

District of Columbia
Commission on Aging

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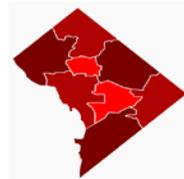
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October 2010



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SPECIAL ALERT

The Facts about the DC Smart Grid/Meter

Starting October 4, 2010, PEPCO will begin installing a new type of electric “smart meter” at the premises of every electric customer in the District. 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.

What is the Smart Grid?

A two way communications network that allows consumers to have greater control over their energy usage and enables PEPCO to measure consumption on an hourly basis, monitor the status of your service connection and communicate with remote devices in the network.

What is in it for the average consumer?

The smart grid may one day offer consumer’s greater ability to control their energy usage. Future capabilities:

- Actual meter readings instead of estimated readings
- The ability to choose a pricing plan that fits your usage,
- Detailed information about your energy usage,
- The ability to program your smart thermostat to adjust its usage in response to changes in the price of electricity
- The ability to remotely control your heating and air conditioning system
- The ability to know current bill at any given time

The Office of the People’s Counsel Staff is available to speak with your community group, tenant association, or meeting group regarding a variety of consumer utility issues including smart meters or other changes in services affecting consumers.

Speakers are available for daytime, evening and weekend meetings. Please notify OPC early enough to schedule your event. For more information, please contact OPC at 202.727.3071, by email at ccceo@opc-dc.gov or visit www.opc-dc.gov.

DELAY IN START REQUESTED

On September 27, 2010, Interim People’s Counsel Brenda K. Pennington, petitioned the DC Public Service Commission to order a delay in the installation of new “Smart Meters” citywide until PEPCO presents a consumer education and media outreach campaign directed at consumer regarding the need for the smart grid and the manner in which the Company will install its smart meters. “Before meter crews start roaming through yards, PEPCO should tell consumers, openly and clearly, how the process will proceed, why this new connectivity is necessary and how it may change their customer experience,” said the Interim People’s Counsel.

SPECIAL ALERT

Information that Seniors Should Know about the Upcoming 2010 Election

Election Day- November 2
Polls Open from 7:00 am – 8:00 pm

Vote by Mail:

- ✓ Request a ballot and return it via mail. Absentee ballots can be postmarked until the date of the election or can be returned to any polling location.

Vote at the Poll on Election Day:

- ✓ Cast a ballot at their assigned location using the choice of iVotronic electronic voting or a paper ballot.

Same Day Registration:

- ✓ New law passed in District of Columbia that allows those who are unregistered and meet the registration requirements to register and vote at the polls on Election Day.

- Mayor of the District of Columbia**
- Delegate to the House of Representative**
- Councilmember AT Large**
- Councilmember Ward 1**
- Councilmember Ward 3**
- Councilmember Ward 5**
- Councilmember Ward 6**
- United States Shadow Senator**
- United States Shadow Representative**
- Advisory Neighborhood Commission**
- Ward Member of the State Board of Education**

For DC Voter Registration deadlines info call (202) 727-2525

Encourage Residents to Surrender Unwanted and Expired Medications

The DC Department of Health (DOH) and the District of Columbia Water and Sewer Authority (DC Water) are encouraging District residents to participate in the Drug Enforcement Administration's (DEA) newest nation-wide effort to help improve the disposal methods of prescription drug medication. The DEA in conjunction with state and local governments, law enforcements, community, and public health organizations has announced a prescription drug "Take-Back" initiative for the District of Columbia, Virginia, West Virginia and Maryland areas.

Unused or expired prescription medications are a public safety issue, which can lead to accidental poisoning, overdose, and abuse. According to the DEA "rates of prescription drug abuse in the U.S. are increasing at alarming rates, as are the number of accidental poisonings and overdoses due to these drugs. Studies show that a majority of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet."

The drug "Take-Back" initiative will help educate the public of proper medication disposal methods, as well as offer local take-back collection centers for people wanting to get rid of potentially dangerous expired, unused, and unwanted medicines. Collection centers will be facilitated by the Washington area DEA, who will work with state and local police departments throughout the region to help collect and destroy medications.

DC Water encourages the public to surrender all leftover or expired pharmaceuticals to ensure safety for people, the environment and our waterways. "We hope residents will turn in their unused and unwanted medications for safe collection and disposal, instead of flushing them down the drain," said DC Water General Manager George S. Hawkins. "Most medications that are flushed down the sink or toilet end up in our rivers and streams. This initiative helps to protect our waterways and preserve aquatic life." Below is a list of collection sites in the District of Columbia.

Collection Site	Address
FIRST POLICE DISTRICT	101 M STREET, SW
FIRST DISTRICT SUBSTATION	500 E STREET, SE
SECOND POLICE DISTRICT	3320 IDAHO AVENUE, NW
THIRD POLICE DISTRICT	1620 V STREET, NW
THIRD DISTRICT SUBSTATION	750 PARK ROAD, N.W.
FOURTH POLICE DISTRICT	6001 GEORGIA AVENUE, NW
FIFTH POLICE DISTRICT	1805 BLADENSBURG ROAD, NE
SIXTH POLICE DISTRICT	100 42ND STREET, NE
SEVENTH POLICE DISTRICT	2455 ALABAMA AVENUE, SE

For more information on collection sites in surroundings areas, visit www.dea.gov.

ANNOUNCEMENT

GETTING READY FOR WELLNESS

Ward One Senior Wellness Center



On September 10, the latest senior wellness center opened. This makes the fifth senior wellness center to be built since 1990. Registration is now open for the new senior wellness center.

3531 Georgia Avenue N.W.
(202) 727-0338

Senior Wellness Centers promote healthy lifestyles among the District of Columbia's elderly population (persons 60 years and older) by developing, expanding, and strengthening health promotion initiatives in nutrition, medications and physical fitness. The center is designed to add years to the lives of seniors as well as life to their years.

Some of the building features will include:

- Nutrition Counseling and teaching classrooms
- Intake Room
- Health Education Seminar Rooms
- Exercise and Fitness Area
- Massage Room
- Computer Training Center
- Multipurpose Rooms for health, wellness and social activities
- Roof top terrace with trail path

Ward Six Senior Wellness Center



The D.C. Office on Aging is constructing a multipurpose facility that will house a senior wellness center and the administrative office of the agency. It is scheduled to be completed in the next several months. This historical designated building (Old Hayes Elementary School) is a three level, 24,000 square foot facility. One of the unique features of the facility is a tot lot for neighborhood children on the grounds. The building is located at the corner of 5th and K Street, N.E.

HEALTH

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.

Funding will support caregivers of individuals with Alzheimer's disease

HHS Assistant Secretary for Aging Kathy Greenlee today announced recently more than \$10 million in grants to help families address the challenges of providing care for individuals with Alzheimer's disease and related dementias.

"Caregivers want to keep their family members at home for as long as possible, and we are helping them do that by expanding the use of proven models and demonstrating new approaches that will help these families succeed," said Assistant Secretary Greenlee. "These grants will embed good practices regarding dementia into state long-term services and support systems and improve support for families caring for loved ones with dementia."

As many as 2.4 million to 5.1 million Americans have Alzheimer's disease and related dementias. The population age 65 and older is growing rapidly and is expected to double by 2050, according to the United States Census Bureau. Since the risk of developing Alzheimer's disease and related dementias rises progressively with age, an increasing number of persons and families will need access to services and supports to help them cope with these diseases

Funding for these grants is being awarded to 22 states, the District of Columbia and Puerto Rico under the Alzheimer's disease Supportive Services Program authorized under the Public Health Services Act and administered by the U.S. Administration on Aging. Nine states will be funded to implement evidence-based interventions that already have been shown to be effective in helping individuals and families cope with these diseases. , the District of Columbia received a total of 256, 146 dollars.

For additional details on these awards and the Alzheimer's Disease Supportive Services Program, go to: http://aoa.gov/AoARoot/AoA_Programs/HCLTC/Alz_Grants/

HEALTH

HEALTH AND WELLNESS IN THE PARK

SENIOR CITIZEN'S TRAIL HIKING AND WALKING CLUB
EVERY TUESDAY AND THURSDAY

Sponsored by East River Family Strengthening Collaborative

NATIONAL ARBOREUM

The National Arboretum is located off (1800 block) Bladensburg Road and New York Avenue N.E. Follow Bladensburg Road to R Street (near U HAUL Renting) to R Street. Make a turn on R Street and continue 2 blocks to the Arboretum gates.

AT 9 AM

SPECIAL EVENT

MEMORY WALK FOR A CAUSE

The Alzheimer's Association, National Capital Area invites you to join us as we WALK to end Alzheimer's'. We will be hosting the National Memory Walk on Saturday, October 2, 2010 at Nationals Park (home of the Washington Nationals Baseball team). Registration begins at 9:00 a.m. and the Walk begins at 10:00 a.m. The more people that we have walk with us, the more impact we have to advocate and raise awareness about Alzheimer's disease and the impact it has on so many in our community. Funds raised through Memory Walk support local services and enable top researchers to investigate causes, treatments, and the eventual cure for Alzheimer's. To register for this walk, please visit our website at www.alz.org/nca or <http://memorywalk10.kintera.org/nationalwalk> or you can call us at 800-272-3900.

November is National Caregivers Month

Family Caregivers Forum

Saturday, November 13, 2010

9:00 a.m. to 2:00 p.m.

Providence Hospital, St. Catharine's Hall
10th & Varnum Streets, NE, Washington, D. C.

Hosted by

The Washington, D. C. Chapter of the Links, Inc.

Door prizes, free AARP memberships; relaxation techniques and therapies; panel discussions; complimentary breakfast and lunch; free oral/dental screenings; exhibits.

SPECIAL EVENT

"Promoting Energy Efficiency One Ward at a Time"



Office of the People's Counsel Energy Efficiency Expo "In-A-Box"

Home Energy Efficiency Expo will focus on Wards 6, 7, & 8.
Saturday, October 9, 2010
10:00 a.m. to 2:00 p.m.

At Matthews Memorial Baptist Church (Main Conference Hall)
2616 Martin Luther King, Jr., Avenue, SE, Washington D.C. 20020
For more info contact Pamela Nelson at 202-727-3170.

Panel discussions on:

1. Solar Panel and Geothermal Installation
 2. Solar coops - What, How and Why?
 3. The Benefits of a Professional Energy Audit
 4. Grants and other available programs
 5. Smart Meter Deployment, FiOS, and MUCH, MUCH, MORE!!!
- Hands-on energy efficiency demonstrations and much more.

APPRECIATION FOR THE ARTS

Appreciate and learn more about Opera, Double Nickels and Washington National Opera
Saturday, October 9 at 2 pm
MLK Library 901 G Street NW, Great Hall (Lobby)
202-448-3465

NOTICE OF PUBLIC HEARING ABOUT SIBLEY HOSPITAL ACQUISITION

The District of Columbia State Health Planning and Development Agency ("SHPDA") will hold an information hearing on Certificate of Need application by The Johns Hopkins Health System Corporation to acquire Sibley Memorial Hospital. The hearing will be held on Thursday, October 14, 2010 at 10 am, at 825 North Capitol Street, NE, 9th Floor, Room 9006, Washington, DC 20002.

Persons who wish to testify should contact the SHPDA on (202) 442-5875 before 4:45 pm, by Wednesday, October 13, 2010. Persons who have questions relative to the hearing may contact the SHPDA on (202) 442-5875.

SPECIAL EVENT

You are invited to attend a meeting on the Ward 2 Mini Commission on Aging

Wednesday, October 20, 2010,
10:00 am
Emmaus Services for the Aging
1426 9th Street N.W.

The intent of the Mini Commission on Aging is to provide a vehicle for addressing the issues that affect the 10,000 Ward 2 senior citizens. The Commission, also provides outreach and advocacy for the growing number of senior citizens residing in the Ward. The mission of the Mini Commission on Aging is to serve as an advisory board to the DC Commission on Aging and be representatives on senior issues for their respective neighborhood.

We urge you to attend the meeting as well as your fellow residents who are interested in advancing and advocating issues for seniors who live in the Ward.

Please call (202) 727-8370 to RSVP and for further information.

A CELEBRATION OF MAKING A DIFFERENCE

41th Anniversary of VIDA Senior Center
October 26, 2010
6:30 pm to 9:30 pm
Embassy of Inland Washington, DC
www.vidaseniorcenters.org

Enjoy a sumptuous cocktail buffet and open bar, test your luck with Vida's silent auction, and dance to live Latin music.

Vida Senior Center (formerly EOFULA) is a 501 (c) 3 non profit organization serving the needs of low income multicultural seniors in the Washington Metro area. For more information on the event or to become a sponsor, please contact Brigitte Savage at bsavage@singularconsultants.com or call the event organizers Savage/Melendez & Associates at 571-312-2709.

Announcements

DC has Wheelchair Accessible Taxicab Service

The District of Columbia Taxicab Commission has a Wheelchair Accessible Taxicab Vehicles Pilot Program. If you are wheelchair bound and would like to use this service, you can call the chosen tax companies: Liberty Transportation Management Inc; (202) 398-0500 AND Yellow Para transit, Inc (202) 544-1213.

Washington Elderly Handicapped Transportation Service (WEHTS)



The Office on Aging's Washington Elderly Handicapped Transportation Service (WEHTS), is a unique curb to curb transportation service for seniors aged 60 or older who reside in the District of Columbia. WEHTS provides transportation for medical appointments, group shopping trips and personal errands related to income benefits, housing and medical concerns. Hours of operation for WEHTS: Monday – Friday 6:30am – 6:00pm. You must apply through our lead agency for your ward. Call (202) 724-5626 to find out the lead agency for your area.

WEHTS also provides a "Call-N-Ride Program" which is a taxi service that provides taxi vouchers to seniors at deep discounts. Seniors are able to utilize these vouchers to the designation of their choice.

Riders' Advisory Council seeks new members

Metro's Riders' Advisory Council is looking for riders to fill eight available positions on the volunteer council. Positions are available for residents in the District of Columbia (2); there is also one at-large position available to a resident of any jurisdiction served by Metro.

The Council advises the agency's Board of Directors on issues affecting Metro bus, Metrorail and Metro Access service. They are seeking applicants who ride Metro bus, Metrorail and/or Metro Access and are not Metro employees, contractors or elected officials. All positions are unpaid. Anyone interested in applying should go to

http://www.wmata.com/about_metro/riders_advisory_council/ and complete the online form. Applicants also may print, complete and mail an application or pick one up at Metro sales offices at Metro Center, Anacostia, the Pentagon Transit Center and Metro headquarters, 600 Fifth Street, NW, Washington, DC. Applications must be received by Metro by 5 p.m. Friday, October 15.

A SEASON OF GIVING

HELPING OUR CHILDREN AND SENIORS IN NEED

Did you know that almost half of DC kids under the age of 18 are at risk of hunger and 40% of households with seniors are at risk of hunger? You can do something about it.

AARP DC is holding a Create the Good Community Food Drive to benefit the Capital Area Food Bank on Friday, October 22 from 9 am-6 pm at select Safeway and Giant stores. Shop at the participating stores on October 22 and donate a portion of your purchase to help feed those at risk of hunger. AARP DC volunteers will be at the following stores and will gladly accept your donation:

► **SAFEWAY** (Ward 1)

1747 Columbia Road NW

► **GIANT FOOD** (Ward 2)

1414 8th St., NW (old O Street Market site)

► **GIANT** (Ward 3)

4303 Connecticut Ave., NW

► **SAFEWAY** (Ward 4)

6500 Piney Branch Rd., NW

► **GIANT** (Ward 5)

1050 Brentwood Rd., NE

► **SAFEWAY** (Ward 6)

1100 4th St., SW (4th & M)

► **SAFEWAY** (Ward 7)

322 40TH Street NE (Banning Road and Minnesota Avenue NE)

► **GIANT** (Ward 8)

1535 Alabama Ave., SE

UPCOMING HOLIDAY EVENTS

Salvation Army and Safeway

Annual "A Feast of Sharing" – Thanksgiving Luncheon

Wednesday, November 24, 2010

Washington Convention Center Hall D- 801 Mt. Vernon Place NW

9:30 am – 2:30 pm

All invited, no invitation necessary

D.C. Senior Citizens Holiday Celebration

Wednesday, December 8, 2010

DC Armory 2001 East Capitol Street SE

10 am – 2 pm

D.C. Senior Citizens (persons 60 yrs+) only

Call 202-724-5626 after October 16 for tickets

Recognize the 75TH ANNIVERSARY OF SOCIAL SECURITY

-
On August 14, 1935, President Franklin D. Roosevelt signed into law the Social Security Act to protect ordinary Americans "against the loss of a job and against poverty-ridden old age." Our Nation was entrenched in the Great Depression. Unemployment neared 20 percent, and millions of Americans struggled to provide for themselves and their families. In the midst of all this, the Social Security Act brought hope to some of our most vulnerable citizens, giving elderly Americans income security. All over the country, States are taking the time to reflect the accomplishments and differences that this one Act changed for us.

Celebrating Social Security sponsored by Congresswoman Eleanor Holmes Norton
Tuesday, October 19
Congress Heights Senior Wellness Center
3500 Martin Luther King Avenue SE
10 am, RVSP to Ms. Johnson at 202-783-5065

TRIP TO CROWN A QUEEN

Ms. Sheila L.J. Poole will represent the District of Columbia at the Ms. Senior America Pageant at Harrah's Resort Hotel and Casino, Atlantic City, NJ - October, 5-7.

SEARCH FOR CENTENARIANS

The city is planning a celebration in October to honor our residents, those who are 100 years of age and older. According to the latest statistics, we have approximately 200 residents who have obtained this status. Check with friends, church members and neighbors to assist us in honoring them. To register them call (202) 727-8370.

The next D.C. Commission on Aging Meeting will be Wednesday, October 27 at 441 Fourth Street NW, Office on Aging Large Conference Room next to Suite 950 North at 10 am.

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.



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