

DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



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A newsletter for D.C. Seniors

May 2015



EXECUTIVE DIRECTOR'S MESSAGE

By John M. Thompson, Ph.D., CPM, FAAMA

Happy Older Americans Month! Here in the District of Columbia, we are happy to commemorate the 50th Anniversary of the Older Americans Act of 1965 as we celebrate Older Americans Month under the theme “Get into the Act.”

Last month, I had the pleasure of presenting Mayor Muriel Bowser’s Fiscal Year 2016 Budget, “Pathways to the Middle Class,” for the Office on Aging. Mayor Bowser’s Fiscal Year 2016 Budget submission ensures that our agency and the entire government have the necessary staff and resources to help meet the goals of the administration.

The following includes a summary of my testimony, which includes plans for the agency for fiscal year 2016. To read the entire testimony, visit www.dcoa.dc.gov.

First, we will improve services and supports by standardizing operations data collection and evaluations; and increase community partnerships and targeted outreach. Ensure that the Aging and Disability Resource Center becomes accredited.

Second, offer extended hours at the wellness centers after evaluation of need at each location.

Third, convene a Nutrition Task Force to include external stakeholders and other D.C. government agencies, to help guide the decision-making process around the home-delivered meals program.

Fourth, partner with organizations, such as Whitman Walker and the D.C. Center for the LGBTQ Community, to increase outreach and access to services for the older LGBTQ community. The goal is to increase knowledge of legal and health programs, increase knowledge of LGBTQ-specific health needs and demands, and increase cultural sensitivity towards LGBTQ customers with training for staff and system reforms.

Improve cultural competency around HIV/AIDS by training the Senior Service Network and partnering it with the Department of Health and others to assist seniors living with HIV.

Fifth, establish a hydration campaign for seniors. Chronic dehydration is a frequent cause of hospitalization of older adults and one of the ten most frequent diagnoses responsible for hospitalization in the United States. It can cause confusion and other symptoms that may resemble Alzheimer’s disease and related dementias (ADRD).

In our efforts to improve nutrition and increase awareness around ADRD, DCOA plans to partner with D.C. Water to promote consumption of tap water. This partnership will not only impact health outcomes, but will improve environmental and economic outcomes as well. Drinking tap water over bottled water decreases waste (only 25 percent of plastic bottles are recycled) and saves residents money (bottled water costs \$1,000 per 1,000 gallons vs. tap water that costs \$10 per 1,000 gallons).

Sixth, establish partnerships to educate seniors, caregivers and the public on the prevention and identification of financial exploitation of seniors.

Finally, make DCOA a data-driven agency to demonstrate the impact DCOA services and supports have on older adults, people living with disabilities and caregivers.

The resources allocated to the agency in the Mayor’s proposed Fiscal Year 2016 budget are critical to achieving our mission and helping to grow and preserve the middle class. The Council and this Committee, led by you, Chairwoman Bonds, have been key allies in this effort and I appreciate your continued efforts to ensure that we operate efficiently and effectively.

Community Calendar

May Events

6th • 9 to 10:30 a.m.

The Seabury Ward 5 Advisory Council meeting will take place at 2900 Newton St. NE. For more information, contact Thelma Hines at 202-529-8701, ext. 222.

6th • 10:45 to 11:45

Attend a presentation titled “Healthy Heart” by nurse Amanda Alleyne at MedStar Washington Hospital Center at the North Capitol at Plymouth Nutrition Center. The center is located at 5233 N. Capitol St. NE. For more information, contact Thelma Hines at 202-529-8701, ext. 222.

7th • 10 a.m. to 4 p.m.

The East River Family Strengthening Collaborative will host its Sixth Annual Seniors Safety Awareness event at the Washington Seniors Wellness Center, 3001 Alabama Ave. SE. Register for the event or obtain more information by contacting Chicquita Bryant or Robin Gantt at 202-534-4880.

12th and 26th • noon

Log onto the Caregivers Chat at Noon for advice, resources and tips to assist you with your caregiving responsibilities. If you are not available at 12 p.m., check back at your convenience and hit replay to see the entire chat. Join the week’s discussion at www.dcoa.dc.gov/page/caregiver-chat. For more information, contact Linda Irizarry at 202-535-1442 or linda.irizarry@dc.gov.

15th • 10:30 a.m. to 2 p.m.

Terrific Inc. will host its Older Americans Month, “Get into the Act” Health Fair for Wards 1, 2 and 4 at 19th Street Baptist Church, 4606 16th St. NW. Get free health screenings, visit exhibit tables with giveaways and health demonstrations. For more information, Ward One: 202-387.9000,

Ward Two: 202-595-1990, Ward Four: 202-882-1383.

19th 11 a.m. to 2 p.m.

Seabury Resources for Aging Community Health and Wellness Fair for Older Americans Month will be held at Sibley Plaza, 1140 N. Capitol St. NE. For more information, call Natalie Aranda at 920-397-1725.

21st • 10 a.m.

The D.C. Office on Aging (DCOA) Ambassador Program is a free, interactive, member-based program designed to reach out to older adults and their caregivers to help them learn about the services and resources available to them through DCOA. If you are interested in expanding your network and educating older adults about the services and resources available to them, join us for our next Ambassador Training Workshop to learn about all of the programs and services that DCOA offers to the community and how you can become an Ambassador. All workshops include an overview of Office on Aging programs and services, information on how to access resources, and guidance on your role as an advocate. Call 202-724-5622 to register today.

21st • 5 to 9 p.m.

In celebration of Older Americans Month, East River Family Strengthening Collaborative presents the Ward 7 Prom for Seniors titled “The East River Swing.” The event includes dinner and dancing at St. Luke’s Center, 4923 E. Capitol St. SE. For tickets or more information, contact Robin Gantt at 202-534-4880, ext. 110 or Chicquita Bryant at 202-534-4880, ext. 125.

22nd • 10 a.m. to 2 p.m.

Seabury will hold a Ward 5 Senior Community Day at Edgewood Terrace Apartments, 9th Floor, 635 Edgewood St. NE. For more information, contact Thelma Hines at 202-529-8701, ext. 222.



D.C. OFFICE ON AGING NEWSLETTER

29th Annual Salute to District

Mayor Muriel Bowser and the D.C. Office on Aging hosted the 29th Annual Salute to District of Columbia Centenarians. Mayor Bowser honored the 24 residents age 100 or older who attended the luncheon, and each was presented with a medalion to honor their long lives and their contributions to the District. During the ceremony, Mayor Bowser paid tribute to the oldest centenarian present, Ms. Betsy Stanford, who is 111 years old and still resides in her home in Ward 4.

"In order for you to live well, our government will support you with advancing senior and Age-Friendly programs to ensure the city continues to grow," stated Mayor Bowser.

Presentations to the honorees were made by Deputy Mayor for Health and Human Services Brenda Donald, DCOA Executive Director John M. Thompson, and Commission on Aging Chairperson Romaine Thomas. The master of ceremonies for the event was Carroll "Mr. C" Hynson, Jr., host of "The Time Tunnel," WHUR 96.3. The guests were treated to sounds from the Potomac River Rascals, a local barbershop quartet; the Bruther's Plus One, a local band featuring vocalist Ms. Sandra Bears; and a song from Ms. Senior D.C. Toni Jackson.

Also on the program were Rev. Donald Isaac, director, Office of Religious Affairs, and Alfredo

Navarro, Jr., district manager, Social Security Administration.

According to the Social Security Administration, there are more than 250 persons age 100 or older who reside in the District, many of whom continue to reside in the community. Many of them live alone or with the assistance of programs and services provided by the D.C. Office on Aging.

To view more photos from the 29th Annual Salute to District of Columbia Centenarians, visit www.dcoa.dc.gov.



Mayor Bowser prepares to cut the ceremonial cake at the annual event to honor centenarians.



Mayor Muriel Bowser greets the oldest centenarian, Betsy Stanford, 111.

Ms. Senior D.C. Pageant

Witness the selection of Ms. Senior D.C. 2015 as contestants compete for the title. District women age 60 and older will be judged on their philosophy of life, their personal interview, talent and evening gown presentations.

Sunday, June 28 • 2:30 p.m.

University of the District of Columbia
4200 Connecticut Avenue, NW, Building 46

Donation: \$20

Visit a senior wellness center for tickets
or call 202-724-5622.



Centennial of Columbia Centenarians



Ada Clark - 104



Aline Miles - 103



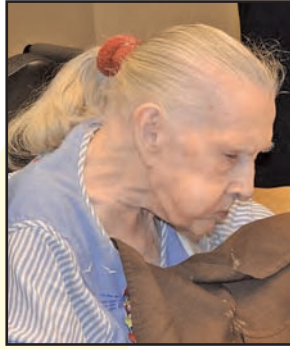
Anne Reeside - 100



Arthur Peterson - 101



Charlotte Wilkins - 102



Christina Waite - 100



Corporal Alyce Dixon - 107



Edith Mickens - 101



Eleanor Valentine - 106



Frank Braxton - 100



Geneva Perry - 102



George Boggess - 103



Laura Griffin - 102



Lois Showell - 103



Lula Scott - 103



Mabel Harvey - 106



Mabel Henson - 103



Mable Brown - 104



Marie Johnson - 103



Martha M Moore - 100



Mary Williams - 105



Theresa Johnson - 102



Theresa LP Grant - 101

Get Into the Act

Older Americans Month 2015

Each May, the Administration for Community Living celebrates Older Americans Month to recognize older Americans for their contributions to the nation. This year, in honor of the 50th anniversary of the Older Americans Act (OAA), we are focusing on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others. The theme for Older Americans Month 2015 is *Get into the Act*.

Older Americans Month provides an opportunity to raise awareness of the importance of community engagement as a tool for enhancing the well-being of older adults. Now is the time to “Get into the Act” to make the benefits of community living a reality for more older Americans. Together we can promote healthy aging, increase community involvement for older adults, and tackle important issues, like the prevention of elder abuse.



Although the smallest in stature in this picture, Mary Hileman's contributions to her peers and the younger generation are far from small. She recently celebrated her 90th birthday and still volunteers for the YMCA Fit and Well program at the YMCA Anthony Bowen, St. Mary's Court, PSI and Iona Senior Services.

“I found out a long time ago, you have to do as much as you can with your life to help other people,” said Hileman.

She began teaching fitness in 1978, and while employed at the American Postal Workers Union, she volunteered to lead fitness at lunchtime in the office gym. She retired after 35 years and returned to work for six more years, retiring for good after a total of 41 years.

Ms. Hileman has volunteered for more than 15 years for the YMCA. Although she had a slight health challenge, she looks forward to returning to her classes, where she is missed by her many students.



Members of the D.C. Seniors Cameo Club are “Getting into Act” at the recent Emancipation Day Parade down Pennsylvania Avenue. Members of the club consist of women who competed in the Ms. Senior D.C. Pageant, many of whom have represented the District in the Ms. Senior America Pageant. Pictured (l to r): Nancy A. Berry, Ms. Senior D.C. 2013; Mary McCoy, Ms. Senior D.C. 2012; Earnestine Wiggins, Cameo Club member; Emma Ward, Ms. Senior D.C. 2011; and Ms. Senior D.C. Toni Jackson. Not pictured but participating were Doris Thomas, Ms. Senior D.C. 1992; Sheila Poole, Ms. Senior D.C. 2010; and Annie Wilderman, Cameo Club member. Members of the club volunteer their time across the city and often perform at nursing homes, churches, schools and the VA.



Members of the D.C. Commission on Aging “Get into the Act” as they advocate on behalf of seniors city wide. Pictured here (l to r) are Commissioner Nathaniel Wilson, Commissioner Jacqueline Arguelles, Commission on Aging Chairperson Romaine Thomas and Commission on Aging Vice Chairperson Ron Swanda, with Congresswoman Eleanor Holmes Norton and DCOA Executive Director John M. Thompson, Ph.D, CPM, FAAMA. Commissioners not pictured: Commissioner George Arnstein, Commissioner Brenda Atkinson-Willoughby, Commissioner Barbara Hair, Commissioner Janet Heisse, Commissioner Charles Hicks, Commissioner Robert Jackson, Commissioner Grace Lewis, Commissioner Carolyn Nicholas, Commissioner Josue Salmeron, Commissioner Brenda Williams, Commissioner Constance Woody and Commissioner Don Colodny.

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.

GROCERY PLUS CONGRESS HTS. OFFICE CLOSSES

The Ward 8 Grocery Plus (formerly known as Commodity Supplemental Food Program, CSFP) office at Congress Heights permanently closed on April 15.

Those using that office have been automatically reassigned to the East Capitol location.

Monthly food packages are now available to be picked up at this location:

5601 East Capitol St. SE, Washington, DC 20019

This location is connected to the old Shadd Elementary school, on the corner of East Capitol Street SE & 55th Street SE. Look for the Capital Area Food Bank sign.

Hours of distribution: Monday, 9 a.m. to 1 p.m. • Tuesday - Friday, 9 a.m. to 5:30 p.m.

Public transit information: The East Capitol location is located on the Blue & Silver Metro lines, between the Benning Road Metro Station and Capitol Heights Metro Station, and along the 96 and 97 bus lines.

If you are physically unable to make it to the East Capitol location, call 202-644-9880.

We apologize for the inconvenience, and look forward to seeing you at our East Capitol location in the future.