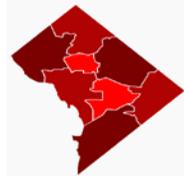


District of Columbia
Commission on Aging

AGING TODAY

September 2010



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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SPECIAL ALERT

Information that Seniors Should Know about the Upcoming 2010 Primary Election

Voter Registration Timelines (Primary):

In-Person/Office Registrations
Same Day Registration

August 17 - September 13
August 30 - September 14, 2010
(During Early Voting Period and
Election Day) – *Must present ID*

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

441 4th Street NW, Old Council Chambers, First Floor Washington DC 20001
8:30 am – 7:00 pm (Monday- Saturday); Closes at 4:45 PM on Monday, September 13

Early Voting Centers

September 4 - 11

8:30 am to 7:00 pm, Monday – Saturday

- *Chevy Chase Community Center, 5601 Connecticut Avenue, N.W. “Recreation Room Washington, DC 20015
- *Turkey Thicket Recreation Center 1100 Michigan Avenue, NE, “Meeting Room”, Washington, DC 20017
- *Hine Junior High School, 335 8th Street, SE, “Auditorium”, Washington, DC 20003
- *Southeast Tennis & Learning Center 701 Mississippi Avenue, SE “Round Room”, Washington, D.C. 20032

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

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

Polls Open from 7:00 am – 8:00 pm

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

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

HELP WITH UTILITY COSTS

Joint Utility Discount Day (JUDD)

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

Walter E. Washington Convention Center

Accepting applications from DC residents ONLY, FIRST COME, FIRST SERVED!

With one application, you may be eligible for assistance and discounts on your DC Water, Pepco, Verizon and Washington Gas utility bills.

For more information please call 311.

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

GETTING READY FOR WELLNESS

Ward One Senior Wellness Center



The D.C. Office on Aging is constructing a senior wellness center in Ward One. It is scheduled to be completed in September. The facility is a three story, 15,000 square foot facility that will be one of the city's newest green buildings. The center will be located at 3531 Georgia Avenue N.W. (at Newton Place).

The Wellness Center will 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's 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; and a roof top terrace with walking space.

Ribbon Cutting and Viewing of Facility
3531 Georgia Avenue N.W.
September 10, 2010 at 9:30 am

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 this Fall. This historical designated building (Old Hayes Elementary School) is a three level, 24,000 square foot facility. The wellness center will have nutrition counseling and teaching classrooms; intake room, health education seminar rooms; exercise and fitness area; massage room; computer training center; and multipurpose rooms. 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.

Toolkit for Seniors on Mental Health and Suicide Prevention

Statistics show that adults age 65 and older have one of the highest suicide rates of any age group in the United States. In response to this challenge, the Department of Health and Human Services Substance Abuse and Mental Health Services Administration (SAMHSA) is providing a new toolkit that teaches staff working in senior living communities how to recognize and take steps to help someone at risk of suicide. The ideas presented in this toolkit can help prevent suicides, promote mental health, and create an environment that will enhance the well-being of residents and staff alike. To download a copy of the toolkit, please go to <http://mentalhealth.samhsa.gov/publications/allpubs/SMA10-4515/>

To learn more about SAMHSA, please go to <http://mentalhealth.samhsa.gov>

MEMORY WALK FOR A CAUSE

The Alzheimer's Association, National Capital Area invites you to join us as we WALK to end Alzheimers'. 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.

Join us for upcoming fall Memory Walks. Learn more, start a team and invite others

September 18th Waldorf, MD | **September 18th Solomons, MD** | **September 26th Reston, VA** |

DC Department of Health Response to Salmonella Alert

In response to the egg shell recall issued by the Food and Drug Administration (FDA) in August, the DC Department of Health has provided Salmonella fact sheets to help inform residents of Salmonella and its symptoms. The FDA released a nation-wide recall on shell eggs as a result of a Salmonella outbreak that has affected many across the country. Eggs subject to the Aug. 13 recall are packaged under the following brand names: Lucerne, Albertson, Mountain Dairy, Ralph's, Boomsma's, Sunshine, Hillandale, Trafficanda, Farm Fresh, Shoreland, Lund, Dutch Farms and Kemps. Eggs are packed in varying sizes of cartons (6-egg cartons, dozen egg cartons, 18-egg cartons, and loose eggs for institutional use and repackaging) with Julian dates ranging from 136 to 225 and plant numbers 1026, 1413 and 1946. At this time there is no evidence that the outbreak has affected the District of Columbia. Contact Health Department at doh.dc.gov or call 202-442-8060 to get salmonella fact sheet on signs, treatment and prevention.

SPECIAL EVENT

SENIORS ON THE BALL

KEEN Senior Program “ Blue Jean Ball

Friday, September 17, 2010

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

St Lukes Center, 4923 East Capitol Street, NE

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

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

EDUCATING TENANTS ON THEIR RIGHTS

The District of Columbia Office of the Tenant Advocate will present the 3rd Annual Tenant and Tenant Association Summit on Saturday, September 25, 2010. The summit will be held from 8:30 a.m. until 4:00 p.m. at the Kellogg Conference Center on the campus of Gallaudet University, 800 Florida Avenue, NE.

The annual summit serves as a forum for educating tenants about the fundamentals of tenant protections in the District, for collaborating on emerging issues of concern to the tenant community, and for bringing together the District’s many tenant associations. Tenants living in the District of Columbia as well as representatives from tenant associations, tenant advocacy groups, District of Columbia agencies, and anyone who wants to learn more about tenant protections in the District should attend. The summit will consist of presentations and workshops designed to educate tenants on their rights and issues affecting them. Admission to the summit is free. There will be free prizes and food. Contact Charles Davis at 202-719-6560 or CharlesE.Davis2@dc.gov for more information.

Winners of the Intergenerational Poster Contest

On August 20, the D.C. Commission on Aging held its annual intergenerational poster contest and presented the winners with a monetary award that was provided by United Black Fund. The posters depicted the theme of youth and seniors enriching each others lives. The winning submissions were from students who participated in programs and centers for students during the summer. The winners were:

Winners in Grades 1-5:

-  Destiny Faith Nelson- First Prize, Grade 4, Nannie Helen Burroughs School
-  Joy Canty – *Second Prize*, Grade 4, Ideal Academy
-  Joel Canty – *Third Prize*, Grade 6, Ideal Academy

Winners in Grade 6-8:

-  Angel Collins – *First Prize*, Grade 6, Fort Davis Recreation Center
-  Natalie M. Davis – *Third Prize*, Grade 5, EFBC Troop #3168

Winners in Grade 9-12:

-  Angel Obie, Grade 11, Woodrow Wilson Senior High
-  Dasia Williams- *Second Prize*, Grade 10, Theodore Haggins Cultural Arts Center

TRANSPORTATION

New Vehicles for Senior Transportation

DCOA transportation fleet gets big boost with purchase of vehicles



Mayor Adrian M. Fenty and DC Office on Aging (DCOA) Director Dr. Clarence Brown recently announced the purchase of eleven new wheelchair accessible vehicles for the Washington Elderly and Handicapped Transportation (WEHTS) program to assist in transporting seniors to medical appointments and geriatric care centers across the city.

“The purchase of these vehicles greatly assists the District in its ability to transport our elderly clients to life saving appointments and senior services on a daily basis,” said Mayor Adrian M. Fenty. “Our residents are living longer, more robust lives, and being able to provide transportation for them to medical and recreational activities ensures that they continue to lead full and healthy lives.”

“We are very excited to add these new vehicles to our transportation fleet,” said DCOA Director Brown. “The new vehicles are a testament to Mayor Fenty’s leadership and commitment to ensuring seniors in the District are able to remain independent and active.”

The new vehicles replace old, decrepit vehicles that each have traveled more than 100,000 miles. The vehicles have capacity to transport 12 to 16 passengers as well as two passengers seated in wheelchairs. The curb-to-curb service is often the best transportation option for seniors and persons with disabilities in the District. WEHTS averages 260 trips per day and transported 101,211 seniors to various senior centers, meal sites, and recreational activities in 2009. The eleven new vehicles are worth approximately \$649,000.

Metro seeks customer input to help improve service on four Metrobus lines

Metro will host five public meetings between Aug. 31 and Sept. 23 as part of a Service Evaluation Study to improve Metrobus service along four bus lines. The purpose of the Service Evaluation Study is to review the productivity, travel time and reliability of certain bus lines and make recommendations for more efficient bus operations. Information from the public, bus operators and planners is being used to examine ridership, trip frequency, travel time, reliability and other quality-of-service indicators.

One of the buses that will be under review is the B-2. This cross town bus starts in Anacostia, goes through Capitol Hill, Stadium/Armory and continuing along Bladensburg Road to the D.C. Line. For more information or to submit comments and suggestions about the Service Evaluation Study, visit <http://www.metrobus-studies.com/> or call the project hotline at 202-370-2915.

- Bladensburg Road-Anacostia Line (B2) Meeting
Wednesday, Sept. 1 , 6:30 PM
Eliot-Hine Middle School, 1830 Constitution Avenue, NE

For more information or to submit comments and suggestions about the Service Evaluation Study, visit <http://www.metrobus-studies.com/> or call the project hotline at 202-370-2915.

TRANSPORTATION

METRO BUS/ RAIL FARE INCREASES IMPACTS SENIORS

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

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

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

The 20-cent surcharge will apply to trips taken weekdays between 7:30 and 9 a.m. and 4:30 and 6 p.m. weekdays. A 20-cent peak-of-the-peak fee for trips taken between 4:30 and 6 p.m. weekdays has been in place since August 3. The fee is based on the starting time of a trip, or when a customer enters the fare gate at a Metrorail station.

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

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

Type of Travel		Regular Fare		Senior Reduce Fare		Peak hours- added cost	
		Cash	Smart Card	Cash	Senior Smart Card	Cash	Senior Smart Card
	Bus	1.70*	1.50*	.80*	.75*	.20c	.10c
	Rail	1.85**	1.60**	1.45**	1.20**	.20c	.10c

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

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

Note: The Bus fare increases took effect June 27.

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

SPECIAL EVENT

TRIP TO CROWN A QUEEN

The DC CAMEO CLUB ANNOUNCES the 2010 Ms. Senior America Pageant Bus Trip, OCTOBER 4, 2010 through OCTOBER 7, 2010 to Harrah's Resort Hotel and Casino, Atlantic City, NJ. Ms. Sheila L.J. Poole will represent the District of Columbia in the Pageant.

Departing: Monday, October 4, 2010
Model Cities Senior Wellness Center, 1901 Evarts Street N.E. Washington D.C. 20018
Returning: Thursday, October 7, 2010 after check out.

The cost for Single Occupancy \$390.00, Double: Occupancy \$241.00 with a \$60 rebate. This package includes room accommodations. Prices are per person, inclusive of room, tax and luggage handling. Preliminaries and finals tickets will be an additional \$45.00, a deposit of \$100.00 is due as soon as possible; the final payment of \$41.00 is due by September 13, 2010 or call Monica (202) 635-1900 x 24 for more info. For Pageant, and other Questions contact: Vernelle Hamit, Cameo Member (202) 556-9893 or Monica Carroll (202)635-1900 ext 24.

SEARCH FOR CENTENARIANS

The DC Office on Aging needs your help in assisting us to identify all of the residents in this city who are 100 years and older. The city is planning a celebration in October to honor our eldest residents. According to the latest statistics we have approximately 200 residents who have obtained this age. Check with friends, church members and neighbors to assist us. To register them call (202) 727-8370.

CONTINUING EDUCATION FOR SENIOR CITIZENS

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

Office of the Peoples Counsel's 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.

SPECIAL EVENT

National Preparedness Month & 9/11 National Day of Service and Remembrance
September also marks the 9/11 National Day of Service and Remembrance, which is a nationwide, congressionally endorsed effort to establish a long-term, meaningful and positive way to observe 9/11 each

year. The Serve DC-Mayor's Office on Volunteerism will be having a **Veteran Expo Fair** for the National Day of Service and Remembrance on **Saturday, September 11, 2010 10:00am-2:00pm at the Deanwood Community Center**: 49th and Quarles Street, NE. For further information please contact Monique Waters at Monique.Waters@dc.gov or (202) 724-2229.

National Emergency Preparedness Month

September is also National Preparedness Month and the DC Department of Homeland Security and Emergency Management (HSEMA) will be holding workshops for different communities to better prepare them. Several are targeted towards seniors. They are:

☐ September 8

Clergy and Leadership Conference,

Trinity University-125 Michigan Avenue NE, 9 am - 1 pm

☐ September 18

Muslim Community Day

1519 Islamic Way, 2 pm – 4 pm

☐ September 20

Kickoff Event for Seniors

Hagan Cultural Arts Center, 3201 Fort Lincoln Drive NE, 10 am – 12 pm

September 21

Intergenerational Workshop for Deaf

Gallaudet University, 10:00 am – 12:00 pm

☐ September 22 and 23 (**CERT Training**) for Seniors

Fort Lincoln Apt Bldg, 9 am – 4 pm

☐ September 24

Emergency Preparedness for Seniors Workshop

Congress Heights Wellness Ctr, 3500 MLK Avenue SE, 10:30 am -12:00 pm,

☐ September 24

Emergency Preparedness for Seniors Workshop

Model Cities Senior Wellness Center, 1901 Evarts Street NE, 12:30 am - 3:00pm

For more info contact Carolyn Franklin at 202-481-3043

FREE ESTATE PLANNING WORKSHOP

Legal Counsel for the Elderly & the DC Public Library present

Seniors qualifying for free legal services may create and sign wills and powers of attorney on-site at the end of the workshop

Tuesday, September 14 at 10 am, RSVP by September 8

Watha T. Daniel/Shaw Neighborhood Library

1630 7th Street, NW, 1st Floor Meeting Room

(202) 727-1288, [More programs at dclibrary.org/watha](http://moreprogramsatdclibrary.org/watha)

SPECIAL EVENT

The DC Department of Parks and Recreation (DPR) has announced a series of DPR Open House events to be held across the District of Columbia. The DPR Open House's are being held in each Ward to provide

information to the public about DPR programs, resources, and goals; to seek feedback on community interests; and to highlight specific programming accomplishments at individual recreation and community centers in each Ward.

The DPR Open House dates and locations for September are:

- Thursday, September 2: Deanwood Community Center, 49th and Quarles Street, NE
- Tuesday, September 7: Stoddert Recreation Center, 4001 Calvert Street, NW
- Wednesday, September 8: Kennedy Recreation Center, 1401 7th Street, NW
- Thursday, September 9: Joe Cole Community Center, 1299 Neal Street, NE
- Monday, September 13: Riggs LaSalle Community Center, 501 Riggs Road, NE

Each DPR Open House will be held from 6:30 pm – 8:00 pm

There will be informational tables set up by each recreation center and DPR Program. These sessions will allow residents to meet our staff and learn about all of our recreational programming, including aquatics, athletics, senior services, youth and teen programs, facilities, fields, and more.

For more information regarding DPR, please visit dpr.dc.gov or call (202) 673-7647.

HEALTH AND WELLNESS IN THE PARK

September 27, 2010

Department of Parks and Recreation Senior Division

Senior Health Fair,

Emery Recreation Center, 5801 Georgia Ave NW

10 am – 2 pm, 202-664-7153

Seniors Keep on Moving

SENIOR CITIZEN'S TRAIL HIKING AND WALKING CLUB

EVERY TUESDAYS AND THURSDAYS

Sponsored by East River Family Strengthening Collaborative

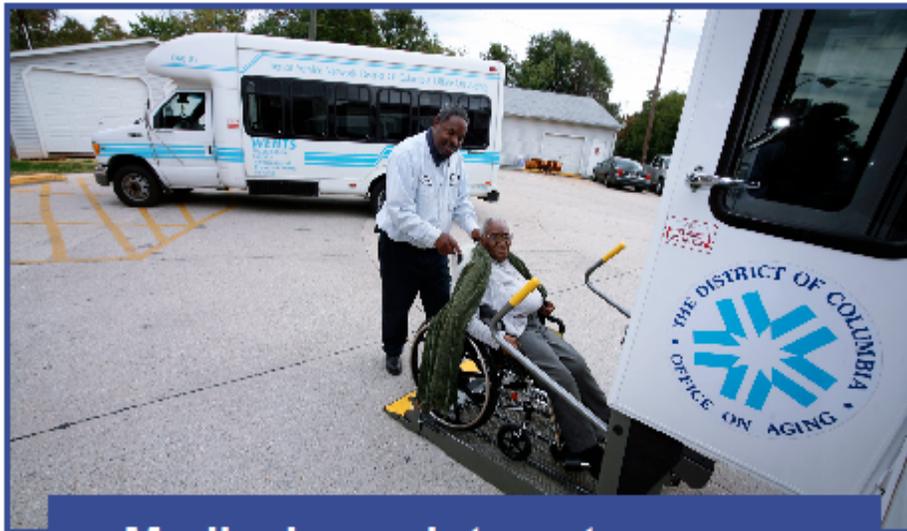
NATIONAL ARBORTEUM

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

Are you a person with a DISABILITY living in the District?

If you are age 18 and older, let **DC Office on Aging / Aging and Disability Resource Center** help you select the best option for your local transportation needs.



- Medical appointments
- Business appointments
- Personal business and more!

DC Office on Aging
Aging and Disability Resource Center
(202) 724-5626 or TTY (202) 724-8925

CONTACT DEPT.

Citizens 24/7

DC Insurance New Rules Protecting Seniors from Deceptive Practices

Commissioner Gennet Purcell, Esq., of the DC Department of Insurance, Securities and Banking (DISB) recently announced the adoption of rules intended to prohibit the use of misleading or bogus credentials that point toward special certification or training in advising seniors or retirees on life insurance, annuities and securities investments. [Chapter 58, Title 26A and Section 169 of chapter 1, Title 26B, DC Municipal Regulations]

The new rules prohibit the use of credentials, certifications and designations that:

- Are claimed by persons who are ineligible or unqualified;
- Are self-conferred;
- Are issued by a non-existent or fictitious organizations;
- Imply a level of experience, training or education that the person does not have;
- Are issued by a firm primarily engaged in sales instruction; and
- Are issued by a firm that does not have reasonable standards for assuring the competence of its credentialed or certified persons.

A population study published in June by the Data Center of the District of Columbia reflected that 11.7 percent (70,184) of the city's population is 65 and older.

Residents need to be especially wary of financial-service salespersons seeking a marketing edge over competitors by falsely claiming to be specially qualified to assist seniors in financial matters. Bogus senior specialists commonly target seniors and victims through investment seminars and misleading designations.”

Generally, it may be difficult to determine whether senior designations reflect meaningful qualifications or are merely a marketing tool. A helpful site for checking credentials is <http://apps.finra.org/DataDirectory/1/prodesignations.aspx>. Another useful site concerning registered investment advisers can be found at the US Securities and Exchange Commission at www.sec.gov. For more information on senior designations, contact DISB by calling (202) 727-8000 or visit its website at www.disb.dc.gov.

MINI COMMISSIONS ON AGING IN THE NEIGHBORHOODS

Mini Commissions on Aging served as a group of people who come together on a regular basis as advocates in the interest of protecting the rights and identifying the needs of older people in the ward. These people represent the various neighborhoods of the ward. Currently, Mini Commissions on Aging exists in Wards 1,3,4,7 and 8. New Commissions are being formed in Wards 2 and 6. If you want more information about the mini commissions please call (202) 727-8370.

The next **D.C. Commission on Aging Meeting will be Wednesday, September 29 at 10 am** at Wheeler Creek Senior Apartments located at 900 Varney Street, S.E.

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