

Spotlight on Community Living

Wednesday, October 5, 2016

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

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Executive Director's Message

Laura Newland

Fall is here! I had the TV on the other night, and I looked up and realized with horror that QVC was selling Christmas trees and Christmas decorations. In September. We live in a culture that's always pointing us to what's next—the next big thing, the next big event, the next big whatever. And somehow we miss all the in between things and wonder where our days went.

One of the things that I love about this job is that when I see you out in the community, you remind me over and over that I need to remember that what happens now is important. That yes, it's good to be strategic and plan ahead, but I can't forget that what we do today is critical for seniors, people with disabilities, and their caregivers living in the District. We can't wait for a year from now, five years from now, to be great.



You need us to be there for you today.

I've started asking people in my life and people I meet about how connected they are to services where they live and what they wish they knew. Over and over, people tell me that they wish they had a reliable source of information for care-

giver support. Caregiving is a relationship. A critical one that holds our families and communities together.

Several years ago, my dad got really sick really quickly for no identifiable reason and spent time in an intensive care unit. It was terrifying. I shared caregiver responsibilities while he was

at the hospital, and when he was moved back home for a short period of time. Taking care of my dad changed our relationship. And it changed me, too.

My time as a caregiver was short-lived, but I know for many of you, this is an ongoing responsibility.

As an agency, we've been thinking quite a bit about the services we provide, and we know that when we serve caregivers, we're serving seniors and people with disabilities. In many cases, it's caregivers who prevent people from living in nursing homes or other long-

term care. We need to serve you, too.

If you're a caregiver and interested in knowing what might be available to you (or if you know a caregiver), please call our Information & Assistance line at 202-724-5626. DCOA provides support for caregivers through adult day health programs, respite, and online chats with other caregivers. Check out our website at www.dcoa.dc.gov for more detailed information.

In all of our agency work, we strive to make your lives a little easier, providing support and programs that allow you to have less stress and more information. I hope each of you is able to step outside, breathe in the crisp fall air, and enjoy it for exactly what it is. A perfect fall day.

COMMUNITY EVENTS CALENDAR – OCTOBER

5th • 11 a.m. to noon

D.C. Office on Aging will make a presentation about its resources and services at Riggs LaSalle Recreation Center, 501 Riggs Rd. NE. For more information, call Alice A. Thompson at 202-535-1321.

5th, 19th, 24th, 25th

Join Seabury Resources for Aging on a trip to the new National African American Museum of History and Culture. The trip leaves from Kibar, 1519 4th St. NE on Oct. 5; from Edgewood Commons, 635 Edgewood Terr. NE on Oct. 19; from Wesley House, 400 Commodore Joshua Barney Dr. NE on Oct. 24; and from Ft. Lincoln I, 2855 Bladensburg Rd. NE on Oct. 25. For additional details, call Norma Hardie at 202-529-8701.

8th • 10 a.m. to 2 p.m.

The D.C. Office on Aging in collaboration with Gethsemane Baptist Church will hold an informational event sponsored by the Women's Ministry.

The church is located at 5119 4th St. NW. For more information, call Shirley Fields at 202-882-4972.

11th • noon to 2 p.m.

The Capitol Hill Chapter of AARP # 2881 meets at Liberty Baptist Church, 527 Kentucky Ave. SE. For more information, call Alice A. Thompson at 202-535-1321.

11th, 25th • noon

Join the DC Caregivers Online Chat at Noon to discuss "Breast Cancer Awareness Tips for Caregivers" and "Caring for Someone with Lupus." Logon 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 or call 202-535-1442.

14th • 8 a.m. to 3 p.m.

The Pepco Energy Assistance Summit will take place at Pepco Holdings, Inc., 2nd Floor Conference Center, 701 9th St. NW. For more information, call Alice A. Thompson at 202-535-1321.

14th • 10:30 a.m. to 2 p.m.

The D.C. Office on Aging in Collaboration with the Hattie Holmes Senior Wellness Center will hold a Community Health, Wellness & Informational Fair at the center, 324 Kennedy St. NW. For more information, call Teresa Moore at 202-291-6170.

15th • 11 a.m. to 3 p.m.

Hillcrest Day 2016 takes place at Hillcrest Recreation Center, 3100 Denver St. SE. Contact Michelle Peete at michelleamospeete@gmail.com to learn more.

16th • noon to 4 p.m.

14th Annual Foggy Bottom /West End Neighbor Block Party takes place at I and 22nd St. NW. For more information, email friendsblockparty@gmail.com.

19th • 9:30 a.m.

The Seabury Resources for Aging Ward 5 Advisory Council meeting takes place at 2900 Newton St. NE. For more information, call Norma Hardie at 202-529-8701.

20th • 11 a.m. to 2 p.m.

There will be a combined District of Columbia Retired Educators, Inc. fall membership meeting and D.C. Office on Aging-sponsored Community Health, Wellness and Informational Fair a plus Walgreens' flu shot clinic. The events take place at Nineteenth Street Baptist Church, 4606 16th St. NW. Contact JoAnn Turner, president of DCREA at 202-526-4953.

25th • 9 a.m. to 3 p.m.

The Office of Disability Rights in partnership with several District government agencies will host the 9th Annual Mayor's Disability Awareness Expo at the D.C. Convention Center. For more information, call Alice A. Thompson at 202-535-1321.

25th • 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 to understand the challenges of aging, particularly memory loss, and how best to support aging parents and other relatives while practicing good self-care. The second in the three-part program is titled "Helping a Family Member Who

Doesn't Want Your Help." In this workshop, presented by a social worker, you will learn why older family members may resist efforts to help them. This session will provide strategies for staying effective and involved as a caregiver without burning out. On Nov. 9 the topic will be "Supporting a Family Member with Memory Loss." They will be held at Brighton Gardens, 5555 Friendship Blvd., Chevy Chase, Md. To register, email registration@iona.org or call 202-895-9409.

26th • 10 a.m. to 3 p.m.

The Quilting Club at Hattie Holmes Senior Wellness Center is hosting a quilt demonstration and workshop. There be projects on display, giveaways and a raffle. The center is located at 324 Kennedy St. NW. For more information, call 202-291-6170.

27th • 10 a.m. to 2 p.m.

A health and wellness information fair focusing on health education and breast cancer awareness will be held at Petersburg, 3298 Fort Lincoln Dr. NE. For more information, call Norma Hardie at 202-529-8701.