



DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XXV, ISSUE 10

A newsletter for D.C. Seniors

October 2014



EXECUTIVE DIRECTOR'S MESSAGE

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

In this issue of "Spotlight on Aging" I would like to discuss senior hunger in the District of Columbia. I have discussed this issue twice in the past (November 2012 and November 2013); however, as the staggering data reveal, we must continue to increase the public's awareness about this terrible plight impacting so many seniors in the District of Columbia. Through education and advocacy, I am confident that one day there will be no seniors who are hungry in the District of Columbia.

In the past issues that focused on senior hunger, I informed readers about what the District of Columbia government is doing to combat the problem. More specifically, the District's Office on Aging has an 111 percent increase in funding to ensure that no frail, homebound seniors are on the waiting list for home-delivered meals. The funding was also used to expand the number of congregate meal sites across the District of Columbia.

I am also excited to announce that at the District's six senior wellness centers, we made the dining experience a little nicer, as we have added a fresh salad and fruit bar, which gives our seniors food options for the first time. Moreover, many seniors prefer fresh fruit options over the canned fruits that are less healthy because of the high amount of sugar and preservatives added to them.

In addition to opening more food sites and improving food options, we have also streamlined the process for seniors to access food by acquiring the Commodity Supplemental Food Program and the

Seniors Farmers' Market Program from the District of Columbia Department of Health. This means that seniors can come to one agency, the District of Columbia Office on Aging (DCOA), and apply for these two programs along with the congregate meal program or the homebound meal program, and the Supplemental Nutrition Assistance Program (formerly known as the Food Stamps Program). Through this streamlined process, we hope that seniors find it more convenient to work with a single agency to learn about these nutrition programs and other services that may be useful to them.

Let me also add that through a new partnership with the National Foundation to End Senior Hunger, we are ensuring that seniors are eating foods that are appealing to them so that they may maximize their food intake in our nutrition programs.

Through the What a Waste Program, we are tracking the amount of waste accumulated by seniors who are not eating their entire meals. Through a detailed analysis, we can determine which foods are less appealing to seniors, and we are committed to making any changes to the menu to ensure that seniors are eating all of their nutritious foods, as it represents one-third of their dietary intake according to the U.S. Department of Agriculture. This is very important, as some seniors are on medications to treat their chronic diseases and a full, healthy meal can go a long way in keeping seniors balanced.

Also, through a partnership with

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Senior Wellness Centers New Hours of Operation



Seniors at the Congress Heights Senior Wellness Center in Ward 8 give a thumbs up to the newly installed salad bar at their site. The center is located at 3500 Martin Luther King, Jr. Ave. SE.

DCOA has expanded the senior wellness centers to include new evening and Saturday hours to accommodate working seniors and others who cannot attend during regular hours.

Bernice Fonteneau Senior Wellness Center, Ward 1
3531 Georgia Ave. NW,
202-727-0338

Monday and Friday 8:30 to 4:30, Tuesday and Thursday 7 a.m. to 7 p.m., Wednesday 7 a.m. to 4:30 p.m., and 7 a.m. to 3 p.m. on Saturday

Hattie Holmes Senior Wellness Center, Ward 4,
324 Kennedy St. NW,
202-291-6170

Monday 8 a.m. to 4:30 p.m., Tuesday and Wednesday 7:30 a.m. to 6 p.m., Thursday 8 a.m. to 6:30 p.m., Friday 8 a.m. to 4:30 p.m., and Saturday 9 a.m. to 1 p.m.

Model Cities Senior Wellness Center, Ward 5
1901 Evarts Street, NE,
202-635-1900

Monday, Wednesday 8 a.m. to 6:30 p.m.; Tuesday, Thursday and Friday 8 a.m. to 5 p.m. (Every 4th Friday 8 a.m. to 8:30 p.m.); and Saturday 10 a.m. to 3 p.m.

Hayes Senior Wellness Center, Ward 6, 500 K St. NE,
202-727-0357

Monday, Wednesday and Friday 8:30 a.m. to 4:30 p.m.; Tuesday and Thursday 7:30 a.m. to 6:30 p.m.; Saturday 8 a.m. to 2 p.m.

Washington Seniors Wellness Center, Ward 7
3001 Alabama Ave., SE,
202-581-9355

Monday and Wednesday to 8 a.m. to 7 p.m.; Tuesday, Thursday and Friday to 8 a.m. to 5 p.m.; and Saturday class 9:30 to 11:30 a.m.

Congress Heights Senior Wellness Center, Ward 8
3500 Martin Luther King, Jr. Ave. SE, 202-563-7225

Monday to Thursday 8 a.m. to 7 p.m., Friday 8 a.m. to 5 p.m., and Saturday 9 a.m. to 1 p.m.

Club Memory

The DCOA has partnered with Sibley Hospital to establish the Club Memory Program on the East End of the City. Club Memory is a stigma-free social club for people with early-stage Alzheimer's, mild cognitive impairment or other forms of dementia and their spouses, partners and caregivers.

If you or someone you know is affected by Alzheimer's or other forms of dementia, make sure they know more about Club Memory.

Club Memory is hosted by the Congress Heights Senior Wellness Center, which is located at 3500 Martin Luther King, Jr. Ave. SE. Call our office 202-724-5622 to sign up for the program.



GOVERNMENT OF THE DISTRICT OF COLUMBIA

VINCENT C. GRAY, MAYOR

D.C. OFFICE ON AGING NEWSLETTER

New Program Reduces Food Waste and Combats Hunger

The National Foundation to End Senior Hunger (NFESH) has launched What a Waste, a new initiative to combat senior hunger by reducing and recapturing food waste in the District of Columbia.

Under contract to D.C. Office on Aging (DCOA), NFESH will develop and lead DCOA in implementing the two-year high-tech pilot study in three senior wellness centers that operate nutrition programs to serve meals to seniors. All kitchens, regardless of size and type, experience some food waste. This innovative project is designed to help senior nutrition programs identify and categorize it, so that unnecessary waste can be reduced and waste that cannot be eliminated can be recaptured and turned to good use.

What a Waste brings state-of-the-art technology, along with live instruction on how to use it, into the senior wellness center kitchens. Together these will enable kitchen workers to measure, categorize and quantify food waste throughout the process, which begins with pur-

chasing and preparation and ends with what is left on seniors' plates.

The technology will show exactly where the food waste is occurring and what particular food items are not being consumed. This, in turn, will help nutrition programs improve both their purchasing decisions and their menus. That will translate into dollars saved and more seniors served.

"The D.C. Office on Aging has been working tirelessly with its partners to combat senior hunger in the District," said Dr. John M. Thompson, executive director of the District of Columbia Office on Aging. "Strategic partnerships, such as the one with NFESH, help DCOA to bring innovative and best practices to the District that improve seniors' quality of life. Our collaborative efforts will ensure that more seniors have access to nutritious meals, health and wellness programs, and social activities that promote good health and combat social isolation."

Based on the data collected in the

initial weeks of the project, NFESH will create a customized waste reduction plan and work with DCOA to implement new practices and procedures designed to significantly reduce unnecessary food waste.

The waste that cannot be eliminated, and which previously had been disposed of, will be captured and turned into nutrient-rich soil through composting. Composted soil will be then used to create on-site gardens, where seniors at the wellness centers can grow fresh vegetables. This food production adds an element of sustainability to the operation and will be a source of additional food for use by the centers. And that contributes to reducing hunger.

By reducing the amount of food waste occurring in the wellness centers, DCOA will be able to optimize current resources to enhance vital services and potentially expand them to meet the future needs of seniors in DC.

"The serious problem of senior hunger is solvable, but it is clear that

'business as usual' is not part of the solution. It takes courage and visionary leadership to try something new," NFESH Founder, President and CEO Enid A. Borden said. "Here in the District, DCOA is providing that courageous leadership. Through this project, DCOA is serving as a model for the nation to follow. Every citizen of the District should applaud that."

Nearly one in six, or 15.3 percent, of seniors in the United States faced the threat of hunger in 2012. In the District, the rate of senior hunger mirrors the national average, according to the latest research from NFESH.

That same year, the United States generated more than 36 million tons of food waste, according to the EPA. Through waste reduction and composting, the DC senior wellness centers are decreasing their carbon footprints and building a more sustainable, environmentally friendly city for all its residents.

For more information on What a Waste, see www.nfesh.org/what-a-waste.

Commodity Foods Available for Seniors

Chances are you may know something about the National School Lunch Program and why it's important. What you may not realize is that the USDA has a similar program for seniors, which the Capital Area Food Bank has been operating in the District of Columbia on behalf of the DC Office on Aging (DCOA) since 2012.

The Commodity Supplemental Food Program (CSFP) provides a monthly grocery supplement to low-income seniors to help stretch their already taxed fixed incomes. Participants receive nearly 30 pounds of nutritious food, which meets their specific dietary needs including healthy canned protein and dairy, whole grains, low sodium vegetables, and low added-sugar fruit.

The grocery mix encourages seniors to cook from scratch, and many choose to make the ingredients their own.

In response to a significant demand for fresh produce, the Capital Area Food Bank provides fruits and vegetables to seniors who pick up at its two CSFP clinic sites (one in Congress Heights at 3720 Martin Luther King, Jr. Ave. SE and the other at 5601 East Capitol St. SE).

The DC Commodity Supplemental Food Program is unique among jurisdictions in that it is administered in tandem with the Senior Farmers Market Nutrition Program, which provides participants with an annual fresh produce voucher to be redeemed at participating local farmers markets.

For many, the farmers' market vouchers serve as a major incentive to participate in the CSFP program.

Providing nutritious food to a food insecure senior population is critical. The adverse health effects of food insecurity are magnified for seniors. Food insecure seniors have significantly worse health outcomes than food secure seniors. They are 50 percent more likely to be diabetic, three times more likely to suffer from depression, and 60 percent more likely to have heart failure or experience a heart attack.

The Capital Area Food Bank administers CSFP on behalf of the DC Office on Aging (DCOA). Through the partnership with DCOA, the Capital Area Food Bank is able to expand the

realm of resources that can be provided to at-risk seniors. Congregate meal programs, home delivered meals, and transportation assistance are all available to ensure that DC meets its goal of being "Age Friendly."

More nutritious foods in the hands of seniors means seniors, like students, remain active and engaged. It's time we give back to those who have given so much, the true experts in the school of life.

For more information on the Commodity Supplemental Food Program, call 202-644-9880 or email csfp@capitalareafoodbank.org. For more information on DCOA programs, please call 202-724-5626 or visit <http://dcoa.dc.gov/page/food-meals-and-nutrition>.

Director's message

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Common Good City Farm, DCOA has established intergenerational gardens at the Ward 5 Model Cities Senior Wellness Center and the Ward 7 Washington Seniors Wellness Center. The purpose of these programs is to increase access and availability of fresh produce for seniors, enhance cooking demonstrations and nutrition classes at the senior wellness centers, and provide intergenerational opportunities with Common Good City Farm's students. Seniors will

also have an opportunity to consume some of these vegetables at home.

Even with all of the progress that we have made in the past three years to address senior hunger in the District of Columbia, there are approximately 15,000 seniors who continue to experience hunger. Therefore, our fight continues as we combat senior hunger in the District of Columbia. I trust that you will join the Office on Aging, the National Foundation to End Senior Hunger, D.C. Hunger Solutions, and a host of other organizations committed to resolving this devastating problem.

Every senior deserves good, nutri-

tious food and we have the resources to make it happen. Please join us by identifying seniors in your neighborhood, church, civic associations and other places that may live alone and may be in need of additional resources or who may be frail and are unable to prepare their meals. By identifying these seniors, we will be one step closer to combatting senior hunger in the District of Columbia. It is my hope that a year from now, I can report on senior hunger with some exciting news about the decreasing number of seniors who are hungry in the District of Columbia.

Please partner with us by calling

202-724-5622 with information on any senior age 60 and over who is in need of a hot meal, groceries and/or additional resources to purchase groceries. I also encourage you to partner with D.C. Hunger Solutions by participating in its Supplemental Nutrition Assistance Program (SNAP) Challenge from Oct. 6 to 12. The purpose of this challenge is to highlight the struggles faced by so many people throughout the Washington Metropolitan region who cannot afford to pay for the much needed food. To learn more about the SNAP Challenge, please visit <http://www.dchunger.org/>.

D.C. OFFICE ON AGING NEWSLETTER

Intergenerational Gardens at Local Centers

The D.C. Office on Aging has begun a pilot program with Common Good City Farm to bring intergenerational gardens to Model Cities and Washington Seniors Wellness Centers. The program hopes to increase access and availability of fresh produce for seniors, enhance nutrition education at the wellness centers, and provide intergenerational opportunities with Common Good City Farm's students.

Seniors at the wellness centers planted seeds and seedlings of a variety of vegetables, herbs, and flowers in garden beds, and learned about gardening from Common Good City Farm's staff. They will harvest the produce as it grows throughout the fall!



Seniors at Model Cities Senior Wellness Center plant flowers, herbs and vegetables with Common Good City Farm students.

DCOA Holds Generations Community Festival



Seniors from the Hayes Senior Wellness Center were one of many acts that performed during the Generations Community Festival.

Hundreds of District residents attended the Generations Community Festival: A Celebration of Life held at the Gateway Pavilion, 3500 Martin Luther King, Jr. Ave. SE. The free event featured activities for the entire family, including workshops on interior design and long-term care services; activities for children; information and resources for seniors, persons living with disabilities and veterans; fresh produce and meats from Whole Foods

Market; and free gently used clothing from A Wider Circle Pop Up Clothing Boutique.

Senior vendors also had the opportunity to sell their handmade items, while live music and entertainment was also featured on the main stage hosted by WPGC 95.5 FM's Pablo and Tati.

For more information and to view more photos from the event, visit our website at www.dcoa.dc.gov or like us on Facebook at www.facebook.com/DCAgingNews.

2014 General Election Key Dates & Races

The General Election is on Tuesday, Nov. 4.

Absentee Voting by Mail

Oct. 20 - Nov. 1

Deadline to request: Oct. 28

Absentee ballots must be postmarked by Nov. 4 and received by DCBOE no later than Nov. 14. To request an absentee ballot, visit www.dcboee.com

Early Voting

One Judiciary Square (441 4th St., NW)

Oct. 20 - Nov. 1, 8:30 a.m. to 7 p.m., (Closed on Sunday)

Nine Early Voting Centers Oct. 25 - Nov. 1, 8:30 a.m. to 7 p.m., (Closed Sunday)

Election Day

Tuesday, Nov. 4th, 7 a.m. to 8 p.m.

Register

The deadline to register and update registration information at vote4dc.com or via DCBOE Vote (mobile application) is Oct. 6, 2014. UOCAVA voters (military and overseas voters) may also update their registrations until Oct. 6, 2014

Local voters wishing to register or update their information after Oct. 6th should do so in person at an Early Voting Center or apply for same day registration at their local polling place on Election Day.

Contests on the Ballot

Delegate to the US House of Representatives

Mayor of the District of Columbia

Chairman of the Council of the District of Columbia

At-Large Member of the Council of the District of Columbia

Ward 1, 3, 5 and 6 Members of the Council of the District of Columbia

Attorney General for the District of Columbia

United States ("Shadow") Representative

United States ("Shadow") Senator

Ward 1, 3, 5 and 6 Members of the State Board of Education

Advisory Neighborhood Commissioner Offices

Initiative 71: "Legalization of Possession of Minimal Amounts of Marijuana for Personal Use Act of 2014"

For more information, visit www.dcboee.com or contact DC Board of Elections, 441 4th St. NW, Suite 250 North, Washington, DC 20001

Tel: (202) 727-2525 | TTY:

(202) 639-8916 |

Tollfree: 1-866-DC-VOTES



D.C. OFFICE ON AGING NEWSLETTER

Community Calendar

October Events

1st • 10 a.m. to 2 p.m.

Flu shots will be available at Model Cities Senior Wellness Center, 1901 Evars St. NE. For more information, call 202-535-1321.

2nd

Flu shots will be available at Asbury Dwelling, 1616 Marion St. NW. For more information, call 202-535-1321.

4th • 10 a.m. to 2 p.m.

There will be a Community Health, Wellness and Informational Fair at Holy Name Catholic Church, 920 11th St. NE. For more information, call 202-535-1321.

6th • 11 a.m.

A presentation on depression in older adults will be made at all Ward 5 senior nutrition sites. For more information, contact Vivian Grayton at 202-529-8701.

6th • 11 a.m. to 3 p.m.

The 10th Street Baptist Church will host a Community Health, Wellness and Informational Fair. The church is located at 1000 R St. NW. For more information, call 202-535-1321.

7th • 10 a.m. to 2 p.m.

Get a flu shot at the Asian/Pacific Islander Senior Service Center, 417 G Pl. NW. For more information, call 202-535-1321.

7th and Nov. 5 • 6:30 to 8 p.m.

Iona and Brighton Gardens of Friendship Heights are partnering to provide a free forum for adult children and other caregivers of those with memory loss. On Oct. 7, the program is "Keeping Family Members with Memory Loss Active and Engaged," presented

by Sharon O'Connor, director of Iona's Wellness & Arts Center. On Nov. 5, the program "Supporting a Family Member with Memory Loss, Depression, or Anxiety" will be presented by social worker Bill Amt. The program will be held at Brighton Gardens of Friendship Heights, 5555 Friendship Blvd., Chevy Chase, Md. To register for either or both sessions, email registration@iona.org or call 202-895-9448.

8th • noon to 2 p.m.

Get a flu shot at Hubbard House, 3500 14th St. NW. For more information, call 202-535-1321.

9th • 10 a.m. to 2 p.m.

Flu shots will be available at, Vida Senior Center, 1842 Calvert St. NW. For more information, call 202-535-1321.

9th • 11 a.m.

A town hall meeting will be held at the Petersburg Senior Nutrition Site, 3298 Ft. Lincoln Dr. NE. For more information, contact Vivian Grayton at 202-529-8701.

9th • 10 a.m. to 3 p.m.

The 2014 Mayor's Annual Disability Awareness Exposition will be held at the Great Hall of the Martin Luther King, Jr. Memorial Library, 901 G St. NW. The free event is for all the D.C. residents with a disability, advocates, caregivers and providers to share information and valuable resources; build new relationships; participate in activities that are fun, relaxing and empowering. This event will feature more than 30 public and private programs & service providers. Register online at <https://DisabilityAwarenessExpo.eventbrite.com>. For more information and/or accommodations, contact Kali Wasenko at the Office of Disability Rights, 202-724-5055 or kali.wasenko@dc.gov.

14th • 10 a.m. to 2 p.m.

The Bernice Elizabeth Fonteneau Senior Wellness Center, 3531 Georgia Ave. NW will offer flu shots. For more information, call 202-535-1321.

14th • 11:30 a.m.

Learn about mail scams at North Capitol @ Plymouth Senior Nutrition Site. For more information, contact Vivian Grayton at 202-529-8701.

15th • 10 a.m. to 3 p.m.

The Southwest Waterfront AARP Chapter and DCOA's Annual Community Health and Wellness Fair will be held at River Park Mutual Homes, 1311 Delaware Ave. SW. For further information, contact Chapter President Betty Jean Tolbert Jones, bettyjeantolbertjones@yahoo.com or 202-554-0901.

16th • 10 a.m. to 2 p.m.

The D.C. Retired Teachers Association will host a Community Health, Wellness and Informational Fair at the Nineteenth Street Baptist Church, 4606 16th St. NW. DCOA Executive Director John Thompson will be the keynote speaker. For more information, call 202-535-1321.

17th • 10 a.m. to 2 p.m.

Get a flu shot at the Hayes Senior Wellness Center, 500 K St. NE. For more information, call 202-535-1321.

22nd • 10 a.m. to 1 p.m.

Get a flu shot at St. Albans Senior Center, 4001 Wisconsin Ave. NW. For more information, call 202-535-1321.

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.

October is Breast Cancer Awareness Month



Breast cancer is the most common cancer among women in the United States, other than skin cancer. It is the second-leading cause of cancer death in women, after lung cancer.

The earlier breast cancer is found, the better. Sign up for a breast cancer screening reminder from Project WISH, and we'll remind you based on early detection guidelines. Women 40 years or older should have a mammogram and breast exam every year and report any breast changes to your doctor right away.

Project WISH recommends that women 40 and over have yearly mammograms — unless otherwise recommended by their practitioner.

If you need further information on Breast Cancer or where to go get a mammogram please call Project WISH at 202-442-5900.

According to a Rand report, D.C. ranks:

- # 1 in breast cancer deaths.
- # 1 in prostate cancer deaths.
- # 1 in colorectal cancer deaths among women, 5th among men.

DC Seniors Visit Canada

Members of the Model Cities Senior Wellness Center joined the YMCA Golden Agers on a trip to Ottawa, Canada for a six-day excursion.

The visit to the capital city of Canada included visits to the Royal Canadian Mint, a cruise on the

St. Lawrence River in the Thousand Islands, and visits to museums and art galleries. To find out more about exciting trips, contact your local center or call Sandra Hunter, YMCA Golden Agers at 202-862-9622.