

DISTRICT OF COLUMBIA OFFICE ON AGING NEWS

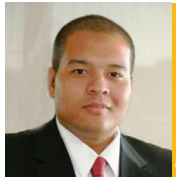


Spotlight on Community Living

Wednesday, June 4, 2014

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

Vol 2, No 8



Executive Director's Message

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

June is Men's Health Month, which is celebrated across the country with health fairs and screenings, media appearances, and other educational and outreach events. The purpose of this month is to increase the public's awareness about early detection and treatment of diseases among men. I trust that this message will be an eye opener for you and your family members and that you will be ready to take action!

According to the Centers for Disease Control and Prevention (CDC), men are 5%-10% more likely to have heart disease and be morbidly obese as compared to women. Men with such chronic diseases must closely monitor their health and make a concerted effort to change their lifestyles to prevent further health complications. Unfortu-

nately, the failure to make these changes could lead to greater chances of hospitalizations, premature nursing home admissions, and even death. According to the National Center for Health Statistics (NCHS), men have a higher death rate for the following diseases: heart disease, cancer, cerebrovascular disease, chronic lower respiratory disease, diabetes, pneumonia/flu, and HIV infection.

Consequently, the staggering death statistics result in a shorter life expectancy for men as compared to women. CDC reports that black males have a life expectancy of 71.4 years compared to 77.7 years for black females; white males have a life expectancy of 76.4 years compared to 81.1 years for white females; and Hispanic males have a life expectancy of 78.5 years compared to 83.8 years for Hispanic

females. According to the Men's Health Network, the gap of life expectancy between men and women is resulting in more women experiencing poverty.

Poverty among widowed women stems from the loss of the husband's income after death, expenses involving the care of the husband, and funeral expenses. Men's Health Network reports that widowed women are 3 to 4 times more likely to live in poverty compared to married women of the same age. In another statistic, the U.S. Administration on Aging reports that over one-half of elderly widows now living in poverty were not poor before the deaths of their husband.

In viewing the startling statistics reported in this month's message, I hope that you are motivated in joining me to make positive changes in the District. It

will take a village of committed family members to ensure that our men are making every effort to get their annual checkups, to see their doctors when they experience physical abnormalities, to eat healthy, and to adopt active lifestyles including physical fitness. The government offers support to ensure access to quality resources that help the District's men. For example, through the Affordable Care Act, men on Medicare can receive their free annual wellness visits, as well as preventive screenings for a number of chronic diseases. Let me also add that men 60 years of age and older can take advantage of the District's six senior wellness centers, which offer free health and wellness programs such as chair aerobics, Tai Chi, hand dancing, strength training exercises, nutri-

tional counseling, nutritious meals, social engagement, and educational offerings, among other activities.

In closing, as we celebrate Men's Health Month, I would like to encourage all seniors and their loved ones to wear blue on the five Mondays in June to raise awareness about the importance of Men's Health Month. Also, this is an opportunity for men to wear blue to demonstrate their commitment in improving their own health. Please join me in solidarity as we honor our men and let them know that we support them and will do what it takes to keep them healthy and engaged in our communities.

Men, I hope to see you at one of our six senior wellness centers! Please call us at 202-724-5626 if you need information about the senior wellness centers. ~

MS. SENIOR D.C. PAGEANT TO BE HELD JUNE 29

You may have seen her at your senior program, a church event or an event sponsored by your group or organization. Ms. Senior D.C. Nancy A. Berry has visited each ward of the city speaking to her peers, performing "Sweet Georgia Brown" or tutoring youth at a local school. The retired educator, volleyball coach, quilter and dancer has been seen across the city representing Ms. Senior D.C. The Ms. Senior D.C. Pageant will be on Sunday, June 29, 2014 at 2:30 pm, University of the District of Columbia, 4200 Connecticut Avenue, NW, Building 46, Main Auditorium.

The 2014 Ms. Senior D.C. Pageant contestants will compete for the title of Ms. Senior D.C. and the right to represent their city at the Ms. Senior America Pageant in October. A panel of judges will meet with the contestants and rate them on their interview, their philosophy of life, talent and evening gown presentations.

Don't miss the show and the opportunity to share the lives and talents of each of the contestants as they compete for the crown. For tickets and information, call 202-289-1510 x1171 or 202-724-5626.



THE DISTRICT OF COLUMBIA HAS BEGUN ISSUING A REAL ID CREDENTIAL.

The REAL ID credential requires a one-time revalidation of source documents when obtaining, renewing or requesting a duplicate DC driver license or identification card. This validation will enable the DC Department of Motor Vehicles (DMV) to ensure your identity and issue a federally compliant REAL ID driver license/identification card. The new requirements will affect what you will need to bring to the DC DMV office when obtaining, renewing or requesting a duplicate credential. First time DC applicants and existing DC driver license/identification card holders should expect to provide source documents as proof of identity (full legal name and date of birth), social security number, lawful presence in the United States, and current residence in the District of Columbia.

REAL ID implements a 9/11 Commission recommendation urging the Federal Government to "set standards for the issuance of sources of identification, such as driver licenses." For more information, visit www.dmv.dc.gov or call 311.

(continued on next page)





COMMUNITY EVENTS CALENDAR

JUNE EVENTS

3rd • 10 a.m. to 2 p.m.

A community health and wellness fair sponsored by the Office on Aging will be held at Iona's Active Wellness Program at St. Albans, 3001 Wisconsin Ave NW. For more information, call Thelma Hines 202-363-5145 Ext. 212.

7th • 11 a.m. to 2 p.m.

A community health fair will be held at the Columbia Lodge #85, 1844 3rd St. NW. For more information, contact Ebony Smith at 202-809-1010.

7th • 11 a.m. to 5 p.m.

Celebrate Glover Park Day at an inter-generational community festival that includes games for children. The festival will take place at the Guy Mason Recreation Center, 3600 Calvert St. NW.

9th • 11:30 a.m.

Get important information at the presentation, "Make a Plan: Emergency Preparedness," at all Ward 5 nutrition sites. For more information, call Vivian Grayton at 202-529-8701.

10th • 6 to 8 p.m.

Iona Senior Services and the National Center for Creative Aging present Memory Arts Café, a free event for people living with Alzheimer's and their caregivers. A highlight of the evening will be the creation of a new performance by the guest artists and the audience. Memory Arts Café features Gary Glazner, of the Alzheimer's Poetry Project, along with other improvisational artists. The event includes light refreshments and the opportunity to chat with the guest artists. Iona is located at 4125 Albemarle St. NW. Reservations are recommended. To RSVP, call Sharon O'Connor at 202-895-9469.

16th • 11:30 a.m.

At Men's Health Day at all Ward 5 nutrition sites learn about how to stay healthy as you age. For more information, call Vivian Grayton at 202-529-8701.

18th • 11:30 a.m.

Learn about stroke symptoms in men at all Ward 5 nutrition sites. For more information, call Vivian Grayton at 202-529-8701.

19th • 7 to 9 p.m.

Celebrate Gay Pride Month with Iona Senior Services. Refreshments will be served at 7 p.m., and the film Ten More Good Years will be shown at 7:30 p.m. The film follows four LGBT elders, exploring why so many age alone, without financial stability and often return to the closet. The film will be followed by a discussion of what has already changed since the film was made in 2008, and how Iona can meet the needs of the LGBT community today. Iona is located at 4125 Albemarle St. NW. RSVP by calling 202-895-9448.

21st • noon to 4 p.m.

North Michigan Park Civic Association will hold a Family Day at North Michigan Park Recreation Center, 1333 Emerson St. NE. Contact Grace Lewis at 202-526-7696 for more information
23rd* 9:30 a.m. - 3 p.m. Vida Senior Centers will host a FREE Health Fair at Vida Residences at Brightwood, 1330 MISSOURI AVE. NW. Learn more about housing, alzheimer's disease, stroke, Medicaid & food stamps, health insurance, emergency services, legal services, utility discounts, tobacco and alcohol prevention. Receive free health screenings including, mammograms. For more information call 202-503-2783 or visit www.vidaseniorcenters.org.

Ongoing

Ward 5 residents who are age 60 and over and are in need of legal advice can contact Seabury Ward 5 Aging Services on Mondays to speak with a lawyer. Call 202-529-8701.

Mayor Vincent C. Gray greets Karen Campbell, Vice President, State Government Affairs, Verizon; Mario Acosta-Velez, Director, State Government Affairs, Verizon; and Jeffrey Merriman, Director, State & Federal Government Affairs, Verizon during the Mayor's Third Annual Senior Symposium. More than 700 advocates, caregivers, seniors and providers attended the annual event that was held at the Hyatt Regency Washington. Mayor Gray kicked off the opening session for the annual event which included concurrent workshops with panel



discussions that included the meaning of an Age-Friendly City, emergency management, mental health and aging, transportation, information on serving persons living with disabilities and senior villages. The exhibit hall featured information and resources from government and community based partners providing programs and services for seniors and their caregivers. ~

UPCOMING SENIOR TOWN HALL MEETINGS

Quarterly discussion with DCOA Executive Director John M. Thompson to ensure that seniors have an opportunity to weigh in on issues that directly impact their lives.

DATE	TIME	LOCATION
June 2, 2014	10:30 a.m. — 12:30 p.m.	Hattie Holmes Senior Wellness Center 324 Kennedy Street, N.W.
June 10, 2014	1:00 p.m. — 3:00 p.m.	Bernice Fonteneau Senior Wellness Center 3531 Georgia Avenue, N.W.
June 16, 2014	1:00 p.m. — 3:00 p.m.	Model Cities Senior Wellness Center 1901 Everts Street, N.E.
June 17, 2014	11:00 a.m. — 1:00 p.m.	Congress Heights Senior Wellness Center 3500 Martin Luther King Jr. Ave, S.E.
June 18, 2014	11:00 a.m. — 1:00 p.m.	Hayes Senior Wellness Center 500 K Street, N.E.
June 19, 2014*	12:30 p.m. — 2:30 p.m.	Ft. Stevens Recreation Center 1327 Van Buren Street, N.W.
June 20, 2014*	12:30 p.m. — 2:30 p.m.	Deanwood Recreation Center 1350 49th Street, N.E.
July 16, 2014	11:00 a.m. — 1:00 p.m.	Washington Seniors Wellness Center 3001 Alabama Avenue, S.E.

*with DPR's Interim Director Sharia Shanklin

BEWARE FAKE USPS EMAILS

Fraudsters Attempting To Gather Personal Identifying Information

Recently, the Postal Inspection Service has received complaints from individuals nationwide related to fraudulent emails and phone calls. These messages are falsely claiming that a package was unable to be delivered by the US Postal Service. These emails and phone calls are attempting to gather personal identifying information.

The emails, which claim to be from the US Postal Service, include a message related to an attempted or intercepted package delivery. The customer is told to click the link or open an attachment in the email.

When opened, a malicious virus is installed on the customer's computer. This virus could steal personal information located on the customer's computer and compromise the customer's information.

If a customer receives an email similar to the one described above, they should follow these steps:

- Do not click on the link or open the attachment
- Forward the email to spam@uspis.gov
- Delete the email

Criminals are also contacting potential victims by phone. When contacted, similar information is provided related to an attempted or intercepted package delivery. The caller attempts to obtain personal identifying information from the customer.

If a customer receives a phone call, they should follow these steps:

- Do not provide any personal identifying information to the caller
- Hang up
- Contact your local post office to verify the phone call
- Contact the Postal Inspection Service at 1-877-876-2455

The Postal Inspection Service is actively investigating these fraudulent emails and phone calls. ~

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.

500 K Street, NE, Washington, D.C. 20002

202-724-5622 • www.dcoa.dc.gov

John M. Thompson, Ph.D., FAAMA
Executive Director

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.