

Spotlight on Aging

VOLUME XXVIII, ISSUE 1

A newsletter for D.C. Seniors

January 2018



EXECUTIVE DIRECTOR'S MESSAGE

By Laura Newland
Executive Director, D.C. Office on Aging

Happy New Year! I hope everyone enjoyed the holidays. It was great to see so many of you at the Mayor's Annual Senior Holiday Celebration last month. And we had so much to celebrate as we closed out 2017. This past year, we made significant strides towards becoming a more age-friendly, livable city for all residents, in all wards.

I was honored to join Mayor Muriel Bowser and the Age-Friendly Task Force in November, as the World Health Organization and AARP recognized Washington, D.C. as a top city for Age-Friendly policies.

Age-Friendly DC is a collaborative community effort towards making our city a place where all DC residents are active, connected, healthy, engaged and happy in their environment.

Being age-friendly includes all aspects of community life, including outdoor spaces and buildings, safe and affordable transportation, housing options for all ages, social participation, social inclusion, civic participation, employment, communication, health services, emergency preparedness, and elder abuse prevention.

Since launching this effort five years ago, we've talked a lot about what it would take to truly become an age-friendly city. But what does all of this really mean, for you, your friends, families and neighbors?

It means that when you get up in the morning, you have choices about where to go, what to do, and how to get there. And that you're likely one of the 97 percent of District residents who can walk to a park in 10 minutes or less.

You can drop in on an exercise class, join a book club, or play a game of pool with the thousands of older District residents regularly attending wellness centers or recreation centers. Or you can break bread with friends and neighbors at one of nearly 50 community dining sites across the city.

And you can get to these places safely, whether you walk, bike, use public transportation or drive.

And when you get home, you can breathe easier knowing that Safe at Home made you feel safer in your own home by

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Children of Promise Holiday Event



Ms. Senior D.C. Frances Curtis Johnson and some of the ladies of the D.C. Senior Cameo Club who helped to brighten the lives of children in the community at the Children of Promise event.



Sandra Bears, Ms. Senior D.C. 2005, and Daisy Savage, Ms. Senior D.C. 2002 (not pictured), led the efforts of the Cameo Club with the Frosty Fun Holiday Celebration this year.

Nearly 200 children from the community and their families were treated to the Frosty Fun Holiday Celebration hosted by the D.C. Seniors Cameo Club and Ms. Senior D.C. Frances Curtis Johnson.

The children and their families made snowmen, had brunch, and participated in other activities, including a visit with Santa and Mrs. Claus. The children received gifts

that included toys, coats, hats and gloves, as well as stockings and gift cards.

Participating children are currently being impacted by the prison system or are otherwise in need. Special thanks to the Trinity AME Church for hosting the event, the D.C. Office on Aging, Marshalls, and Family Matters for their support of this annual event.



Winter Weather Warnings for Seniors



Temperatures below 32 degrees Fahrenheit can be very dangerous to seniors and the frail elderly. Older residents are urged to follow certain protective measures, including staying in warm places; wearing several layers of dry clothing; wearing a wind-proof outer layer, hat and mittens when outdoors; taking a warm bath or shower; and drinking plenty of non-alcoholic liquids. In addition, it is important to keep the heat on, even if it is at a low level, to prevent pipes from freezing.

If health problems occur, seniors should call their physician, clinic, the nearest hospital or 911 immediately. Seniors should also try to have their prescriptions filled, and request samples from their physician, to have on hand in case bad weather makes it difficult to get out.

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, use to

contact police, fire and ambulance services. Please note that there is a charge for DC ambulance transportation to healthcare facilities. Medicare Part A recipients may be reimbursed.

Hypothermia/Shelter Hotline, 202-399-7093 or 1-800-535-7252

The hotline offers assistance to persons in need of overnight shelter, and support for those living on the streets. Open 24 hours a day, 7 days a week.

Government Assistance

D.C. Consumer and Regulatory Affairs, 202-442-9557

If the heating system is not working in your rental apartment building, notify the property management office. If you do not receive a response, you may call the Housing Inspections Office for assistance during regular business hours. Call the **Homeland Security and Emergency Management Agency** at 202-727-6161 after hours and on weekends.

DC Call Center, 202-311

Use this number to report public streets

that need snow removal and ice clearing. It is also the main number for the District of Columbia. Residents may call 311 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 provide you information about shelters, where to get blankets, heaters and oil, and who to contact for other assistance. Also call for non-medical emergency assistance and service information after hours, holidays and weekends. Open 24 hours a day, 7 days a week.

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 warm. The Office is open Monday through Friday, 8:15 a.m. to 4:45 p.m.

D.C. Energy Office Hotline, 202-673-6750

Utility 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, 1-800-752-7520

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

D.C. Water and Sewer Authority, 202-612-3400

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

Cable Services

To report cable outages contact your cable provider:

COMCAST 202-635-5100

RCN 1-800-746-4726

VERIZON 1-800-483-7988

Emergency Resources and Information
Yellow Pages

411

If the heat stops working inside your private residence, check the yellow pages or call directory assistance for listings of heating contractors.



GOVERNMENT OF THE DISTRICT OF COLUMBIA

MURIEL BOWSER, MAYOR



Seniors Celebrate the Holiday Season

Mayor Muriel Bowser and the D.C. Office on Aging hosted more than 3,500 seniors from all eight wards for the Mayor's Annual Senior Holiday Celebration at the D.C. Armory. The theme this year, "Together We Thrive!" honored community and the incredible strides made towards making D.C. an age-friendly city for all. Volunteers from the Coast Guard, Navy, PEPCO and DC Public Schools' Jr. ROTC program joined nearly 150 members of the Mayor's

administration to help serve lunch.

More than 80 exhibitors provided free health screenings, information on senior resources, free manicures and facials, and a free photo booths provided by the Elder Abuse and Prevention Committee (EAPC). The EAPC also shared important tips and information on preventing fraud and elder abuse during the holidays.

Guests danced to the music of Sharon Thomas and Da Juke Joint and DJ Nate D.

Skate, and enjoyed performances by talented seniors from across the city, including the MC Steppers, the API Senior Center Dancers, Vida Senior Center, and Ms. Senior D.C. Frances Curtis Johnson with the D.C. Seniors Cameo Club.

Handmade quilts and crocheted blankets created by seniors at various sites were on display throughout the Armory. The blankets will be donated to children and infants transitioning out of shelters

and into permanent homes as part of Home for the Holidays — the Bowser Administration's campaign to secure permanent housing for 400 of the District's most vulnerable families and individuals during the holiday season.

A special thanks to the volunteers from PEPCO, the armed services and the D.C. Public Schools' Jr. ROTC Programs who volunteered during the event with food service, and served on our welcoming committee.



Mayor Muriel Bower poses with Ms. Senior D.C. Frances Curtis Johnson.



Seniors from across the city participated in the quilting project. Many of the handmade quilts included matching carrying bags.



Executive Director Laura Newland introduces the staff to perform a special line dance choreographed for the DCOA dance team for the event.

Director's message

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fixing your stair railing and installing grab bars — just like we've done for about 800 older District residents so far since 2016.

It means that if you need assistance in your daily life with getting dressed or getting around your house, we work to connect you with the appropriate care you need — in some cases even going to your house to explain program options and to help you apply for services.

It means that you can go to any of our 43 age-friendly businesses, knowing that they have pledged to serve you in a safe and inclusive environment. It means businesses and local leaders are looking out to make sure that no one's trying to take advantage of your finances.

And if you need help finding work, DC provides training and job assistance. It means that we're including everyone in emergency planning.

Age-friendly is about saying, "Everyone matters here in DC." And for all of us, Age-

Friendly means that we are a city of neighbors looking after neighbors.

To read the complete five year report, visit www.agefriendly.dc.gov. To learn more about programs and services available for you, reach out to DCOA at 202-724-5626 or online at www.dcoa.dc.gov.

I'm proud of all we have been able to accomplish, and I'm excited for what we can do together in 2018 and beyond to make DC the best city in the world to age. Our commitment to you does not end at celebrating this accomplishment. In fact, this is where the work begins. Here's to a great New Year!

Spotlight on Aging

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The Office on Aging is in partnership with the District of Columbia Recycling Program.

Get Involved

Monday, Jan. 8 Noon to 2:30 p.m.

D.C. Resource Group
Washington Hebrew Congregation
3935 Macomb St. NW – Ward 3

Tuesday, Jan. 9 9:30 a.m. to noon

Bernice Elizabeth Fonteneau Senior Wellness Center – Resource & Health Fair
3531 Georgia Ave. – Ward 1
Contact: Michelle Singleton,
202-727-0338

Tuesday, Jan. 16 11 a.m. to 2 p.m.

D.C. Office on Aging: Informational table on our resources and services
Physician's Office Building
106 Irving St. NW – Ward 5

Thursday, Jan. 18 10 a.m. to noon

Train to become a DCOA Ambassador
500 K Street, NE – Ward 6
Contact 202-727-8364 or
darlene.nowlin@dc.gov to register.

Monday, Jan. 22 10 a.m. to 1 p.m.

D.C. Department of Corrections
D.C. Office on Aging and collaborating partners will provide presentations and workshops to soon-to-be-released inmates. If you are a provider and you have a resource or service to offer, please contact alice.thompson@dc.gov

Monday, Jan. 29 11 a.m. to 2 p.m.

D.C. Office on Aging: Informational table on our resources and services
Physician's Office Building
106 Irving St. NW – Ward 5

Wednesday, Jan. 31 10:30 a.m. to 2 p.m.

Hayes Senior Wellness Center – Health & Resource Fair
500 K St. NW – Ward 6
Contact: Sherrell Briscoe,
202-727-0357