

*Celebrating 40 Years*

DISTRICT OF COLUMBIA OFFICE ON AGING

# Spotlight On Aging

VOLUME XXVII, ISSUE 7

A newsletter for D.C. Seniors

July 2016



## EXECUTIVE DIRECTOR'S MESSAGE

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

The D.C. Office on Aging is proud to announce that one of our very own, Aurora Delespin-Jones, program manager, won the 15th Annual Morris & Gwendolyn Cafritz Foundation Award for Distinguished D.C. Government Employees. The Cafritz Awards are designed to recognize and reward outstanding performance and exemplary service by D.C. government employees.

Aurora has worked for District government for more than 30 years, and with the D.C. Office on Aging (DCOA) for 12 years. She is the foundation of our mission driven agency. She has been here through major transitions, supporting the agency to ensure that DCOA provides the best services to District seniors, people with disabilities and their caregivers.

Aurora has dedicated her entire career to District government, and represents DCOA at its best: dedicated, passionate, creative, and collaborative. As a District, we're only as good as our employees, and I'm proud that Aurora's hard work has been recognized.

One of the things I most admire about Aurora is that she's a living testament to what we're able to achieve when we marry expertise with a true care and concern for our District seniors. She understands the importance of listening — really listening — and putting in the hard work of changing how we do things if that's what it takes to meet seniors where they're at.

Speaking of listening and learning what seniors want, DCOA needs your help to design a new program

for FY 17! Mayor Muriel Bowser has been very supportive of villages in the District, and she knows how critical it is to engage the community in order to achieve the goals of creating a true Age-Friendly D.C.

The District senior village movement has been a model of healthy, active aging in our community at the grass roots level. Villages facilitate access to community support services and connection to on-going civic engagement. Most villages are created and run by their members, who pay an annual fee for membership.

Each village is uniquely designed, and meets the specific needs of its neighborhood. Since the first village opened in 2002 — Beacon Hill in Boston — more than 160 villages have opened throughout the U.S., providing full-service programs to nearly 25,000 older adults. The District is proud to have 10 villages serving various communities across the District, and is poised to launch at least three more within the next few years.

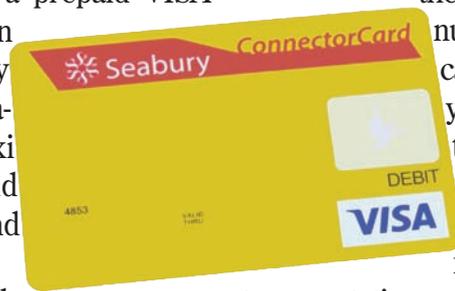
During the development of the FY 2017 budget, the Council added a \$250,000 enhancement to DCOA's budget to support the village movement, which was supported by the Mayor. The intent of the funds is to promote the development and sustainability of villages, particularly in underserved communities, with some of the funds dedicated to subsidizing memberships for low-income neighbors.

As the D.C. Office on Aging develops plans for allocating the funds,

See **DIRECTOR'S MESSAGE**, page 28

## New ConnectorCard Helps Pay for Transportation

D.C. seniors, you have transportation options! Check out Seabury ConnectorCard — a prepaid VISA debit card that can be used for any ground transportation, such as taxis, cabs, Metrorail and Metro bus, Uber, and Super Shuttle.



Any resident of the District of Columbia who is 60 years old or older may enroll in the ConnectorCard program. Eligible seniors complete an enrollment packet that includes proof of residency and income. The card utilizes customer funds that are then matched by the District's Office on Aging.

The individual's contribution to the card is determined by income, and ranges from \$12 to \$38. District Office on Aging (DCOA) matching funds

are loaded on the VISA debit card, for a combined load of \$50. Currently, there is no limit on the number of loads per card. Once activated, you can begin your travels.

ConnectorCard can be used on any form of ground transportation and can be used anytime, anywhere with any ground transportation provider that has a credit card reading device. And you don't have to restrict your trips to Washington, D.C. However, the card cannot be used for purposes other than transportation.

For more information, contact Seabury Resources for Aging's Alternative Transportation Office at 202-844-3000. Enrollment sessions are being held throughout the community.

## Mayor's Symposium Set for August 4

Plans for the Mayor's Fifth Annual Senior Symposium are well underway! This year, attendees will have the ability to register online, or receive a ticket at one of our six senior wellness centers. Additional information will be provided soon.

This year's theme is "Healthy Homes. Healthy Hearts. Healthy Living." The symposium will feature workshops on topics such as: senior health and wellness, housing, accessible transportation, technology, elder justice, effective ways to access government resources, and more.



**Mayor's Fifth Annual Senior Symposium**

**Date: Thursday, August 4, 2016**

**Time: 8:45 a.m.-3:00 p.m.**

**Location: Paul Laurence Dunbar Senior High School**

**101 N Street NW, Washington, D.C. 20001**



GOVERNMENT OF THE DISTRICT OF COLUMBIA

MURIEL BOWSER, MAYOR

# Marking World Elder Abuse Awareness Day



DCOA marked World Elder Abuse Awareness Day — June 15 — with a social media campaign to increase awareness among Of-

fice on Aging Senior Service Network participants and the public.

Participants and staff joined others around

the world by completing the sentence, “Together WE can fight elder abuse by...” Staff and seniors posted photos of their completed posters, which included tips and the 24-hour hotline number for Adult Protective Services to report possible abuse. Participants also received purple ribbons and refrigerator magnets to help bring awareness.

Did you know that 1 in 10 seniors in the U.S. are abused, neglected, or exploited every year? Most cases often go unreported, due to shame and embarrassment. Share this information with others.

Here are three effective ways to prevent elder abuse:

- 1) Check on the older adults in your family or neighborhood.
- 2) Call your city or county Adult Protective Services if you suspect abuse.
- 3) Provide a break for a caregiver.

To report an incident, call the Adult Protective Services’ 24-hour hotline: (202) 541-3950.




## CityWide Money Management Program

**Eligibility Criteria:**

- DC Resident
- 60 years of age or older
- Lives alone
- Experiencing dementia and/or memory loss
- Yearly net income equal or less than \$29,425

*This program is supported by the DC Office on Aging through the Administration on Community Living, Alzheimer’s Disease Initiative Grant.*

The CityWide Money Management Program is a pilot program designed for seniors with dementia and/or memory loss who experience difficulty managing their money, organizing their finances, and paying bills on time.

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The program offers two levels of assistance:

**Money Management:** A program representative assists with financial organization, budgeting, and bill payment reminders. The participant remains in control of their finances and makes all financial decisions.

**Organizational Representative Payee:** Once enrolled the participant’s Social Security check is directly deposited into a dedicated account managed by Iona Senior Services. The Money Management Program facilitates the payment of client’s bills on their behalf and disburses money to the participant to purchase needed personal items. Participation requires certification from a physician that the individual is unable to manage their finances.

**For more information, please contact  
Iona Senior Services  
Information and Referral Helpline  
(202) 895-9448**



DCOA Staff members hold up their World Elder Abuse Awareness Day posters.

## Spotlight On Aging

**continues on page 27, following the Housing Options Magazine section at the right**  
Please pull out and keep the Housing Options section. You may also pull out and keep Spotlight on Aging.

## Spotlight On Aging, continued

Continued from page 26, preceding the Housing Options Magazine at the left.



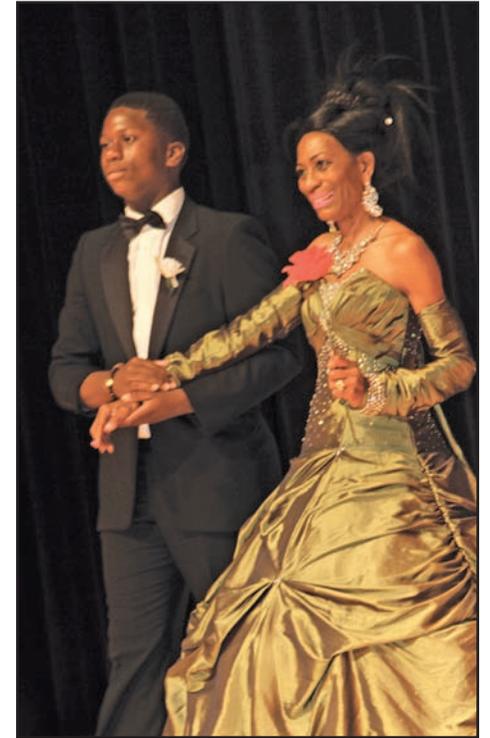
Billie LaVerne Smith, Ms. Senior DC 2016



Jessica Haynes-Franklin, First runner-up



Dr. Judyan Andrews, Second runner-up



Elvera Patrick, Ms. Congeniality

# Ms. Senior D.C. Pageant 2016

We have a winner!

Billie LaVerne Smith, a resident of Ward 4, has been crowned Ms. Senior DC! She impressed the judges at this year's pageant with her skills on the piano when she played "Don't Get Around Much Anymore" from *Sophisticated Lady* by Duke Ellington and Bob Bassie. The judges also awarded her Best Interview based on their conversations with the 10 contestants.

First runner-up in the contest was Jessica Haynes-Franklin, who was also the winner of the Best Evening Gown Award. She elegantly wore a white lace evening gown during that segment of the contest.

Second runner-up was Dr. Judyan

Andrews, who sang the tune "Teach Me Tonight." Third runner-up was Elynore Hooker Herron, who also was awarded Best Salesperson for her ad and ticket sales. Herron used a slide show to depict her original historical writing on "Queens" during the talent segment.

The contestants voted on the person they felt best represented Ms. Congeniality, and Elvera Patrick from Ward 8 was the winner. Patrick had a very energizing hula hoop routine to "Let's Twist Again" by Chubby Checker. She entertained the audience wearing a hot pink and black 50's sock hop outfit.

The MC Steppers — the Ms. Senior DC Pageant official dancers —

set the tone for the event with music by Stevie Wonder from his album, "Songs in the Key of Life." The group danced to several songs by the musician in bright-colored sequined costumes, bell bottoms and afro wigs. During the finale they wore black sequined and neon wigs.

During the opening, Wendy Denise Bridges, Ms. Senior DC 2015, and Mary L. McCoy, Ms. Senior DC 2012, shared the Keys of Life. This moment was special, but difficult, for the dancers, who were supposed to perform with Nancy A. Berry, Cameo Club President, who died suddenly the week before the event. She had practiced for weeks to dance with the duo during the opening.

The group performed in her memory, and her loss was felt because she was instrumental in the planning of the event and coordi-

nated many of the activities even days before.

A panel of judges from the community rated each contestant on their elegance, grace and poise in each segment of the competition. The four segments were Philosophy of Life, Evening Gown, Talent and Interview. Carroll "Mr. C" Henson, Jr. was the master of ceremonies for the event, and led the audience through each phase of the show.

The Ms. Senior DC Pageant was presented by the DC Office on Aging, the DC Seniors Cameo Club, and the Office on Aging Senior Service Network. Pictures from the event can be viewed on the agency's website and social media pages. Follow DCOA@DCAgingNews on Facebook, Instagram and Twitter for more information.



MC Steppers in their afro wigs



Full group of contestants

# Community Calendar

## July

### 5th and 19th • noon

Join the D.C. Caregivers Online Chat at Noon to discuss “Unresolved Issues in Family Caregiving” on July 5 and “Long Term Care and Tips for Caregivers” on July 19. Log on to <http://dcoa.dc.gov/page/caregiver-chat> at noon or visit at your convenience and hit replay to see the chat. For more information, contact [linda.irizarry@dc.gov](mailto:linda.irizarry@dc.gov) or call 202-535-1442.

### 6th, 7th, 13th, 14th, 21st • 11:30 a.m.

Seabury Resources for Aging Ward 5 presents Seabury ConnectorCard sign-up days at various nutrition sites. Read more about this transportation debit card in this issue of Spotlight on Aging. Verification of income, date of birth and residence needed at the time of sign-up. The event on July 6 takes place at Ft. Lincoln I, 2855 Bladensburg Rd. NE. The July 7 session is at Petersburg, 3298 Ft. Lincoln Dr. NE. On July 13 it is at Kibar, 1519 4th St. NW. On July 14 it is

at Edgewood Commons, 635 Edgewood St. NE, and on July 21, it takes place at North Capitol @ Plymouth, 5233 N. Capitol St. NE. For more information, call Norma Hardie at 202-529-8701.

### 12th • 11:30 a.m.

AARP Legal Counsel for the Elderly will present information on the Medicare Patrol at Petersburg, 3298 Ft. Lincoln Dr. NE. For more information, call Norma Hardie at 202-529-8701.

### 13th • 3:30 to 5:30 p.m.

Learn all about how to get organized for a stress-free move. Penny Catterall and Sue Crow of Order Your Life, a Bethesda-based professional organizing company, will offer suggestions on where to donate or sell possessions you no longer wish to keep, and give tips on how to simplify the moving process in this workshop at Iona. The early bird fee before July 6 is \$10. After that, the cost to register is \$15. Sign up at [http://bit.ly/stress\\_free\\_move](http://bit.ly/stress_free_move) or call 202-895-9420. Iona is located at 4125 Albemarle St. NW.

### 19th • 11:30 a.m.

United Healthcare presents information on the circulatory system at North Capitol @ Plymouth Nutrition Site, 5233 N. Capitol St., NE. For more information, call Norma Hardie at 202-529-8701.

### 21st • 10 a.m. to noon

Train to become a DCOA Ambassador, an initiative to train community residents about the programs and services offered by the D.C. Office on Aging and its Senior Service Network. The ambassadors serve as points of contacts for distributing information about the programs and services available to seniors, people living with disabilities and caregivers in their wards and communities. To register, call 202-724-5622 or email [Darlene.nowlin@dc.gov](mailto:Darlene.nowlin@dc.gov) presents a Provider Resource Fair at The R.I.S.E. Demonstration Center, located at 2730 Martin Luther King, Jr. Ave. SE. For more information, contact Alonzo Brown at 202-368-7092.

## Director's message

From page 25

we'd love to hear from you on how villages can support you more, and how we can use District funds to help villages grow sustainably.

Begin by answering these questions:

- District seniors: How would you use funds to improve access to village membership and services?
- Community-based organizations: How would funds best support efforts to serve village members or neighbors?

Please send your thoughts, ideas, questions and concerns to [askthedirector.dcoa@dc.gov](mailto:askthedirector.dcoa@dc.gov) by Friday, August 5.

Thanks for taking the time to express your thoughts and ideas. It's important to us that the community has an opportunity to share how DCOA services can best meet their needs. To learn more about villages and to find a village near you, visit DCOA's website at <http://dcoa.dc.gov/service/senior-villages>.

I look forward to hearing from you!

Last, but certainly not least, please join me in congratulating our 2016 Ms.

Senior D.C., Billie LaVerne Smith. Smith is a resident of Ward 4, and will be representing the District of Columbia at the national Ms. Senior America

pageant in Atlantic City later this fall. I also want to thank our 2015 Ms. Senior D.C., Wendy Bridges, for her service to the District's seniors during her reign!

## SPOTLIGHT ON AGING

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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 subjected to disciplinary action.

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



## FIGHT THE BITE!

### BE SAFE. BE PROTECTED.



Join the District of Columbia Department of Health (DOH) team at **Fight the Bite!** community events.

**FREE** educational materials and mosquito-borne disease prevention kits (**insect repellent, mosquito dunks and condoms**) will be provided! There will also be on-site teams to share information on how to protect yourself & others from mosquito bites.

**\*\*FREE Emergency Preparedness Backpacks to first 50 attendees at each location\*\***

## COMMUNITY EVENTS:

### Saturday, July 16, 2016 | 10AM - 1PM

Ward 1	Columbia Heights Community Center	1480 Girard St NW 20009
Ward 2	Stead Recreation Center	1625 P St NW 20036
Ward 3	Palisades Recreation Center	5200 Sherier Pl NW 20016
Ward 4	Petworth Recreation Center	801 Taylor St NW 20011
Ward 5	Turkey Thicket Recreation Center	1100 Michigan Av. NE 20017
Ward 6	King Greenleaf Recreation Center	201 N St SW 20001
Ward 7	Fort Davis Recreation Center	1400 41st St SE 20020
Ward 8	Barry Farm Recreation Center	1230 Sumner Rd SE 20020

If you have questions, please contact the DOH Animal Services Program.  
Call (202) 442-5833 or Email [mosquito.info@dc.gov](mailto:mosquito.info@dc.gov).

Follow the DC Department of Health's mosquito control efforts on social media using:  
#DCMosquitoControl #DCFightsTheBite

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