

Spotlight on Aging

VOLUME XXIX, ISSUE 3

A newsletter for D.C. Seniors

March 2018



EXECUTIVE DIRECTOR'S MESSAGE

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

Happy March and Happy National Social Work Month!

The District has more than 5,000 licensed social workers who, day-to-day, tackle some of the most challenging issues facing individuals, families and communities. From homelessness, to child welfare, mental health and medical care, these social workers forge relationships, develop solutions, and work with tenacity and compassion to make a real difference in the lives of our residents.

We are especially fortunate to work with incredible social workers throughout our network who serve our older adults, people with disabilities, and caregivers each and every day. On any given day, our passionate team of social workers are advocates, teachers, team builders, logisticians, creative problem solvers and confidants. They are building communities around each individual they serve, and connecting our residents to services and supports that enable them to continue living in their own homes and communities.

Our Community Transition Social Work team, part of DCOA's Aging and Disability Resource Center (ADRC), assists residents as they transition out of nursing homes and back into their communities. When our Community Transition Team (CTT) was formed, they were tasked with one monumental mission — “go in there and bring them home!”

Since then, the CTT has worked directly with the District's nursing home residents providing information, guidance and support as they navigate a complex process. They're educating individuals and their families on community-based services and supports, building a community of care providers, securing housing, and sometimes even moving in furniture and household goods — helping clients create a home.

Ramona Butler, Social Work Manag-

er for DCOA's Aging and Disability Resource Center, says “DCOA's social work team understands and respects that change lies within the individual and their support network. It's imperative that we take the time to listen, and listen with compassion and purpose. We make sure that the individual has a voice, and is the primary decision-maker when it comes to his or her long-term care planning.”

In 2017, we successfully transitioned 60 clients back into the community thanks to our dedicated Community Transition and Social Work team. But it's not about the numbers — it's about people! It's about the lives impacted. It's about instilling hope. It's about reminding all of us that we all have a part in making our community one that we want to live in.

Whether they're skillfully assisting residents as they navigate through various service systems, or serving as an advocate, our social workers push through with persistence to ensure our residents have access to what they need, when they need it.

I am proud to salute the many social workers throughout the District, and those who represent the Office on Aging, as we continue to push forward with the mission of ensuring our older adults, people with disabilities, and caregivers are able to live well in their own homes and communities. The service navigators, home facilitators, counselors, advisors and advocates — you are the heart of our work at the Office on Aging.

My sincere appreciation and thanks to all of our social workers at DCOA, our Lead Agencies, and throughout our Senior Service Network. Thanks for making D.C. the best city in the world to age!

To learn more about our Community Transition and Social Work team, reach out to us at 202-724-5626.

A Sweeter Valentine's Day



Mayor Muriel Bowser greets Arthur Copper Community dining participants on Valentine's Day

This Valentine's Day, Mayor Muriel Bowser kicked off the Second Annual Cupid's Kids Initiative by delivering handmade Valentine's Day cards created by D.C. Public School students to seniors at the Arthur Capper Community dining site.

Launched in 2017 by the District of Columbia Office on Aging, the Cupid's Kids Initiative was established to promote intergenerational connections between students and homebound seniors, and as a step to help combat social isolation.

Student volunteers create cards and send personal notes to homebound seniors, which are delivered with their home-delivered meals. Nine schools and several local Girl Scout troops participated, and over 1,200 cards were

delivered to seniors citywide.

This year, many students received a special surprise when seniors wrote notes back to the students, using cards supplied by the Office on Aging.

Thank you to all of the schools that participated, and thank you to the teachers and administrators for showing our youngest residents what it means to be a part of a community.

A special thank you to:

- Barnard Elementary
- Bunker Hill Elementary
- Burrville Elementary
- Drew Elementary
- Eliot-Hine Middle School
- Hearst Elementary
- Ross Elementary
- Takoma Education Campus
- Whittier Education Campus

Honoring Centenarians

The D.C. Office on Aging (DCOA) is seeking District residents who are 100 years or older to honor during our 32nd Annual Salute to Centenarians in April.

If you know of residents who will have celebrated their 100th birthday by

April 30, please call Darlene Nowlin at (202) 727-8364 or email darlene.nowlin@dc.gov. Please have the name, date of birth and contact information for each individual you are registering.

Registration ends April 15.



GOVERNMENT OF THE DISTRICT OF COLUMBIA

MURIEL BOWSER, MAYOR



Get Involved

March 8, 15, 22, 29
April 5, 12

11 a.m. to 12:30 p.m.
Free Diabetes Self-Management Workshop
(Six sessions)
Delta Towers, 1400 Florida Ave. NE
Contact: Tinya Lacey at 202-529-8701

March 12

10:30 a.m. – 2:30 p.m.
D.C. Office on Aging Health & Resource Fair
Joseph W. King Senior Center,
4638 H St. SE
Contact: Anna Bobo at 202-491-4463

March 15 • 10 a.m. to noon
Train to become a DCOA Ambassador
500 K St. NE
Contact 202-727-0374 or
sadia.ferguson@dc.gov to register

March 15

11:30 a.m. to 12:30 p.m.
Transport DC: Metro Access Program
Fort Lincoln 1, 3400 Banneker Drive, NE
Contact: Tinya Lacey at 202-529-8701

March 16 • 10 a.m. to 2 noon

The Senior Zone – Senior Spa Day
Ft. Stanton Recreation Center,
1812 Erie St. SE
Contact: Shawn Perry at 301-509-9013

March 19 • 10 to 11:30 a.m.
Money Smart Training-DCOA Ambassador Workshop Series
500 K St. NE
Contact 202-727-0374 or
sadia.ferguson@dc.gov to register.

March 20 • 10:30 a.m. to 2:30 p.m.

DC Office on Aging Health & Resource Fair
Washington Senior Wellness Center
3001 Alabama Ave. SE
Contact: Dr. K. Sokoya at 202-581-9355

March 21 • 2 to 3 p.m.

Support group for caregivers
Sunrise on Connecticut Ave,
5111 Connecticut Ave. NW
Contact: Christine Bitzer at 202-364-0020.

March 22

10 a.m. to noon
D.C. Office on Aging Ambassador Training Program
Arthur Capper Senior Apartments,
900 5th St. SE
Contact: Alyce Murrell at 202-397-1725.

March 26

9 a.m. to 4 p.m.
Open House for Ward 7 Seniors,
60 years and older
Washington Seniors Wellness Center
3001 Alabama Ave. SE
Contact: Dr. K. at 202-581-6019

March 26

10 a.m. to 1 p.m.
DC Office on Aging Multi Agency Workshop for the prospective returning citizens of DC Jail
1901 D St. SE
Contact: Alice.thompson@dc.gov if you have valuable programs for prospective returning citizens and you are interested in sharing your resources.

March 27 • 1 to 3 p.m.

DC Office on Aging Resource Fair
D.C. Dept. of Behavior Health Saint Elizabeth's Hospital
1100 Alabama Ave. SE
Contact: Samuel Awosika at 202-299-5157.

March 29

10 a.m. to 2 p.m.
Family Day for Seniors and their family members
Washington Seniors Wellness Center
3001 Alabama Ave. SE
Contact: Dr. K. at 202-581-6019

DISTRICT OF COLUMBIA OFFICE OF THE MAYOR, OFFICE ON AGING

NOTICE OF FUNDING AVAILABILITY

Fiscal Year 2019 Senior Transportation Program Grant

The Government of the District of Columbia, Office on Aging (DCOA) is soliciting applications from qualified applicants to operate the DC Office on Aging Senior Transportation Programs.

DCOA transportation programs provide quality transportation services for District residents 60 years and older to 1) essential medical and life-sustaining appointments, 2) adult daycare centers, wellness centers, group trips and special events, 3) administration and operation of the Debit Card program, and 4) the delivery of Home Delivered Meals (HDM).

The Request for Application (RFA) seeks an organization(s) with strong capacity and a track record of excellent customer service. An existing fleet to operate the programs is preferred.

Federal and District of Columbia appropriated funds up to \$6 million are available for a single or collaborative applicant organization to operate one or up to four transportation services. There is no match requirement. However, applicants must demonstrate tangible resources to sustain at minimum three months' operations cost. The successful applicant must put participant contributions back into the program to serve more participants.

The successful applicant(s) will design services to meet a variety of evolving needs of the city's diverse elderly population, especially older individuals with the greatest economic and social needs, and other underserved populations.

The successful applicant(s) will manage its fleet and implement services that remove transportation barriers for seniors with disabilities, while linking them to affordable, on demand and gap-filling transportation that enhance their physical, social and emotional well-being through connectivity to sites and activities in and around the city, medical appointments, and HDM delivery.

Service Areas

Applicants responding to this RFA shall be responsible for delivering transportation services to the target population in four service areas:

Service Component One: Essential Medical Transportation;

Service Component Two: Transportation to DCOA Funded Sites and Activities;

Service Component Three: Debit Card Transportation Services; and

Service Component Four: Transportation of Home Delivered Meal Service

Priority Services

Applicant's responsibilities include but are not limited to:

- ensuring safe and reliable transportation operation in all weather conditions with few black-out dates;

- providing daily essential medical and life-sustaining transportation daily for a minimum of 4,898 participants through the year;

- transporting, at minimum, 75 enrolled participants daily to three (3) adult day centers, and transporting enrolled seniors at 47 weekday community dining sites located in eight wards, including seniors who are hearing and visually impaired to sites and activities;

- transporting approximately 60 seniors to a city-wide weekend community dining site in Ward 7;

- coordinating with local transportation providers to fund debit card transport services requiring no reservations for approximately 318 seniors annually;

- coordinating and implementing week-day and weekend meal delivery services for approximately 463 homebound seniors;
- developing senior-friendly service enhancements and innovations that provide access and ease of using transportation;

- establishing an ongoing process to keep seniors informed and aware of transportation options, as well as rider subsidy programs; and

- track service data in the DCOA database and submit complete, accurate and timely reports as required.

Nonprofit organizations with places of business within the physical boundaries of the District of Columbia are eligible to apply. For-profit organizations with places of business within the physical boundaries of the District of Columbia are also eligible to apply, but must not include profit-making that accrues back to their organization in their grant application.

The RFA was released Feb 28, 2018. The application submission deadline is April 9, 2018, at 2:30 p.m. EST. A Pre-Application Workshop is scheduled for 10:30 a.m. EST on March 5, 2018, at 500 K St. NE, Washington, DC 20002, first-floor conference room.

The RFA will also be available on the Office on Aging's website, www.dcoa.dc.gov, and the Office of Partnerships and Grants Development's website, www.opgd.dc.gov, no later than March 2, 2018, after publication in the DC Register.

Looking for the next Ms. Senior D.C.

Are you interested in competing to become the next Ms. Senior D.C.?

Make sure you fill out the application online at www.dcoa.dc.gov. The

deadline for submission is April 30.

Contact darlene.nowlin@dc.gov or call 202-727-8364 for more information.

Spotlight on Aging

Spotlight On Aging is published by the Information Office of the D.C. Office on Aging for D.C. senior residents. Advertising contained in the Beacon is not endorsed by the D.C. Office on Aging or by the publisher.

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The D.C. Office on Aging does not discriminate against anyone based on actual or perceived: race, color, religion, national origin, sex, age, marital status, personal appearance, sexual orientation, familial status, family responsibilities, matriculation, political affiliation, disability, source of income, and 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 subjected to disciplinary action.

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