

# Spotlight on Aging

VOLUME XXVIII, ISSUE 10

A newsletter for D.C. Seniors

October 2017



## FROM THE MAYOR

By Muriel Bowser

As residents of the District of Columbia, we are blessed to live in a thriving multi-generational community. More than one in 10 of our neighbors are over 65 years old, and their ranks are growing every day. Our older residents are the cornerstone of our community, and I am committed to making sure Washington, D.C. remains a place where people of every age can thrive. This is a D.C. value that drives my team, and we know that living in a safe, energetic and age-inclusive community means looking out for one another every day.

One way my Administration is looking out for older residents is by demanding strong protections against financial exploitation and abuse. Seniors in Washington, D.C. have often spent a lifetime working, and deserve a peaceful and secure retirement. So recently, my Administration announced two pieces of legislation to hold accountable those who target seniors with scams and identity theft.

The North American Securities Administrators Association estimates that older residents and vulnerable adults suffer annual losses of at least \$3 billion because of financial exploitation and abuse. We need to stop this activity in its tracks — an effort that will require the entire community working together to identify and report instances of financial exploitation.

The first piece of legislation, the **Protection of Seniors and Vulnerable Adults from Financial Exploitation Act of 2017**, would establish a mandatory reporting requirement in cases of suspected financial exploitation for insurance companies, securities firms and banks. The Act also allows financial

firms to temporarily delay payments related to suspicious transactions. This would halt bad actors before they can inflict permanent damage on seniors' hard-earned savings and credit.

The second piece of legislation, the **Vulnerable Population and Employer Protection Amendment Act of 2017**, would authorize the District's health occupations board to take disciplinary action against health professionals who engage in the financial exploitation of patients, clients or employers. The bill would also allow my Administration to move swiftly to suspend the license of health professionals that exploit patients for financial gain. This adds long overdue teeth to current law.

In addition to this legislation, my Administration will continue the Safe at Home Program, which has already installed safety adaptations in the homes of nearly 700 D.C. seniors and residents with disabilities, and we will also continue to hold workshops on financial literacy for residents of every age. For example, the District's Department of Insurance, Securities and Banking collaborates with Adult Protective Services and other members of the D.C. Elder Abuse Prevention Committee to make financial fraud prevention presentations and to distribute financial education materials to seniors and vulnerable adults throughout the city. Over the past year, we have reached 4,817 residents through 58 senior-specific outreach events.

I encourage the Council to act promptly on my legislation, and I hope all of us will continue to work together, be good neighbors and, most importantly, look out for each other.

## Hattie Holmes Senior Wellness Center Celebrates 10 Years with Mayor Muriel Bowser



More than 100 participants and special guests were there to celebrate the center's 10th anniversary.

More than 100 people gathered to celebrate the 10th anniversary of the Hattie Holmes Senior Wellness Center in Ward 4. The colors for the day were electric blue and silver, and participants, including the Inspirational Choir, were decked out matching the event's theme colors. The Hattie Holmes Anniversary Committee worked meticulously to set the scene for the event with vibrant decorations and strings of light.

Mayor Muriel Bowser, Ward 4 Councilmember Brandon Todd, Health and Human Services Deputy Mayor Hye-Sook Chung, and DCOA Executive Director Laura Newland were among the officials to bring greetings in celebration of 10 years of delivering wellness programs in Ward 4.

Maria Gomez, executive director of Mary's Center, operator of the Center, provided welcoming greetings and thanked the Center Director Teresa Moore and staff for leading the programs daily at the site to keep seniors living healthy and active lifestyles. Jean Holmes, daughter of Hattie Holmes, also spoke to the participants, reminding them of her mother's legacy.

Along with the Inspirational Choir, the MC Steppers danced in their '70s costumes of colorful bell bottoms and sleeves, and the talented Tammi Hayes played the keyboard and sang music for everyone to enjoy. The event also included a delicious catered meal, and all seemed to enjoy everything that was planned to celebrate the center's milestone.

A special thanks to the emcee for the occasion — Shawn Perry, host of the



Mayor Muriel Bowser presents Teresa Moore, director Hattie Holmes Senior Wellness Center, with a congratulatory letter to celebrate 10 years.

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GOVERNMENT OF THE DISTRICT OF COLUMBIA

MURIEL BOWSER, MAYOR



# COMMUNITY CALENDAR

## October events

### 5th • 10 a.m. to 7 p.m.

The Department on Disability Services will hold its 2017 Community Resource Fair at the Walter E. Washington Convention Center, 801 Mt. Vernon Pl. NW. To learn more, email [Alonzo.brown@dc.gov](mailto:Alonzo.brown@dc.gov).

### 10th • 8:30 a.m. to 4:30 p.m.

The D.C. Center for Independent Living 2017 Consumer Forum & Youth Summit, "Navigating Your Independence through Community Opportunities," will take place at Gallaudet University's Kellogg Conference Center, 800 Florida Ave. NE. For more information, see [www.facebook.com/events/793024944212353](http://www.facebook.com/events/793024944212353).

### 10th and 24th • noon

Join the D.C. Caregivers online chat at noon to discuss caregiving for someone with breast cancer on Oct. 10, and caregiving for someone with Down syndrome on Oct. 24. To participate, visit <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](mailto:linda.irizarry@dc.gov) or call 202-535-1442.

### 11th • 9 a.m. to 2 p.m.

MedStar Washington Hospital Center's Clinical Resource Management Department will hold its Fall Discharge Planning Vendor Fair at the MWHC Physicians Office Building, Samet Atrium, 106 Irving St. NW. Contact [Hidaat.Alem@medstar.net](mailto:Hidaat.Alem@medstar.net) for more information.

### 12th • 11 a.m. to 3:30 p.m.

There will be a hand-dance luncheon with Councilmember Vincent Gray at the Chateau Remix, 3439 Benning Rd. NE. For more information, call Latisha R. Atkins at 202-741-0898.

### 15th • 3 p.m.

The Washington Seniors Wellness Center CHORALEERS will perform their 31st Annual Concert at the Westminster Presbyterian Church, 4001 I St. SW. For more information, call 202-581-9355.

### 18th • 10 a.m. to 2 p.m.

The 6th Annual DCOA Community Health, Wellness and Resource Fair will be held at River Park Mutual Homes' South Common Room, 1311 Delaware Ave. SW. The event includes flu shots, exercise, vision and hearing screenings, and more. A box lunch will be provided. To learn more, contact Betty Jean Tolbert Jones at [bettyjeantolbertjones@yahoo.com](mailto:bettyjeantolbertjones@yahoo.com) or 202-554-0901.

### 19th • 10:30 a.m. to 2 p.m.

D.C. Retired Educators Annual Business Meeting and the D.C. Office on Aging will sponsor a Community Health and Resource Fair at Nineteenth Street Baptist Church, 4606 16th St. NW. Contact Jo Ann Turner at 202-526-4953 for more information.

### 19th • 6 p.m.

The Chevy Chase DC and Georgetown chapters of NARFE (National Active and Retired Federal Employees) present Jessica Klement, who will discuss the federal budget and other legislative issues affecting federal employees and retirees. The free program will take place at IONA Senior Services, 4125 Albemarle St. NW (one block west of Tenleytown/AU Red Line Metro station). Non-NARFE members welcome. To learn more, call 202-518-2519.

### 23rd • 1 to 2 p.m.

DCOA and collaborating partners will hold a community workshop at the Green Valley Apartments, 2412 Franklin St. To learn more, contact Fonday Kanu at 202-526-1868.

### 26th • 10 a.m. to 3 p.m.

The Mayor's 10th Annual Disability Awareness Expo takes place at the Department of Employment Services, 4058 Minnesota Ave. NE. For more information, call 202-724-2890.

### 26th • 8 a.m. to 3 p.m.

The Pepco Energy Assistance Summit will be held in the Second Floor Conference Room, Pepco Holdings, Inc., 701 9th St. NW. For more information, call 202-833-7500.

### 26th • 10 a.m. to 2 p.m.

Councilmember Brandon Todd's 3rd Annual State of Ward 4 event will be held at LaSalle Riggs Recreation Center, 501 Riggs Rd. NE. For more information, contact Sherryl Newman at 202-724-8052.

## Wellness Center

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Senior Zone, which airs Mondays at 10 a.m. on WYCB, 1340 AM — for keeping the event moving.

### The Inspirational Voices of Hattie Holmes sang during the milestone celebration.



## Seniors Take a Stand on Falls Prevention Awareness Day

Falls are the leading cause of fatal and non-fatal injuries for older Americans. On Sept. 22, the nation commemorated the 10th anniversary of Falls Prevention Awareness Day to raise awareness about how to prevent fall-related injuries among older adults.

This year's theme, Take a Stand to Prevent Falls, focused on uniting professionals, older adults and caregivers to learn new ways to reduce fall risks. DCOA celebrated this special day by hosting a series of fall assessment screenings at each senior wellness center.

Six out of 10 falls occur in homes. The District has taken steps to address this statistic through the implementation of the Safe at Home program, which provides grant funding for income-eligible D.C. residents to modify their homes for mobility, and to limit fall risks. Contact DCOA at 202-724-5626 to learn more.

### How to Reduce Risk of Falls

At any age, people can make changes to prevent falls. Follow these tips to lower your risk:

- Increase lighting throughout the house, especially at the top and bottom of stairs. Ensure that lighting is readily available when getting up in the middle of the night.
- Keep moving! Exercise to improve your balance.
- Remove home hazards. Keep rooms free of clutter, especially on floors.
- Have your vision checked regularly, and use corrective lenses, if prescribed
- Use plastic or carpet runners and be sure rugs have skid-proof backs or are tacked to the floor
- Install grab bars on bathroom walls near your tub, shower and toilet.
- Use a nonskid bath mat in the shower or tub

## Spotlight on Aging

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