommendations.

WAL-MART LOOKING AT 4 SITES IN THE DISTRICT FOR POSSIBLE STORES



Although Wal-Mart already operates stores in Northern Virginia and suburban Maryland, it has never had a store in the District. In addition to the regular department store items, they offer pharmacy, groceries, health, beauty, banking and vision centers. The four stores under consideration are in D.C. neighborhoods where retail options are relatively scarce but near where a large number of seniors live:

Ward 4 Site: Former Car dealership at Georgia & Missouri Avenue N.W.

The site is near senior housing under construction by VIDA Senior Center .

Ward 5 Site: Currently the site of Kentucky Fried Chicken, a charter school, auto and gas stations at New York Avenue and Bladensburg Road.

Not too far from Fort Lincoln community which has some of the highest numbers of seniors in the city.

Ward 6 Site: part of a new mixed-use development on the first floor of a mixed-use project featuring other shops and apartments on New Jersey Avenue NW

Near several apartment complexes that have a high percentage of seniors- Golden Rule Family and Senior Apartment Plaza and Museum Square.

Ward 7 Site: Vacant developable land at East Capitol and 58th Streets SE.

Near Capital Gateway Senior Housing and Capital Heights Metro Station.

The four D.C. stores will vary from 80,000 to 120,000 square feet, a typical size for the chain. The company is also considering additional stores for the District, including a new pilot format of fewer than 30,000 square feet.

Two Hearings to be Held Regarding PEPCO Reliability and Storm Restoration Efforts

Two hearings will be held concerning PEPCO reliability, restoration efforts and electric service outages before and after the recent snowstorm.

The DC Public Service Commission will hold a legislative style hearing on **Thursday February 10th at 10:00 a.m.** at the Public Service Commission, 1333 H St. NW, Washington DC, 7th Floor. At this hearing neither the public, or the Public's statutory representative--OPC, will be permitted to speak or submit testimony. The public can attend the hearing to hear PEPCO's responses to the Commission.

During the hearing, the Commission will question senior Pepco officials regarding the company's provision of safe and reliable service, and whether power outage restoration efforts have been sufficient, in light of service disruptions that District customers have experienced in the wake of last week's snowstorm.

The Commission also plans to question senior Pepco officials about the company's vegetation management practices. Pepco has asserted that fallen trees and branches may have significantly contributed to electric outages. The Commission will question whether Pepco has made sufficient investment in tree trimming. The Commission has also directed Pepco to file a report regarding its vegetation management program within four business days of Order No. 16188.

Then, on **Friday February 11th at 4:00 p.m.**, Council member Yvette Alexander, Chair of the Committee on Public Services and Consumer Affairs, will hold a public hearing at the District Building, **1350 Pennsylvania Avenue N.W., (Room 412)**, focusing on PEPCO's service reliability and performance during the most recent power outage beginning on January 26th, 2011.

At this hearing, members of the public will be permitted to testify and to submit testimony in writing. Those who wish to testify should contact Ms. Rayna Smith, Legislative Council, at 202-741-2111 or via e-mail at rsmith@dccouncil.us, and provide their name, address, telephone number, organizational affiliation and title (if any) by close of business Thursday, February 10, 2011.

You are encouraged to share your experience and opinions at these hearings and to participate. If you cannot attend these hearings, please share your letters and emails with the Public Service Commission and the Committee on Public Services and Consumer Affairs.

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FEBRUARY IS WOMEN'S HEART MONTH



If you ask a group of **women** what is the most serious threat to their health, most will respond “breast cancer.” And they would be wrong. **Heart** Disease is the #1 killer of **women** in the United States, taking more lives than all the cancers combined. The statistics are alarming:

- 2.5 million US **women** are hospitalized for cardiovascular illness each year.
- 500,000 **women** die each year from cardiovascular disease (vs. 446,000 men.)
- 1 in 2 **women** will die of cardiovascular disease.
- Every 30 seconds 1 woman in the US dies from CV disease

What is cardiovascular disease?

Cardiovascular disease consists of high blood pressure (hypertension), stroke, rheumatic **heart** disease (disease of the **heart** valves) and atherosclerosis (coronary artery disease). Of these, atherosclerosis kills the most **women** – approximately 250,000 per year.

What are the risk factors for coronary artery disease/**heart** disease?

1. age:

a. any woman over the age of 55 is at risk

2. Family history:

a. must be a parent or sibling with **heart** disease over the age of 55, if it's a male relative and 65, if it's a female relative. Your grandmother who died of a **heart** attack at age 80 doesn't count, for example.

3. High blood pressure:

- affects 2.5 million **women**
- occurs in 50% of ALL **women** over the age of 55.
- is 2.5 times more likely to affect African American **women**
- Since it is the “silent killer”, most **women** walk around with high blood pressure without ever knowing it

4. cigarette smoking:

- heart** attack risk is 2-6 times greater in smokers
- second hand smoke increases your risk of **heart** disease by 30%
- women** who smoke and take birth control pills have a 21% increase in **heart** attacks

5. Diabetes:

a. **women** with diabetes have a higher risk of for **heart** disease than men with diabetes. Overall, 18.2 million people are effected by diabetes which represents 6.3% of the population.

6. high cholesterol

- 58% of **women** have an unacceptable cholesterol of greater than 200
- 28% of **women** have a dangerous level of cholesterol of greater that 240
- Normally, we want to see a cholesterol level of 100 plus your age

HEALTH

Pre-Existing Condition Insurance Plan Enrollment is Open

The District of Columbia Department of Insurance, Securities and Banking (DISB) reiterates the availability of the Pre-Existing Condition Insurance Plan (PCIP) through the US Department of Health and Human Services (DHHS). The program provides affordable health insurance for District residents unable to purchase health coverage in the commercial marketplace because of a pre-existing medical condition.

PCIP was first announced in September 2010 by the DC Department of Health Care Finance, a co-chair of the District's four-member Health Reform Implementation Committee, along with DISB. The PCIP was established by the federal health reform legislation, the Patient Protection and Affordable Care Act, as a transitional program that provides coverage until the health insurance exchanges are launched in 2014. To qualify for the PCIP, one need to have a pre-existing condition, has not been insured for at least six months prior, and must be a U.S. citizen or resident alien. The program is administered by GEHA, a health insurance carrier under contract with DHHS.

District residents can apply for the program, with coverage starting less than a month later. Information on the application process and monthly premium rates for DC can be found at www.pciplan.com.

SENIOR CELEBRATION FOR VALENTINE'S DAY

Seabury Ward 5 Aging Services and Councilmember Harry Thomas are hosting a **Seniors Valentine's Day Party**
Friday, February 11, 2011
Teamster Union Hall, 3100 Ames Place N.E.
For more information and to RSVP call Vivian Grayton at 202-529-8701. Space is limited, first come, first served.

TALKING ABOUT RELATIONSHIPS

Washington Seniors Wellness Center's Men's Initiative will hold an event
"Passing it On: An Intergenerational Discussion about Relationships"
February- 11:30 am – 1:00 pm
3100 Alabama Avenue SE, 202-581-WELL (9355)

DC SENIOR RESOURCE GROUP PANEL PRESENTATION:

SENIOR GAY AND LESBIAN: DON'T ASK, PLEASE TELL

Monday, February 7 at 8 am
Methodist Home, 4901 Connecticut Avenue NW Washington, D.C. 20008

Megan Wallace, Esquire of Zavos Juncker Law Group, will speak on legal issues impacting LGBT elders.
Joseph Kapp, Lincoln Financial Advisors will focus on Financial Planning strategies for LGBT elders,
Daniel Wilson, LICSW, LGBT Counseling Center, will discuss defining LGBT and fluidity, the psychosocial challenges of older LGBT's and the need for staff education.
Moderated by **Sandy Douglass, CEO/Administrator, Methodist Home**

METRO ACCESS PROPOSED POLICY CHANGE FOR USERS VERIFICATION

I wanted to alert everyone of important Metro Access news that Washington Metropolitan Area Transit Authority (WMATA) officials related to advocates and consumers at a recent meeting.

A few months ago, WMATA announced plans to implement a policy for users of Metro Access. Specifically, in any situation in which an individual contacted Metro Access on behalf of a prospective Metro Access customer to schedule an eligibility assessment, the person contacting Metro Access would have to verify that he or she was the guardian or agent under a power of attorney of the prospective customer. If the individual could not verify being the guardian or agent of the prospective customer (which would have required the production of a notarized copy of the guardianship order or power of attorney document), then the prospective customer's eligibility assessment would not be completed under any circumstances.

Dozens of consumer and parent advocates signed on to a letter written by the Quality Trust for Individuals with Disabilities to WMATA officials expressing opposition to the policy and outlining the problems with the policy's application. The letter was sent to WMATA officials last week, and it is attached.

Several individuals who signed on to the letter (including myself) attended a meeting with WMATA officials this morning at WMATA's headquarters downtown. Christian Kent, WMATA's assistant general manager for access services, and Frank Roth, WMATA's director of the Office of Eligibility Certification, represented WMATA at the meeting. During the meeting, Mr. Kent announced that WMATA is revoking the policy.

This is very good news, and please forward this information to anyone who you believe may be interested. This issue, however, is not over. WMATA continues to have a concern about third parties contacting Metro Access on behalf of prospective customers, and it wants to develop a policy that will limit problems that may stem from situations in which, for example, the contacting party does not attend the eligibility screening meeting with the prospective customer. The conversation on this topic will continue at the February 7th meeting of WMATA's Accessibility Advisory. The meeting will take place at WMATA's offices at 600 5th Street, NW, at 5:30 p.m.

Gene Coffey

Gene Coffey, staff attorney
National Senior Citizens Law Center
1444 Eye Street, NW, Suite 1100
Washington, DC 20005
(202) 683-1992 (direct)
(202) 289-7224 (fax)
www.nsclc.org

“Protecting the rights of low-income older adults”.

Through advocacy, litigation, and the education and counseling of local advocates, we seek to ensure the health and economic security of those with limited income and resources, and access to the courts for all.

EDUCATION WORKSHOPS FOR SENIORS ON DMV ONLINE SERVICES



The DC Department of Motor Vehicles (DMV) offers more than 30 online services. Customers can literally skip the trip to the DMV and virtually take care of all of their DMV needs.

D.C. Department of Motor Vehicles will hold several community education forums for seniors on the use of their online services.

At the workshops, senior residents will have an opportunity to:

- ▶ Ask questions of the Director of Motor Vehicles
- ▶ Learn the benefits of online services
- ▶ Learn the special services for seniors
- ▶ Learn what services are available online
- ▶ Learn how to access online services
- ▶ Learn where seniors can access computers

Wednesday, February 2, 1:00 pm
Model Cities Senior Wellness Center, 1901 Evarts Street N.E.

Wednesday, February 9, 11:30 am
Washington Seniors Wellness Center, 3001 Alabama Avenue S.E.

Thursday, February 17, 11:00 am
Congress Heights Senior Wellness Center
3500 Martin Luther King Jr. Avenue S.E.

Thursday, February 24, 12:15 pm
St Albans Episcopal Church
3001 Wisconsin Avenue N.W
202-363-8286 x 115

Monday February 28, 11:00 am
Hattie Holmes Senior Wellness Center, 324 Kennedy Street N.W.

DMV Staff will be on hand to provide technical assistance.

COLD WEATHER CAN INCREASE RISK TO THE ELDERLY IN HOME

About 600 people in the U.S. die each year from a dangerous medical condition called hypothermia, and about half of those are over the age of 65.

Hypothermia occurs when a person's body temperature drops below 95 degrees because of exposure to cold temperatures. The danger isn't limited to being outside in winter weather. It can also occur from exposure to cold temperatures inside as well. The elderly are often at risk for hypothermia because they lose body heat faster. Older adults also may have complicating medical conditions or take certain medications that affect their ability to gauge how cold they are.

If you have an elderly relative or friend, watch for these signs of hypothermia and call 911 if you suspect the condition:

- Sleepiness
- Confusion
- Cold hands and feet
- Pale skin
- Slurred or slow speech
- Slow or shallow breathing
- Clumsy or unsteady movements

What can family and friends do until medical help arrives?

- Wrap the person in a warm blanket.
- Do not rub the person's legs or arms.
- Do not try to warm the person in a bath, and do not use a heating pad.

KEEPING WARM INSIDE

1. Set your heat at 68 degrees or higher. To save on heating bills, close off rooms you are not using.
2. To keep warm at home, wear long johns under your clothes. Throw a blanket over your legs. Wear socks and slippers.
3. When you go to sleep, wear long johns under your pajamas, and use extra covers. Wear a cap or hat.
4. Ask family or friends to check on you during cold weather.

INFORMATION AND ASSISTANCE

- **D.C. Office on Aging** (202) 724-5626

The Information and Assistance Office can link seniors with needed services and provide you with general info 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

The hotline is available Monday through Friday 8:15 a.m. to 4:45 p.m. and offers information and financial assistance with utilities.

WINTER **SIDEWALK** SAFETY LEGISLATION
*PEDESTRIAN SAFETY MEASURE WOULD AUTHORIZE DISTRICT TO ISSUE FINES
THOSE WHO DO NOT CLEAR **SIDEWALKS** OF SNOW AND ICE*

Councilmember Mary M. **Cheh** (Ward 3) and Councilmember Tommy Wells (Ward 6) introduced legislation at January 4 meeting that would provide the Mayor with the authority to issue \$25 fines to residents and \$250 fines to businesses who fail to clear **sidewalks** within 8 daylight hours after the end of snowfall. “

The Winter **Sidewalk** Safety Amendment Act of 2011

Currently, the District’s law imposes an obligation on property owners to clear snow and ice from their **sidewalks** within 8 daylight hours after the snow falls. If the property owner does not, the District must clear the **sidewalk** and then file a lawsuit against the owner to recover costs, though the amount of recovery is capped at \$25.

Although the bill did not receive a vote in Committee on Public Works and Transportation in the last Council period, a report by the Council’s Office of Policy Analysis recommended that the Council “give[e] ticketing authority to municipal workers who are outdoors and can see problems on site.” Other jurisdictions, including New York City, Alexandria, VA, and Frederick, MD, all impose fines on property owners who do not clear their **sidewalks**.

Let Councilmember Cheh know how you feel about this proposal will impact seniors.

Office of Councilmember Mary M. Cheh

John A. Wilson Building
1350 Pennsylvania Avenue NW, Suite 108
Washington, DC 20004

Phone: (202) 724-8062

Fax: (202) 724-8118

To request a meeting or to invite Mary to an event e-mail Anthony Lopez at alopez@dccouncil.us. This e-mail address is being protected from spam bots. You need JavaScript enabled to view it.

FREE TAX ASSISTANCE

INTERNAL REVENUE SERVICE TAX ASSISTANCE D.C. LOCAL OFFICE

□77 K Street NE, Washington, DC 20002 Monday-Friday 8:30 am – 4:30 pm. Free Tax preparation assistance for the 2010 Tax year is available for Federal Tax Returns. Also available forms and information and assistance available. (202) 874-6748

DC SAVES TAX PREPARATION SITES

DC SAVES Earned Income Tax Credit (EITC) Campaign program offers free one-on-one counseling as well as assistance on the telephone and internet to help individuals prepare basic tax forms, including the 1040, 1040A, 1040EZ and other standard schedules. Families with an income less than \$42,000, individual less than \$22,000. Call 1-877- SAVE-5150 or visit www.dceitc.org for more info on what to bring.

□Jubilee Jobs, 2712 Ontario Road, NW

To make an appointment call 202-667-8970. Appointment and walk in Language(s): English, Spanish

Mon, Tues, Wed & Thurs - 6:00pm-8:00pm and Saturdays - 9:00 am-4:00pm

□SE Comm Credit Center at Capitol One Bank, 2831 Alabama Avenue SE

Wed, 6:00 pm -8:30 pm and Sat, 9 am -3:30 pm

□Petey Greene Center, 2807 Martin Luther King Jr. Avenue SE

Mon, Tues, Thur, 6:00 pm - 7:30 pm and Sat, 10 am -2 pm, - Dates: 2/5,2/12, 3/9 and 4/9

□Martin Luther King Memorial Library

901 G Street NW (NE Corner of 9th & G), Basement Level A9 and A10

Days/Hours (Language(s): English, Spanish)

Mondays and Tuesdays 4:30 p.m. - 8:00 p.m. Thursdays 1:30 p.m. - 4:00 p.m.

Saturdays 9:30 a.m. - 4:30 p.m. Sundays 1:00 p.m. - 4:00 p.m.

Special Dates: **Monday, April 18 and Tuesday, April 19 4:30 p.m. - 8:00 p.m.**

ELEANOR HOLMES NORTON TAX AND FINANCIAL SERVICES FAIR FOR DC RESIDENTS

□Saturday February 26 at Walter E. Washington Convention Center, 801 Mount Vernon Place, NW, 10:00 – 1:00 *Rooms 143-152* ,

Items needed for tax processing include:

Photo ID, W-2, IRS Forms 1098 & 1099, Itemized Deductions, Social Security card for you, your spouse, AND any dependents, 2009 tax returns, a blank check for direct deposit is needed.

Other services that will be offered on that day include FAFSA Form Help, Housing & Mortgage Counseling, and Credit Counseling DC TAG & Other Grants, DC College Savings Plan, Identity Theft Prevention, Low- Cost Credit Union Banking & Loans

AARP Tax-Aide Program

From February 1 through April 15th each year, the AARP Tax-Aide and DC SAVES program offers free one-on-one counseling, as well as assistance on the telephone and internet to help individuals prepare basic tax forms, including the 1040, 1040A, 1040EZ and other standard schedules. In addition, the AARP Tax Aide Program will provide in-home service for the homebound. John Willging, AARP DC Tax Aide Coordinator at jjlgwillging@verizon.net or 202-434-2277.

| | | |
|-----------------------------|------------------------------------|--|
| CHEVY CHASE COMM CENTER | 5620 Connecticut Ave. NW | Wednesday: 9:00AM-1:00PM, Thursday: 1:00PM-5:00PM |
| GEORGETOWN LIBRARY | 3260 R ST NW | Thursday: 1:30PM-5:30PM |
| CLEVELAND PARK LIBRARY | 3310 Connecticut Ave. NW | Tuesday: 1:00PM-4:30PM |
| FRIENDSHIP TERRACE | 4201 Butterworth Place NW | Thursday: 1:00PM-4:30PM, 2/4, 2/18, 3/4, 3/18, 4/1 and 4/15 |
| TAKOMA PARK LIBRARY | 416 Cedar Street NW | Thursday: 1:00PM-4:30PM |
| PEOPLES CONGREGATION UCC | 4704 13 th Street NW | Tuesday: 10:00AM-2:00PM, Thu 10:00AM-2:00PM |
| EMERY RECREATION CENTER | 5801 Georgia Avenue NW | Thursday: 10:00AM-3:30PM |
| FORT STEVENS REC CENTER | 1327 Van Buren Street NW | Friday: 10:00AM-1:30PM |
| LAMOND RIGGS LIBRARY | 5401 South Dakota Ave. NE | Wednesday: 10:00AM-2:30PM Thursday: 1:30PM-5:30PM |
| WOODRIDGE LIBRARY | 1801 Hamlin Street NE | Friday: 10:00AM-2:00PM |
| MT. HOREB BAPTIST CHURCH | 3015 Earl Pl. NE at Bladensburg Rd | Wednesday: 10:00AM-1:30PM |
| TRINIDAD RECREATION CENTER | 1310 Childress Street NE | Saturday: 10:00AM-2:00PM |
| SOUTHWEST LIBRARY-Waterside | 920 Wesley Place SW | Monday: 1:00PM-8:00PM Thu 10:30AM-4:00PM |
| FRANCIS GREGORY LIBRARY | 3600 Alabama Avenue SE | Tuesday: 10:30 am – 3:30 pm |
| CAPITOL VIEW LIBRARY | 5001 Central Avenue SE | Tuesday: 10:00AM-1:30PM Thu 10:00AM-1:30PM |
| ANACOSTIA LIBRARY | 1800 Good Hope Road SE | Tuesday: 1:00PM-5:00PM |
| CONGRESS HTS SR WELL CTR | 3500 ML King Jr. Ave. SE | Monday: 10:00 – 2:30 pm, Seniors Only |

Shots for Seniors: The Pneumonia Shot

A new report says almost one of every three District seniors has not been immunized against pneumonia, despite warnings that flu complications can lead to the potentially deadly illness.

The report says more than 45.6 percent of adults ages 65 and older in Washington D.C. had not received the one-time immunization shot. The nationwide rate is 33 percent. By state, Oregon had the best immunization rate, with just under 27 percent lacking the shots.

The 2010 report was released by the Trust for America's Health (TFAH), the Infectious Diseases Society of America and the Robert Wood Johnson Foundation.

Everyone needs a pneumonia shot once around age 65. People with certain chronic conditions may need it sooner. This includes people with:

- Lung, heart, or kidney disease
- Diabetes
- HIV or AIDS
- Cancer.

Pneumococcal disease is a serious infection. Many people are familiar with pneumococcal pneumonia, which affects the lungs. But the bacteria that cause this form of pneumonia also can attack other parts of the body. When these bacteria invade the lining of the brain, they cause meningitis. When they enter the bloodstream, they cause bacteremia. They also can cause middle ear and sinus infections.

The shot is safe and can be given at the same time as the flu shot. Most people only need a single dose. However, the Centers for Disease Control and Prevention (CDC) advises people age 65 and older to have a second dose of the pneumococcal vaccine if they received the shot more than five years ago and were younger than 65 when they were vaccinated the first time. No one should receive more than two total doses of the pneumococcal vaccine that is available now.

The pneumonia shot is fully covered by those who have Medicare Part B. For those seniors who are underinsured or have no insurance contact Ernestine J. Nicholson at 202-965-2972.

DC Commission on Aging Monthly Meeting

Wednesday, February 23, 2011

10 am

441 Fourth Street N.W. 9th Floor Office on Aging Large Conference Room
Washington, D.C. 20001

For more info contact (202) 727-8370

DC Senior Games 2011



On May 2nd through the 6th, the DC Department of Parks and Recreation Senior Services Division will host the 28th Annual 2011 competition for senior adults 50 years of age and older. Opening ceremonies will be held at the Deanwood Recreation Center located at 1350 49th Street, NE (202) 671-3077.

The 28th Annual DC Senior Olympics Games will feature medal competition in more than 15 sporting events, including swimming, tennis, track and field, basketball, table tennis. The yearly competition, hosted by the DPR in partnership with the DC Office on Aging, showcases the athletic ability of District residents. The games provide an excellent method for seniors to maintain or improve their physical agility while enjoying competition and camaraderie.

There is a registration fee of \$15 per athlete, which includes a t-shirt and entry to one or all events. The deadline is 5 pm, April 22, 2011. Registration can be completed online or in person at the designated centers.

Registration Information

If you require registration assistance or accommodations for minor disabilities, please contact DPR Senior Services at (202) 664-7153.

- **Fee:** \$15 per athlete; includes participation in all sporting event(s) and official t-shirt. Fees for Bowling and Golf events are not included.
- **Entry Deadline:** Entry applications must be submitted by 5 pm, April 25, 2011.
- **Registration:** Register online (see instructions below) or go in-person to a DPR Senior Services program center.

Register for Events Online:

1. Go to the [DC Senior Games](https://www.asaponlinereg.com/SessionSchedule.aspx?eventid=64160&org=774) event
<https://www.asaponlinereg.com/SessionSchedule.aspx?eventid=64160&org=774>
2. **Registration Sites:**
 - Hillcrest Recreation Center, 3100 Denver Street, SE
 - Takoma Recreation Center, 300 Van Buren Street, NW
 - Turkey Thicket Recreation Center, 1100 Michigan Avenue, NE
 - Deanwood Recreation Center, 1350 49th Street, NE
 - Wilson Aquatic Center, 4551 Fort Drive, NW
 - Kennedy Recreation Center, 1401 7th Street, NW
 - Fort Stevens Recreation Center, 1327 Van Buren Street, NW
 - Fort Davis Community Center, 1400 41st Street, SE