

District of Columbia Commission on Aging

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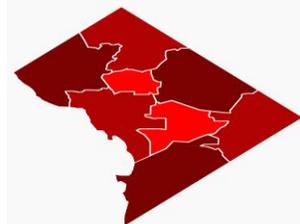
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AGING TODAY

June 2011



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NEWS ALERT

AGING BUDGET INTACT

The Mayor's release of the FY 2012 Local Budget to the Council was submitted on April 1 and calls for DCOA funding to be at same level as FY 2011(\$16,165,000). This will ensure that there will be no major disruption of serious reduction to service delivery to the Washington elderly. The City Council has until May 24th to make changes to the Mayor's proposed budget.

Jacqueline Arguelles Excerpt from April Hearing before the Committee on Aging and Community Affairs on FY 2012 Budget:

"HOWEVER, WE HOPE THE COUNCIL, IN ITS DELIBERATIONS, CAN FIND ANY ADDITIONAL FUNDS THAT CAN BE PROVIDED, TO ALLOW THE OFFICE ON AGING TO SERVE MORE SENIORS, NOT JUST MAINTAIN THE CURRENT LEVEL".

HEARING FOR OFFICE ON AGING EXECUTIVE DIRECTOR

A John M. Thompson Confirmation Resolution
Of 2011, PR 19-0205 public hearing was held on June 8 before the Committee on Aging and Community Affairs, Chaired by Councilmember Marion Barry on June 8, 2011,

**HOMESTEAD DEDUCTION & SENIOR CITIZEN OR DISABLED TAX
RELIEF APPLICATION STREAMLINE**

The District of Columbia Office of Tax and Revenue (OTR) announced recently that it has revised the Homestead Deduction and Senior Citizen or Disabled Tax Relief application to streamline the processing for homeowners. With this new revised application, homeowners are not required to provide supporting documents when submitting the application. OTR will audit all applications for accuracy.

Effective May 2, 2011, OTR will no longer accept outdated applications. Outdated applications will be returned to the applicant. Homeowners are encouraged to complete the application at settlement and have the settlement company file the application on their behalf.

The Homestead deduction reduces a real property's assessed value by \$67,500 prior to computing the yearly tax liability. The senior citizen or disabled tax relief reduces the tax bill by 50 percent.

Owners of properties receiving these tax benefits are responsible for notifying OTR when eligibility ceases. Written notice, including the square and lot of the property, or a completed Homestead cancellation form, must be sent within 30 days of a change in ownership or owner-occupancy status.

The newly revised application and the Homestead cancellation form are available on OTR's Web site under "Tax Forms/Publications."

METRO VOLUNTEER AND TRAINING HELP NEEDED

VOLUNTEERS SERVE AS VOICE FOR RIDERS WITH DISABILITIES, SENIOR CITIZENS

Metro is looking for riders with disabilities and senior citizens to fill 14 available positions on the volunteer Accessibility Advisory Committee. Positions are available for District of Columbia, Prince George's County, Montgomery County, Fairfax County, Arlington County and City of Alexandria residents. The committee's efforts have resulted in numerous service upgrades, including gap reducers which make it easier for riders who use wheelchairs to board Metrorail trains.

Metro is looking for customers who ride Metro bus, Metrorail and Metro Access, and are not Metro employees, contractors or elected officials to fill the vacancies. All positions are unpaid. Metro's Board of Directors will make the final selection of candidates.

Applications can be found online at www.wmata.com/aac, in person at Metro Headquarters, 600 Fifth Street, NW, and at Metro Sales Centers at Pentagon, Anacostia, and Metro Center Stations, or by calling 202-962-6060.

SENIOR COMMUNITY SHRED EVENT FREE SHREDDING

In an effort to promote a Safe Community, AARP Legal Counsel for the Elderly (LCE) Senior Medicare Patrol Project (SMP) and Safeguard Shredding are hosting

A Safe and Secure Senior Community Shred Event.

*When: Monday, June 20, 2011 at 10:00 a.m. to 2:00 p.m.
Emery Recreation Center, 5701 Georgia Avenue, NW Washington, DC 20011*

*****We will shred up to 3 boxes of personal papers and records*****

Questions? Call: 202.434.2127 or Email: LCESMP@aarp.org

*We will accept All Types of Paper (staples and papers clips are okay)
Any Confidential Printing, Archive Records, Colored Stock Folders **No business or commercial material will be accepted.***

UPCOMING SENIOR EVENTS OUTDOORS



ANNUAL SENIOR PICNIC

Thursday, June 30, 2011

10 am – 2 pm, Oxon Run Park, Valley Avenue and Wheeler Road S.E.

The senior picnic is where seniors from all over the city enjoy socializing with each other while enjoying live entertainment, music, various board games, various health exhibits and a very nice lunch out on the park site.

SENIOR FUN CAMP

CAMP Riverview

Scotland, Maryland

Monday, August 22, 2011- Friday August 26, 2011

Scheduled to return on Friday at 2 pm

Senior Fun Camp is about getting away and enjoying yourself. Activities include dance and exercise, arts and crafts, fishing, games and entertainment. The Senior Services Division also shows seniors how to better prepare healthy meals while learning how to check their own blood pressure as well as learning how to control/manage their diabetes.

For more information call 202-664-7153 or Jennifer.Hamilton@dc.gov

LOOKING FOR CENTENARIANS

The Office on Aging is looking for District of Columbia residents who are 100 years and older. The city wants to invite the centenarian and their families to a special recognition luncheon. For more information contact (202) 724-5626.

IMPORTANT NUMBERS 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. In addition, seniors should keep the air conditioner and/or fan on, even if it is at a low level.

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 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.

- **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.

GOVERNMENT ASSISTANCE

- **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 can 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 or inquiry about city services.

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

This office can give you information about public cooling centers and who to contact for other assistance. For non medical emergency assistance and service information after hours, holidays and weekends. Open 24 hours a day, 7 days a week.

IMPORTANT NUMBERS FOR SENIORS DURING HEAT EMERGENCIES

- **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. Also identify program centers that are designated as 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

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

- **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** (202) 612-3400

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

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

To report television cable outage.

EMERGENCY RESOURCES AND INFORMATION

- **Yellow Pages** 411

If your cooling system or air conditioner goes out within your private residence, check the yellow pages or call directory assistance for the listing of heating and cooling contractors. Check to see if they are licensed and bonded.

HELPING SENIORS GET THROUGH THE SUMMER MONTHS TEN SUGGESTIONS

1. Donate Money towards the purchase of fans and air conditioners
2. Donate new air conditioner
3. Donate a new fan.
4. Assisting seniors who need air conditioner servicing in private homes
5. Assist in installing air conditioner.
6. Volunteer to transport seniors to cooling centers or essential shopping trips.
7. Donate and install insulation in private homes of seniors.
8. Donate bottled water, and bottled juices (100% fruit juices)
9. Donate hand fans.
10. Opening up your business\church as a cooling center.

Call D.C. Office on Aging Information and Assistance for suggested places to donate your services and money at (202) 724-5626

WHAT IF I DO NOT HAVE AN AIR CONDITIONER?

Seek out the nearest facility that is air conditioned, such as a cooling shelter, a senior citizen center, a church, libraries, the local YMCA or a public cooling center designated by the city. Even short periods of time in a cool environment will lessen the risk of heat injury. Fans alone will not effectively cool an overheated person when air temperatures are above 100 degrees F.

If you know of older persons staying in extreme heat but being afraid to open windows or to venture out of their homes. In these situations, people may want to contact the Office on Aging for advice and assistance to get to the nearest public cooling center.

Click It or Ticket Campaign Targets Unbelted Drivers after Dark

62 Percent of Night-Time Traffic Fatalities Not Wearing Seatbelt

Washington, D.C. – The District Department of Transportation (DDOT) is joining forces with the Metropolitan Police Department (MPD) and other local and national law enforcement officers and highway safety advocates all across the country for the 2011 national *Click It or Ticket* seatbelt enforcement mobilization. The enforcement effort began today and will continue through June 5.



During the mobilization, officers will be cracking down on motorists who fail to wear their seat belts – both day and night.

However, because nighttime passenger vehicle occupants are among the least likely to buckle up and most likely to die in crashes when unrestrained, nighttime enforcement has become a priority of the *Click It or Ticket* mobilization. Of those who have died in nighttime crashes in 2009, 62 percent were not wearing seat belts at the time of their fatal crashes.

In 2009, 11,593 passenger vehicle occupants died in motor vehicle crashes nationwide between the nighttime hours of 6 p.m. and 5:59 a.m., according to the National Highway Traffic Safety Administration.

“Many more nighttime traffic deaths can be prevented if more motorists simply start wearing their seatbelts,” remarked Terry Bellamy, DDOT’s Acting Director. “That’s why DDOT strongly supports nighttime enforcement of seatbelt laws during the *Click It or Ticket* campaign. Please be safe and buckle up.”

The District of Columbia has made major strides in getting drivers to buckle up and is currently among the national leaders in compliance. From 1997 to 2010, the percentage of belted drivers rose from 58 percent to 92 percent; the national average in 2010 was 85 percent. In light of the overall high level of compliance, the District and other jurisdictions are turning their focus on night-time hours, when seat belt efforts can make the most difference in saving lives and preventing injuries.

Seat belt use saves thousands of lives each year across America. In 2009 alone, seat belts saved 12,713 lives nationwide.

Remember this May 23 to June 5: *Click It or Ticket*. Buckle up and encourage your loved ones to do the same. You’ll save the cost of is a ticket and may even save a life.

About Click It or Ticket

Every year during the Memorial Day holiday period, law enforcement agencies join forces day and night, from coast-to-coast, in an enforcement blitz encouraging citizens to buckle up. The mobilization is supported by national and local paid advertising and earned media campaigns aimed at raising awareness throughout the nation. To learn more, please visit www.DCRoadRules.com.

ROLLDC NEW TRANSPORTATION OPTION

Federal and DC Officials recently held a dedication event to promote the new ROLL DC Program. Persons using wheelchairs now have access to **rollDC's** full service fleet of 20 accessible taxicabs, provided by Royal Cab and the Yellow Cab Company of D.C. The service is available 24 hours a day, 7 days a week.

rollDC is a curb-to-curb service for people who use standard-size wheelchairs or scooters and cannot use traditional taxi sedans. Trips may be reserved up to a week in advance, the accessible taxis can accommodate up to 4 passengers in addition to the person using the wheelchair, and rates for the accessible taxi service are the same as those for traditional taxi services in D.C.

Scheduling trips can be done on line or by phone contact:

Yellow Cab Company of D.C.

(202) 544-1213

www.dcyellowcab.com

Royal Cab

(202) 398-0500

www.dctaxionline.com

HOW CAPITOL HILL IMPACTS DC SENIORS?

Congresswoman Eleanor Holmes Norton
In Cooperation with AARP and Arena Stage
Presents

Annual DC Senior Legislative Day
Wednesday June 29, 2011
11:00 am – 2:00pm
Arena Stage
1101 Sixth Street, SW, Washington, DC 20024

**Please RSVP to Mark Chastang at Congresswoman Norton's office by June 15, 2011 at
202-783-5065**

Mark.Chastang@mail.house.gov

MS. AMERICAN CLASSIC, WOMAN OF THE YEAR PAGEANT

Lincoln Theatre, 1215 U Street N.W.
Washington, DC 20009

Sun, Jun 12, 2011 2:00 PM

DC SENIORS CELEBRATE JUNETEENTH

African American Civil War Memorial and the Black History Celebration Committee
Presents:

Juneteenth is the oldest nationally celebrated commemoration of the ending of slavery in the United States. June 18 is the day Union General Gordon Granger and 2,000 federal troops arrived in Galveston, Texas, to take possession of the state and enforce the emancipation of its slaves. On June 19, 1865, legend has it while standing on the balcony of Galveston's Ashton Villa, Granger read the contents of "General Order No. 3":

The people of Texas are informed that, in accordance with a proclamation from the Executive of the United States, all slaves are free.. That day has since become known as Juneteenth, a name derived from a portmanteau of the words June and nineteenth. From its Galveston, Texas origin in 1865, the observance of June 19th as the African American Emancipation Day has spread across the United States and beyond.

Seniors Celebrate Juneteenth

Friday, June 17, 2011

African American Civil War Museum
1925 Vermont Avenue NW (at U Street)
(steps next to Green Line Metrorail)

Tour of Museum and a program at 11:00 am featuring Freed Ladies (Performers different aspect of women's role in civil war period, in period costume) and Ms. Senior DC and others.

OFFICIAL POPULATION FROM 2010 CENSUS NUMBERS RELEASED

The U.S. Census Bureau released on May 6, the Profile of General Population and Housing Characteristics for the District of Columbia and several states... These demographic profiles provide the most detailed data yet from the 2010 Census, including information on age and sex distributions, race, ethnicity, housing and relationships.

The DC Population stands at 601,723 (an increase of 5.2% since 2000 census). The non-Hispanic whites are now a full third of DC's population, and non-Hispanic blacks are only barely a majority. Compared to last Census, the non-Hispanic white population grew by 31.6 % while the non-Hispanic black population declined by 11.5 percent.

The 2010 Census Official numbers revealed that in the District of Columbia: The population 60 years and older were **98,512** which are **16.3%** of the total city population. This is an increase of 7.2 % or (6,634+ person) since 2000.

Additionally, Persons 65 years and older living alone made up 47.6% of elderly households. Women make up 58.3 % of the senior population 60 years and older. The number for the baby boomers (those born between the years 1946-1964 was 139,680. The largest number of who are now aged 45-55. The fastest segment of the senior population was those 85 years and older which increased by 14.9% or 1,340 since 2000.

CHANGE IN WARD SIX

Effective May 11th Family Matters of Greater Washington is the Lead Agency for Ward 6 for the remainder of this fiscal year.

Please note the name change: **“Family Matters Aging Services Ward 6”**
The contact names and numbers for Ward 6 staff remain the same.
(202) 608-1340

Family Matters is an organization Founded in 1882, Family Matters of Greater Washington (FMGW) is one of the oldest, nationally accredited social service organizations in the Washington metropolitan area. Family Matters provides assistance that impacts more than 12,000 children, youth, families and seniors each year. Their spectrum of programs include: therapeutic and traditional foster care; youth development programs; mental health/counseling services; and services and activities for seniors.

Other Senior Services Offered by Family Matters

Long Term Care Comprehensive Geriatric Assessment & Case Management- community-based long term care comprehensive assessment and case management service is designed to keep seniors safe and living independently in the community for as long as possible.

Adult Abuse Prevention- Addressing adult abuse prevention through education, counseling, annual citywide adult abuse prevention conferences, and even criminal investigations and prosecution, when needed.

Home and Community-Based Waiver for the Elderly- case management service for individuals ages 65 and over who reside in the District of Columbia, are eligible for Medicaid, earn less than \$1,500 per month, and are eligible for nursing home placement, but prefer to live at home.

Saturday Alzheimer’s Respite Program- Four Saturdays a month, Alzheimer’s patients are transported to our program for a crucial social and therapeutic care, while their caregivers receive educational support, and a much needed break from their care giving responsibilities.

Emergency Assistance for Seniors- Family Matters provides emergency assistance and heavy house cleaning services for low-income seniors living in the District of Columbia who are in danger of being evicted from their homes due to non-payment of rent or failing to maintain the premises in a clean and sanitary condition.

Retired and Senior Volunteer Program (RSVP) - volunteer activities for older adults age 55 and over at government agencies, nonprofit organizations, churches, hospitals, and other corporations around the District.

Senior Works. The program matches retired and senior volunteers to assignments based on their interests and skills.

HEALTH DEPARTMENT OFFERS TIPS ON HOW TO STAY HEALTHY IN HEAT

Washington, DC – As temperatures heat up, the DC Department of Health (DOH) reminds residents of the importance of staying healthy in the heat during the summer months, particularly when temperatures reach 90 degrees and higher. Extreme heat and humid conditions can cause many medical problems such as heat exhaustion and stroke; therefore residents are advised to take caution when outdoors in high temperatures. Below are tips on how residents can stay healthy in the heat.

DOH Tips for Staying Healthy and Cool in the Heat:

- Drink plenty of water
- Stay out of the sun
- Avoid drinks with caffeine, alcohol, and large amounts of sugar
- Wear clothing that is loose-fitting, light colored and breathable, such as cotton
- Dress infants and children in cool, loose clothing and shade their heads and faces with hats or an umbrella
- Limit sun exposure during mid-day hours and in places of potential severe exposure such as beaches
- Wear sunscreen
- Schedule outdoor activities carefully
- Do not leave infants, children, or pets in a parked car
- Provide plenty of fresh water for your pets, and leave the water in a shady area
- If you do not have access to a cool-temperature location, visit the District recreation center, library, or senior center closest to you

Heat stroke, according to the Centers for Disease Control and Prevention, is “the most serious heat-related disorder. It occurs when the body becomes unable to control its temperature: the body’s temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. When heat stroke occurs, the body temperature can rise to 106 degrees Fahrenheit or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not given.”

Symptoms of heat stroke:

- Hot, dry skin (no sweating)
- Hallucinations
- Chills
- Throbbing headache
- High body temperature
- Confusion/dizziness
- Slurred speech

Groups at greatest risk for heat-related illness:

- Infants
- Children up to four years of age

TEN SUGGESTIONS HELPING SENIORS GET THROUGH THE SUMMER MONTHS

1. Donate Money towards the purchase of fans and air conditioners
2. Donate new air conditioner
3. Donate a new fan.
4. Assisting seniors who need air conditioner servicing in private homes
5. Assist in installing air conditioner.
6. Volunteer to transport seniors to cooling centers or essential shopping trips.
7. Donate and install insulation in private homes of seniors.
8. Donate bottled water, and bottled juices (100% fruit juices)
9. Donate hand fans.
10. Opening up your business\church as a cooling center.

Call D.C. Office on Aging Information and Assistance for suggested places to donate your services and money.

(202) 724-5626

WHAT IF I DO NOT HAVE AN AIR CONDITIONER?

Seek out the nearest facility that is air conditioned, such as a cooling shelter, a senior citizen center, a church, libraries, the local YMCA or a public cooling center designated by the city. Even short periods of time in a cool environment will lessen the risk of heat injury. Fans alone will not effectively cool an overheated person when air temperatures are above 100 degrees F.

If you know of older persons staying in extreme heat but being afraid to open windows or to venture out of their homes contact the Office on Aging for advice and assistance to get to the nearest public cooling center.

National Men's Health Week



*is celebrated each year as
the week leading up to and including Father's Day*

June 13-19, 2011

The purpose of Men's Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. Recognizing and preventing men's health problems is not just a man's issue.

Encourage a senior male friend or relative for a visit to one or more of our senior wellness centers during that week. Special activities will be held.

Model Cities Senior Wellness Center
1901 Evarts Street, NE (202) 635-1900
June 29, speakers on Men's Health, Vendors, 10 am - 3 pm

Washington Seniors Wellness Center
3001 Alabama Avenue, SE (202) 581-9355

Congress Heights Senior Wellness Center
3500 Martin Luther King Jr. Avenue, SE (202) 563-7225
June 15th: Men's only weight training class from 3pm to 4pm and then a Men's Health Lecture on the importance of physical activity and other health issues directly related to men's health issues from 4pm to 5pm.

Hattie Holmes Senior Wellness Center (202) 291-6170
324 Kennedy Street, NW

Bernice Fonteneau Senior Wellness Center (202) 727-0338
3531 Georgia Avenue, NW

District Grass and Weed Regulations



District regulations prohibit property owners (commercial and residential) from allowing grass and weeds on their premises to grow more than 10 inches in height. Failing to adhere to the rule could lead to fines of more than \$500. Between May 1 and October 31, DCRA can immediately mow properties and issue fines.

DCRA will be hanging "door knocker" reminders at properties where the grass height is getting close to the threshold to try to encourage voluntary compliance before the city has to intervene.

Tall grass can trigger respiratory problems like asthma and allergies in District residents and rats and other vermin are also drawn to the over-growth. This holds serious public health implications.

DCRA regulates several types of excessive vegetative growth including: kudzu, poison ivy, oak and sumac, plants with obnoxious odors, weeds, grasses causing hay fever, and any weed growth that creates a breeding place for mosquitoes. Regulations require that these weeds be cut after no more than seven days of growth.

Weeds may be defined as any vegetation at any state of maturity that:

- * Exceeds more than 10 inches in height, is untended, or creates a dense area of shrubbery that is a detriment to the health, safety and welfare of the public;
- * Creates a harbor (including hiding places for persons), or provides a place to conceal refuse or trash, regardless of height;
- * Develops into deposits, or accumulation of, refuse or trash;
- * Harbors rodents and vermin or provides a refuge for snakes, rats or other rodents;
- * Creates an unpleasant or noxious odor;
- * Constitutes a fire hazard; or
- * Contains grass or weeds that are dead and diseased.

Failure to comply with a Notice of Violation during the growing season may result in DCRA cleaning the property and billing the owner for cost of the cleanup. Residents should report suspected violations to DCRA at (202) 442-9557 (choose option 6).

Residents can also send Tweets to @dcra - include photos if you'd like - of properties with grass and/or weeds exceeding 10 inches. Please try to get exact address before making a complaint.

A NEW MS. SENIOR DC IS CROWNED



Ms. Senior D.C. Pageant 2011

On June 12 at the Ms. Senior D.C. Pageant held at the University of the District of Columbia, Ms. Emma P. Ward, age 66, (third from left) was chosen to represent the District in the Ms. Senior America Pageant. The contestants were judged on their philosophy of life, their personal interview with the judges and their talent and evening gown presentations. Ms. Ward dance to the music of Michael Jackson's "Billy Jean".

The pageant was presented by the DC Senior America Cameo Club, Family Matters of Greater Washington and the DC Office on Aging.