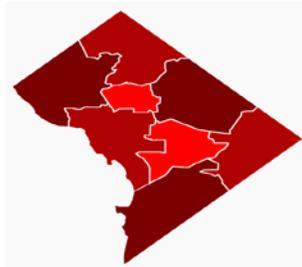


District of Columbia Commission on Aging

AGING TODAY

January 2011



COMMISSION 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

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NEWS ALERT

District-Owned Nursing Facilities Officially Leased

The DC Office on Aging (DCOA) has officially leased both District-owned nursing facilities. On Tuesday, December 14, 2010, the Office on Aging and Department of Real Estate Services (DRES) entered a long-term ground lease with the Vital Management Team (VMT) to operate and manage the JB Johnson Nursing Center (JB Johnson). VMT managed this nursing facility for the past two decades and was the firm selected to operate it for the next 20 years. Additionally, this past summer, the District executed a lease with Stoddard Baptist Foundation for its other nursing facility, Washington Center for Aging Services (WCAS), on July 21, 2010. Stoddard Baptist Foundation also owns and manages Stoddard Baptist Nursing Home here in the District. Both VMT and Stoddard responded to the District's solicitation to lease the two facilities and were selected through a competitive bidding process. Congratulations to VMT and Stoddard Baptist Foundation!

BUREAU RELEASE FIRST INFORMATION FROM 2010 CENSUS

The U.S. Census Bureau recently released the first information from the survey. According to the Census Bureau the official 2010 DC total population is 601,723. This is an increase of 29,664 persons (5.2%) from the 2000 figure. Data from the 2010 Census on Population by race and age is scheduled to be released in early February. The 2009 estimate population 60 years and over was 100,869.

NEW STUDY SHOWS DEEP ECONOMIC ANXIETY AMONG SENIORS

Almost 85 percent of senior citizens and their adult children are deeply pessimistic about the state of the economy and nearly 50 percent of senior citizens worry they will not have enough money to support themselves in retirement, according to the results of a new study, "The Retirement Abyss: America's Seniors' Search for Security" released today.

The new data underscores the depth of the economic recession and its impact on older Americans. One-in-four seniors believe they will not be able to cover their monthly expenses, such as housing and utilities, and nearly 20 percent believe that, without additional cash flow, they will have to give up their homes.

Many are looking into accessing the Revere Mortgage Program if they run into financial difficulty. If you would like information on reverse mortgages, please call AARP at 202-434-2120.

HOW CAN YOU HELP SENIORS GET THROUGH THE WINTER?

- Purchase heaters for seniors in need.
- Contact social service agency or Office on Aging Lead Agency to donate to those who may need heater. Call 202-724-5622 for a list.
- Contribute to Washington Area Fuel Fund (WAFF), a partnership between Washington Gas and Salvation Army. The program exists to keep heat in the homes of people in need during the winter months throughout the greater Washington area. Every dollar of your tax-deductible contribution goes directly to supply this basic necessity - heat, no matter what type of fuel is used. WAFF is unique, receiving no government assistance; it relies on the contributions of neighbors like you. You can donate in the following ways:
 - 1) Mail a one-time contribution. Make your check payable to WAFF and send it to: P.O. Box 1999, Washington, D.C. 20013.
 - 2) Add a donation to your gas bill by checking the box located on your Washington Gas bill stub, or by indicating a fixed monthly pledge on your bill stub.

- **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.

COMMUNITY EMERGENCY RESPONSE TEAM (CERT) TRAINING

Free Emergency Preparedness Training taught by First Responders. Share with family, friends, and community! Make sure that they know how to take care of themselves, family, and community. Course includes fire safety, disaster triage, light search and rescue, terrorism awareness, and structured response.

To register now for CERT Training which will be held at 441 Fourth Street, NW, 11th Floor Conference Suites on **Monday—Friday, February 21-25, 2011, 6-9pm.**

For more information, please visit:

<http://www.serve.dc.gov/cncs/cwp/view,a,1197,q,525633.asp> or e-mail Shirley.Hall@dc.gov

PEPCO INSTALLING NEW DC SMART GRID/METER

PEPCO has begun installing a new type of electric "smart meter" at the premises of every electric customer in the city. All of the new meters should be installed by the end of 2011. The new meter will continue to bill your usage on a monthly basis. Most consumers should not see any change in the format of your electric bill. New rates for the smart grid will be implemented in 2013.

The D.C. Office of the People's Counsel and
The Office of Disability Rights/
D.C. Commission on Persons with Disabilities

Present a Smart Meter Education Consumer Session

Smart meters are a digital device that records electricity usage on an interval basis, it is equipped with wireless communications technology that transmits the consumer's usage data to PEPCO. A PEPCO representative will be there to explain the process and how it will affect person with disabilities. Persons who use medical equipment in their homes will want to be educated on the new "Smart Grid" infrastructure.

Please share this with residents, clients, caregivers and all homeowners with disabilities.

- What to do to prepare for the meter exchange?**
- How to alert PEPCO that someone in your home has special medical needs?**
- The steps of the meter installation process**
- Proposed changes to rates, bills & services**

Date: Tuesday, January 25, 2011

Time: 9:30 a.m. - 12:00 p.m.

**Location: One Judiciary Square
441 4th Street, NW, First Floor (Old Council Chambers)**

To register for the Smart Meter Education Workshop, please visit
<http://smeter.eventbrite.com> or call 202.727.3071.

To request reasonable accommodations, please call 202.724.5055, by
January 18, 2011.

NEWS ALERT

SAVING DISTRICT HOMES AGAINST FORECLOSURE

The DC Department of Insurance, Securities and Banking (DISB) recently issued a bulletin to inform licensed residential mortgage lenders and mortgage borrowers of the enactment of a new emergency law requiring mortgage lenders to go through six months of mediation with a homeowner before proceeding with a foreclosure.

DISB has been a vocal proponent of offering mediation and counseling as alternatives to help keep our residents in their homes who are facing foreclosure.

DISB currently forwards referrals to District of Columbia housing counselors for one-on-one support and assistance; co-hosts foreclosure prevention seminars; and makes available its Foreclosure Mitigation Kit. "Foreclosure is not always the only option, and oftentimes, the circumstances surrounding a threatened foreclosure dictate that an alternative resolution is a good option for that homeowner.

The legislation requires lenders to send homeowners a form to opt in or out of mediation when the homeowners receive foreclosure notices from the lenders. If borrowers choose to opt in, they will enter mediation with their lender and have 90 days, in addition to the 30 days they had prior to deciding whether to opt in or out, to work out a deal. Mediation allows the borrower and the lender's representative to negotiate, with the guidance of foreclosure mediators, impartial go-betweens hired by the agency to preside over mediation sessions geared to facilitate alternatives to foreclosures, such as loan modifications. DISB will administer the program, set fees and ensure that certificates of mediation are issued to homeowners. The emergency legislation will expire Feb. 15, 2011. The permanent version, Bill 18-691, is pending.

Any questions regarding the implementation of the new law, please contact DISB Deputy Commissioner Christopher Weaver at (202) 442-7774 or by e-mail at Christopher.Weaver@dc.gov.

NO COLAS FOR VETS

Like recipients of Social Security and other federal benefits, Veterans, their families and survivors will also not see a cost-of-living adjustment(COLA) in 2011 to their compensation and pension benefits from the Department of Veterans Affairs (VA). Under federal law, the cost-of-living adjustments to VA's compensation and pension rates are the same percentage as for Social Security benefits. VA provides compensation and pension benefits to Veterans and beneficiaries. For more info about VA benefits, go to www.va.gov or call 1-800-827-1000.

NEWS ALERT

SENIORS BEWARE: PHONE SCAM TARGETS GRANDPARENTS

The phone rings. When the elderly woman answers, a panicked caller on the other end claims to be a grandchild or another relative in urgent need of help.

There's been an accident, or an arrest, or a hospital visit. They are in the Dominican Republic or Canada, or England. They need cash, immediately, or there will be consequences.

Authorities in more than a dozen states and across Canada are investigating similar calls over the past few months in what appears to be a resurgence of a fraud scheme that began a few years ago.

The Better Business Bureau of Metro Washington D.C. and Eastern Pennsylvania said it has encountered an increase in reports of these calls in the region over the past year.

In some cases, flustered and well-meaning grandparents have sent thousands of dollars via untraceable wire transfers -- only to learn that their loved ones were safe and that the unidentified caller had bilked them of large chunks of their savings.

Johnson pointed to the case of a 78-year-old grandmother in Falls Church who received a call recently. The caller, pretending to be a relative, said they were in Canada and desperately needed \$1,732 for medical bills related to a hit-and-run accident.

She couldn't pay, and she felt horrible because she didn't have the money.

Dubbed the "Grandparent Scam, a caller claimed to be a grandchild in a Dominican Republic jail and then passed the phone to an "officer" who asked for a wire transfer of more than \$5,000. After sending the money, the callers asked for more. The grandparent later learned that the real grandchild was safe.

The caller may have very basic information and other details that easily could have been gleaned from public Internet searches or possibly by using an online family tree web site.

Law enforcement officials, the Better Business Bureau and the Federal Trade Commission urge people who receive such calls to be skeptical and ask lots of questions.

They also recommend never sending wire transfers to someone you don't know, as the transfers are like cash: Once they're gone, they're gone for good.

These scams usually revolve around some sense of urgency, and these grandparents get caught off-guard and end up making emotional decisions instead of logical ones.

HEALTH

DC Department of Health Has New Official Address

The DC Department of Health's main building, previously known as 825 North Capitol Street, NE has changed its address to 899 North Capitol Street, NE. The United States Postal Service will continue to deliver mail addressed to 825 North Capitol for a short period of time in order to ensure that mail and packages are not lost in the change.

RESOURCE GUIDE ON SERVICES AND INFORMATION AVAILABLE

- **Get your free copy of Iona 's new 2010 Resource Guide.** This valuable resource contains information about DC metro area adult day services, home care agencies, mental health providers, legal resources, and more. For more info, or to receive your free copy, contact IONA at 202-895-9448 or info@lona.org.

Pre-Existing Condition Insurance Plan Enrollment is Open

Washington, D.C. (Jan. 19, 2011) — 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 needs 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.

TRANSPORTATION

WMATA BUS CHANGE HELPS SENIORS

Effective on Dec. 19, bus **route H6 was rerouted into Fort Lincoln in order to serve Wesley House Senior Residences (3400 Commodore Joshua Drive NE).**

Previously, riders who live at this building, would have to get off several blocks away and walk up a hill.

MetroAccess Riders to Prepay by Phone, Online or Use Cash for Trips



Tokens, paper fare cards phasing out effective January 31

In an effort to simplify and save customers time in paying fares, Metro is encouraging its MetroAccess riders to use remaining tokens and paper fare cards before January 31, 2011, when they will be discontinued for use.

While paper fare cards and tokens are being phased out, Metro is encouraging MetroAccess customers to prepay for trips by phone or online using a credit or debit card with MetroAccess EZ-Pay. The service has been available to customers since May 2009. SmartBenefits customers may also take advantage of MetroAccess EZ-Pay. Customers can view step-by-step instructions on how to use EZ-Pay online, or they can call 301-562-5360 to request that a brochure be mailed to them. In addition to EZ-Pay, MetroAccess fares also may be paid in cash in the exact amount at boarding.

Since December 5, MetroAccess fares were 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 was taken on fixed-route services (Metrobus and Metrorail), up to a maximum fare of \$7.

SPECIAL EVENT

**D.C. Office on Aging
and
Department of Motor Vehicles
Present**

EDUCATION WORKSHOPS FOR SENIORS ON DMV 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

DMV Staff will be on hand to provide technical assistance.

Thursday, January 27, 11:30 am

Washington Seniors Wellness Center, 3001 Alabama Avenue S.E.

Tuesday, February 1, 11:00 am

Hattie Holmes Senior Wellness Center, 324 Kennedy Street S.E.

Wednesday, February 2, 1:00 pm

Model Cities Senior Wellness Center, 1901 Evarts Street N.E.

Thursday, February 17, 11:00 am

**Congress Heights Senior Wellness Center
3500 Martin Luther King Jr. Avenue S.E.**

For more information or if you need interpreter services, please contact 202-727-8370 five days before event.

The D.C. Department of Motor Vehicles (DMV) provides driver licenses, identification cards, vehicle registrations, parking and moving violations hearings and ticket payments. They can be reached online at dmv.dc.gov or by dialing (202) 311. 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.

THE LEAD AGENCY FOR WARD 8 HAS CHANGED:

Please refer to the new Ward 8 lead agency for aging services as:

AHI Senior Services

4301 9th Street SE
Washington D.C. 20032
202-562-6860

AHI Senior Services Deaf and Hard of Hearing Senior Center

Deaf and Hard of Hearing Program
114 Wayne Place SE
Washington DC 20032
(202) 562-1041

The **services** that they provide to Ward 8 senior citizens (persons 60 years and older) include:

Advocacy, Information and Referral and Outreach for:

Independent and Active Seniors

- Nutrition Education and Counseling
- Workshops and Special Events at Centers
- Midday Meal and Activity Program
- Home Delivered Meals
- Recreational/Socialization Field Trips and Activities
- Transportation to Center, Group Trips and Special Events
- Counseling

Frail and Vulnerable

- Geriatric Assessment & Case Management
- Transportation to Medical and other essential Appointments
- Family Support and Case Management
- Caregiver Support and Assessment
- Medicaid Waiver Services for the Elderly and Disabled
- Senior Center for the Hearing Impaired

OTHER LEAD AGENCIES BY WARDS

- BARNEY SENIOR PROGRAM (Wards 1 and 4) 202-939-9020
- EMMAUS SERVICES FOR THE AGING (Ward 2) 202-745-1200
- WEST RIVER FAMILY STRENGTHENING COLLABORATIVE (Ward 6) 202-608-1340
 - IONA SENIOR SERVICES (Ward 3) 202-966-1055
- SEABURY RESOURCES FOR THE AGING (Ward 5) 202-529-8701

SPECIAL ALERT

COLD ALERT RESPONSE FOR SENIORS

Once a cold or winter weather emergency 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 in warm places; wearing several layers of dry clothing; wearing a windproof outer layer; heavy socks; boots or shoes with insulation and lining; a hat and mittens when outdoors; reschedule appointments if possible; taking a warm bath or shower; and drinking plenty of non-alcoholic liquids. In addition, seniors should keep the heat on, even if it is at a low level, to prevent pipes from freezing. The following are other helpful community resources to be utilized during the cold weather alert:

IMMEDIATE EMERGENCY RESPONSE

- **Emergency Assistance** **911**

In a life threatening situation contact for Police, Fire and ambulance services. There is a charge for DC ambulance transportation to health care 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 heating 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.

- **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 call 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 who to contact for other assistance also for non medical emergency assistance and service information after hours, holidays and weekends. Open 24 hours a day, 7 days a week.

SPECIAL ALERT

COLD ALERT RESPONSE FOR SENIORS: UTILITIES

UTILITY EMERGENCY REPAIR

- **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.

- **Washington Gas** (703) 750-1400

To report gas leakage or outage in your residence. Also, let them know if there are persons in your household with health problems.

- **DC Water and Sewer Authority** (202) 612-3400

Call to report any water problems including bursting of pipes (24 hours a day)

- **Comcast Cable** (202) 635-5100

To report cable television outage.

EMERGENCY RESOURCES AND INFORMATION

- **Yellow Pages** 411

If your heat goes out inside your private residence, check the yellow pages or call directory assistance for listing of heating contractors.

DC COMMISSION ON AGING WILL MEET IN THE NEW YEAR

The next DC Commission on Aging meeting will be
Wednesday, January 26, 2011.
441 Fourth Street, N.W., 9th floor Large Conference Room



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

