

Spotlight on Community Living

Wednesday, January 1, 2014

Serving D.C. residents who are age 18+ with a disability or age 60+ and their caregivers

Vol 2, No 3



Executive Director's Message

John M. Thompson, Ph.D., FAAMA, D.C. Office on Aging

As this issue of the **Spotlight on Community Living** is the first edition for 2014, I would like to talk about health and wellness. These topics are always relevant regardless if you are an individual who will be turning 60 years of age this year or a seasoned senior. By focusing on these measures now, we can help ourselves to remain physically active for many years.

According to the Centers for Disease Control and Prevention 2010 data, there were approximately 2.3 million nonfatal fall injuries among older adults treated in emergency departments and more than 662,000 of these patients were hospitalized due to hip fractures, lacerations, and head traumas or even admitted to nursing homes. The total direct medical costs associated with these falls were \$30.4 billion. As you can imagine, seniors who have suffered these kinds

of injuries find it difficult to be independent and may increase the risk of early death. In extreme cases, 21,700 seniors died from unintentional fall injuries in 2010.

Beyond the fact that seniors are prone to fall injuries, some seniors live with different types of chronic diseases such as heart disease, stroke, diabetes, cancer, and arthritis. According to the Centers for Disease Control and Prevention, 7 out of 10 deaths annually among Americans are linked to chronic diseases. About 25% of people with chronic conditions have limitations with one or more activities of daily living (ADL). Arthritis is the most common cause of disability, impacting nearly 19 million Americans who report that they have issues with performing some ADLs. Diabetes can also adversely impact ADLs when individuals receive non-traumatic lower-ex-

tremity amputations and blindness.

Although I have shared some staggering data with you, seniors and future seniors can take control of their lives to prevent falls and prevent or alleviate ailments associated with a number of chronic diseases. Seniors can access free wellness programs at any of the District of Columbia Office on Aging's Senior Wellness Centers, which are located in Wards 1, 4, 5, 6, 7, and 8. At these senior wellness centers, you can engage in Tai Chi classes to improve balance and take part in strength training classes to build leg strength to prevent falls. You can exercise on the treadmill and the elliptical machine and take aerobics classes to prevent or alleviate the ailments associated with cardiovascular disease, high cholesterol,

high blood pressure, diabetes, arthritis, osteoporosis, and stroke. Moreover, aerobic exercises strengthen your immune system, which means that you will be healthy, active, and productive rather than being sick at home. Lastly, aerobic exercise strengthens your heart and your body's ability to supply oxygen throughout your body, which helps it to function properly, while burning calories and reducing body fat.

For those who frequently come to our senior wellness centers, we welcome you back in 2014! If you are a District senior age 60 and older and have not been to one of our senior wellness centers, we welcome you to get started this week by visiting any of our six locations! Please contact the District of Columbia Office on Aging at 202-724-5626 to get the address and phone number of the senior wellness center near you. ~



said "I love everybody."

After the ceremony while waiting for her ride with Cheryl Christmas, program manager for the Foster Grandparent Program she was discussing upcoming calendar events. When Christmas was trying to recall one of them, Grandma McLaurin quickly chimed in

to correct her. The centenarian is still an active part of her own activities and schedule, but definitely committed to the children she serves.

At age 104, Grandma McLaurin continues to walk the two blocks from her home to the school without assistance. Her presence as a volunteer inspires everyone to work beyond the aches and pains of age, to dance in the face of setbacks and loss, and to give love freely to all. Foster Grandparent McLaurin is a shining example of the commitment to service and humanity that is the essence of volunteerism. ~

HAPPY NEW YEAR!

Start off the year by adopting a healthier lifestyle! Attend one of six wellness centers citywide designed for persons age 60 and older. Participation is free for District residents age 60 and older.

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

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

Model Cities Senior Wellness Center
1901 Evarts Street, NE
202-635-1900

Hayes Senior Wellness Center
500 K Street, NE
202-727-0357

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

The BODYWISE Program also promotes health, wellness and fitness for persons 60 years of age or older in the District of Columbia. Some of the benefits which may be achieved include: an increase in participant's cardiovascular efficiency, muscular strength, flexibility, and overall life satisfaction. A key component of the program is to promote health, wellness, and prevention knowledge. Call 202-274-6651 for more information. ~

CENTENARIAN RECEIVES MAYORAL AWARD FOR SERVICE

Mayor Gray recently presented 104 year old **Virginia McLaurin** with the National Service Award during the Mayor's Community Service Awards. The awards are presented annually to District residents making a notable impact through volunteerism and service.

Grandma McLaurin as she is known, long time resident of the District was aware of the challenges the city faced when meeting the academic needs of students with severe special educational needs and disabilities. In 1994 because she lives near

C. Melvin Sharpe Health School, she decided to volunteer to make a difference in the lives of the mentally and physically disabled children attending the school by working along side the teaching staff and administration as a United Planning Organization (UPO) Foster Grandparent.

She has volunteered an average of 40 hours per week for the past 19 years. Grandma helps these special children acquire and develop social skills, basic skills in speech, reading, writing and math. Grandma believes that "Love" conquers all she



COMMUNITY EVENTS CALENDAR

JANUARY

7th • 12 Pm

DC Caregivers Chat Online at Noon The DC Caregivers Online Chat at Noon is designed to provide resources, tips and other information to assist persons caring for older adults informally. If you miss the noon chat, go back to the site and hit replay to view the conversation. For more information, contact Linda.Irizarry@dc.gov or 202-535-1442.

9th • 10 am – 12 pm

DCOA and the Office of Unified Communications will present Smart911 to residents of Fort Lincoln. The presentation will be held at 2855 Fort Lincoln Drive, NE. Residents will have an opportunity to sign-up for the safety profile designed to give first responders important information on homes and their occupants when contacted for emergency assistance. Residents will also find out more information on programs and services available to assist them. For more information, contact darlene.nowlin@dc.gov or call 202-727-8364.

11th & 12th • 9 am – 5 pm

DCOA will have a booth at the NBC4 * 2014 Health & Fitness Expo, Walter E. Washington Convention Center, Halls B & C, Booth 1541, 801 Mt. Vernon Place, NW. Join us for this great annual event health and fitness demonstrations, resources, free giveaways and more. Event phone number for details is 202-249-3600.

16th • 10 am – 2 pm

DCOA will present a Community Health and Informational Fair at Holy Temple of Christ Church, 439 12th Street, NE. Come out and

receive valuable information on DCOA programs and services, receive health screenings and resources to keep you safe. For more information, call Alice Thompson at 202-535-1321.

20th • 10 am – 2 pm

DCOA Executive Director John M. Thompson, Ph.D., FAAMA will discuss the Affordable Care Act & host a Community Health and Informational Fair at Bethesda Baptist Church, 1808 Capitol Avenue, NE. Contact Shirley Mitchell 301-318-2990 for more information.

17th • 2 pm

Seabury Resources for Aging Ward 5 will hold its holiday open house at 2900 Newton St. NE. For reservations, call Vivian Grayton at 202-529-8701.

18th • 1 to 3 pm

Attend a DCOA sponsored community health and wellness fair at St. Mary's Court apartments, 725 24th St. NW. For more information, call 202-223-5712.

19th • 10 am to 2 pm

DCOA will hold a community health and wellness fair Model Cities Senior Wellness Center. Model Cities is located at 1901 Everts St. NE. For more information, call 202-635-1900.

21st • 12 pm

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BE PREPARED FOR WINTER EMERGENCIES

Now is the time to prepare for possible winter emergencies. Once you learn of a cold or winter weather alert, such as a winter storm watch or winter storm warning, listen to the broadcast media about the weather conditions. Seniors are urged to follow certain protective measures including stay inside, stay in warm places, wear several layers of dry clothing, wear a wind protective outer layer, reschedule appointments if possible, store canned foods during the year to help when there are periods you cannot venture

out for 24-hours or more, keeping prescription drugs filled timely. Visit www.dc.gov or www.snow.dc.gov for more important information. Here are important phone numbers that also may be helpful in cold weather emergencies. ~

IMMEDIATE EMERGENCY RESPONSE

• **Emergency Assistance 911**
In a life-threatening situation, call 911 for Police, Fire and ambulance services. There is a charge for DC ambulance transportation to healthcare 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 on 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 can call the Housing Inspections Office for assistance during business hours. On weekends and after hours, call the Office of Emergency Management at (202) 727-6161.

tance. Also for non-medical emergency assistance and service information on holidays, weekends and after hours. Open 24 hours a day, 7 days a week.

• **DC Call Center 311**
To report public streets that need snow and ice clearing and removal. Also, the main number for DC residents 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 whom to contact for other assistance.

• **D.C. Office on Aging (202) 724-5626**
The Information and Assistance Office can link seniors with needed services and provide 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 311**
Emergency energy assistance is available to low-income District residents who have received a disconnection notice for electric or gas service, or are currently disconnected. Assistance is also available to residents without home heating oil. The amount of assistance is based on household size, total household income, heating source, and type of dwelling.

SENIORS CELEBRATE HOLIDAY AT ANNUAL EVENT

More than 3200 seniors enjoyed the Mayor's Annual Senior Holiday Celebration held at the DC Armory. D.C. Office on Aging Executive Director John M. Thompson introduced Mayor Vincent C. Gray who greeted the seniors and spoke of the great things the District was doing to improve transportation for seniors increasing the budget to serve more seniors, increase the number of life support and medical transportation trips and recreational trips for senior citizens.

The event was held under the theme, *Live, Work and Play: An Age-Friendly Holiday Celebration*. The exhibit area included many government and community based resources that provided information, immunizations and health screenings, free facials, manicures, massages, giveaways and much more. A festive holiday meal was served by volunteers from the Armed Forces, PEPCO and the JR ROTC.

The MC for the event was Robert "Captain Fly" Frye host on *WPFW 89.3 FM and WYCB's Senior Zone*. The featured performer for the event was local R&B group HALO. Other performers included Captain Fly and friends for the holiday including *The Philly Sound*. Senior performers for the event included the MC Steppers performing "Rhythm Nation," and the TR/Crest Soulinesters performed a dance to "Jazzy Lady." Senior participants from Vida Senior Center sang Feliz Navidad and the API Senior Center Silver Singers who sang a holiday medley of songs in Chinese, Mandarin and in English.

Seniors also received a workout from Hayes Senior Wellness Center fitness coordinator William Yates that included dance movement and Yoga. Many of the attendees stayed on the dance floor hand dancing, performing line dances like the "Wobble" and just enjoying the music that was provided.

Known as the District's largest holiday event held for seniors, the event is hosted annually by the D.C. Office on Aging and its Senior Service Network. In its 16th year the free event brings seniors from across the city to celebrate the season. This year the event was rescheduled because of inclement weather forecast for the area in early December. ~

CITIZEN SNOW TEAM VOLUNTEERS NEEDED

Serve DC the Mayor's Office on Volunteerism is seeking volunteers from across the District to join the 2013-2014 Citizen Snow Team that will clear sidewalks of elderly and disabled residents after it snows.

The District requires property owners (residential and commercial) to clear the sidewalks surrounding their property within 24-hours

after a snowfall. Even a dusting of snow can be too much for elderly or disabled residents to shovel. Volunteers are needed to make winter a little easier on everyone.

Persons interested in volunteering their time to help those in need can register by calling 202-727-8421 or visit www.serve.dc.gov. ~

SPOTLIGHT ON COMMUNITY LIVING

Spotlight on Community Living is published by the External Affairs and Communications unit of the D.C. Office on Aging. Advertising contained in the Current is not endorsed by the D.C. Office on Aging or by the publisher. The D.C. Office on Aging is responsible for developing and carrying out a comprehensive and coordinated system of health, nutrition, education, employment, training, and social services for the District's elderly population, who are 60 years of age and older. The Office on Aging also administers the Aging and Disability Resource Center, a one-stop shop resource center, designed to assist seniors, persons with disabilities 18 years of age and older and family caregivers navigate the long-term services and supports system.

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In accordance with the D.C. Human Rights Act of 1977, as amended, D.C. Official Code Section §52-1401.01 et seq., (Act), the D.C. Office on Aging does not discriminate on the basis of actual or perceived: race, color, religion, national origin, sex, age, marital status, personal appearance, sexual orientation, gender identity or expression, familial status, family responsibilities, matriculation, political affiliation, genetic information, disability, source of income, or place of residence or business.

Sexual harassment is a form of sex discrimination which is prohibited by the Act.

In addition, harassment based on any of the above protected categories is prohibited by the Act.

Discrimination in violation of the Act will not be tolerated. Violators will be subject to disciplinary action.