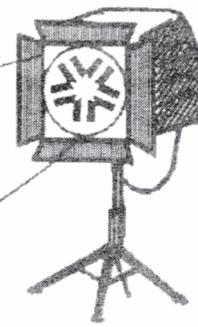




DISTRICT OF COLUMBIA OFFICE ON AGING

# Spotlight On Aging



VOLUME XXVI, ISSUE 9

A newsletter for D.C. Seniors

September 2015



## EXECUTIVE DIRECTOR'S MESSAGE

By Brenda Donald  
Deputy Mayor for Health and Human Services  
Interim Director, D.C. Office on Aging

As the Deputy Mayor for Health and Human Services and the Interim Director of the Office on Aging, I am learning more about all of the programs, services, and resources available to District residents age 60 and older, persons living with disabilities age 18 and older, and their caregivers. September is a prime time for District residents to consider taking advantage of the great programs and services provided through the DCOA's Senior Service Network.

Did you know that September is National Senior Center Month? This year's theme, "Celebrate LIFE at your Senior Center!," takes each letter of the word "life" and breaks it down into sub-themes to demonstrate how participation can enhance your life: **Learning** — Where you can expand your knowledge. **Independence** — Live on your terms. **Friends** — Enjoy life. **Energy** — Discover health and vitality.

The District has a variety of centers citywide where you can learn new things, find your independence, meet new friends and rediscover your energy. Residents age 60 and older are encouraged to begin regular activities at a senior center or join one or more of the six senior wellness centers available citywide, where you can experience

"LIFE" and more for free.

Begin celebrating life today through a more active lifestyle! Visit our website at [www.dcoa.dc.gov](http://www.dcoa.dc.gov) or call DCOA at 202-724-5626 to learn more about senior centers and senior wellness centers designed to keep you engaged.

### Falls Prevention Awareness Day

According to the Centers for Disease Control (CDC), each year millions of adults aged 65 and older fall while at home. Falls can cause moderate to severe injuries, such as hip fractures and head traumas, and can increase the risk of early death. Fortunately, falls are a public health problem that is largely preventable.

DCOA is partnering with the District's Falls Free Coalition to provide FREE Falls Prevention Risk Assessments to D.C. residents citywide as part of Falls Prevention Awareness Day on Sept. 23. Find out where you can go to get your assessment, in this issue of "Spotlight on Aging," on page 39.

### Be Prepared

September is also National Preparedness Month, and the D.C. Office on Aging is teaming up with the Homeland Security and Emergency Management Agency and the Office of Unified Communications to ensure



Thomas Benefield (above), and Patricia Morton (right).



## Back to School

After a summer filled with working with special events, street crossing assistance and busy Metro stations, our DDOT Safety Technicians are back to duty keeping the school children safe. Patricia Morton and Thomas Benefield were interviewed

by Maria Anderson through the DCOA Older Worker Employment and Training Program. District seniors age 55 years of age and older can call 202-724-5626 for employment assistance from Maria Anderson or Ronald Kelly.

that seniors are prepared for emergencies.

Smart911 is a web-based program that allows users to include vital information about themselves and occupants of the home that will help first responders when responding to an emergency after 9-1-1 is called. Once a profile has been set up, when a call is placed from a registered phone number, dispatchers will be able to provide first responders with names, ages, and important medical information to assist personnel responding to an

emergency.

Register for Smart911 online at [www.smart911.com](http://www.smart911.com) or call 202-724-5626 to get assistance. Help your church group, organization, or residential building prepare by scheduling a group presentation.

In addition to signing up for Smart911, take the following steps to prepare for emergencies:

1. Make a plan.
2. Make an emergency kit.
3. Be informed.

To learn more about preparing for emergencies, visit [www.hsema.dc.gov](http://www.hsema.dc.gov) or call 311.



## D.C. OFFICE ON AGING NEWSLETTER

# Genesis: A Community for Seniors Interested in Making a Difference

## Resident Recruitment for Intergenerational Housing Nears Completion

Only a small number of units remain available at a unique new affordable housing option for area seniors and families that will open this fall in DC.

Genesis, scheduled to open Nov. 1, will be an intergenerational community and the first such development in DC to be based on the award-winning Generations of Hope model (see <http://ghdc.generationsofhope.org>). Genesis will bring together service-minded seniors and families who mutually commit to being good neighbors.

Seniors will provide the foundation for Genesis. They'll be asked to share their skills and wisdom with younger families, some of whom will be led by mothers transitioning from DC's foster care system. But expectations are mutual — all adult residents will be required to spend a certain number of hours each quarter supporting their neighbors and the community.

The D.C. Office on Aging is part of a team of District agencies, led by DC's Child and Family Services

Agency, which helped plan and develop Genesis. Mi Casa, Inc, an established developer of affordable housing in the District, developed Genesis and will operate it.

Residents have already been selected for 19 of Genesis's 27 rental apartments. The eight remaining units are for seniors (55 and above), and families with or without seniors. Applicants must meet specific income criteria to apply for Genesis and undergo a detailed application process, including interviews and background checks.

An open house for prospective applicants will be held on Sept. 17 at Genesis, which is located at 6925 Georgia Avenue, directly across from the former Walter Reed Army Medical Center. Visitors will be able to tour the newly constructed 1, 2 and 3-bedroom apartments, and common spaces designed for community activities and events.

For information about Genesis, including details on the application process, rent and income and service re-

quirements, visit [www.genesisdc.org](http://www.genesisdc.org) or call us at 202-749-1911. RSVPs are re-

quired for the Sept. 17 open house and should be sent to [RSVP@genesisdc.org](mailto:RSVP@genesisdc.org).

## Lifespan Respite Caregiver Conference on Sept. 18

The D.C. Office on Aging will host the 2015 Lifespan Respite Caregiver Conference entitled "Strengthening and Educating the 21st Century Caregiver" on Friday, Sept. 18 from 8:30 a.m. to 4 p.m. at One Judiciary Square, 441 Fourth St. NW, Room 1114

The conference focuses on addressing the specific concerns and training needs of the 21st century caregiver, such as intergenerational families, older adults and people living with disabilities across the lifespan

### Workshop topics:

- Behavioral Symptom Management Training

- The Working Caregiver
- Falls Prevention and Home Safety Discussion

- Training the Family Caregiver
- Grandparents Raising Grandchildren

In addition, there will be a panel discussion: "Caregiving for Various Populations: People with Physical and Intellectual/ Developmental Disabilities, Veterans, and Mental Health Needs"

\*Stipends will be provided to caregivers who qualify\*

For more information, please call Linda Irizarry at 202-535-1442, or e-mail [Linda.Irizarry@dc.gov](mailto:Linda.Irizarry@dc.gov).

## Senior Centers

**API Senior Center**  
417 G Pl. NW, D.C. 20001  
202-842-4376

**Deaf and Hard of Hearing Senior Center**  
896 Southern Ave. SE,  
D.C. 20032  
202-562-1363

**First Baptist Senior Center**  
715 Randolph St. NW  
D.C. 20011  
202-723-2313

**OASIS Senior Center for the Homeless**  
1226 Vermont Avenue NW,  
D.C. 20005  
202-265-2017

**Phillip T. Johnson Senior Center East River Family Strengthening Collaborative**  
3441 Minnesota Ave. SE, D.C. 20020  
202-584-4431

**Seabury Ward 5 Aging Services Senior Center for the Blind and Visually Impaired**  
2900 Newton St. NE, D.C. 20018  
202-529-8701

**SOME Senior Center**  
1667 Good Hope Rd., SE, D.C. 20020  
202-797-8806

**Vida Senior Center**  
1842 Calvert Street NW, D.C. 20009  
202-483-1508

**Zion/Genevieve N. Johnson Senior Program**  
4817 Blagden Ave. NW, D.C. 20011  
202-723-8537



You've got skills.  
Use them.  
Come build a  
community at  
Genesis.



OPENING THIS  
FALL

Located at 6925 Georgia Avenue, Genesis consists of 27 newly constructed, affordable apartments for seniors, young families transitioning from foster care, and other families. At Genesis, neighbors put their skills to work supporting each other and building their community.



**Genesis Open House**

Thursday, September 17

5:00 – 8:00PM

6925 Georgia Avenue, NW

Advance registration required:

[RSVP@genesisdc.org](mailto:RSVP@genesisdc.org)

Come meet the people behind Genesis and see this unique community for yourself.

Visit [www.genesisdc.org](http://www.genesisdc.org) or call us at 202-749-1911 for more details.

Applications now being accepted for small number of available units. Income restrictions apply.

**Spotlight On Aging**

continues on page 39, following the

**Seabury Resources Newsletter**

at the right

Please pull out and keep the Newsletter.

You may also pull out and keep Spotlight on Aging.

## D.C. OFFICE ON AGING NEWSLETTER

## Spotlight On Aging, continued

Continued from page 34, preceding the *Seabury Resources Newsletter* at the left.  
Please pull out and keep the newsletter. You may also pull out and keep Spotlight on Aging.

## 8th Annual Tenant and Tenant Association Summit

The Office of the Tenant Advocate will hold the 8th Annual Tenant and Tenant Association Summit on Sept. 26 at the Kellogg Conference Center, located on the campus of Gallaudet University, 800 Florida Ave. NE. This year's theme is "Tenant Rights Matter." The summit serves as a forum to bring together tenants, tenant associations, housing attorneys and advocates, policy experts, community leaders, and District officials to discuss matters of concern to the District's tenant community.

The day's events will include a plenary session as well as workshops covering the status of federal funding for subsidized housing, renters' rights, rent control, developing a public safety strategy and subsidized housing issues. The summit will include special presentations in honor of two tenants' rights advocates the tenant community lost this

year — David Cohn and Karen Perry.

The legal clinic will provide attendees with an opportunity to meet one-on-one with an attorney to discuss their housing issues. Older adults and persons with disabilities will be able to register their status to qualify for lower rent increases under rent control. Numerous exhibitors will be present to share information.

Lunch will be provided, and parking is free. There will be a shuttle bus to and from the NOMA – Gallaudet U Metro Station (Red Line). Request for accom-

modations must be received by Sept. 21.

Attendees can pick up their materials beginning at 8 a.m. The program starts at 9 a.m.

**Advanced registration required. There will be no on-site registration. There are three ways to register:**

- Online — OTA's webpage at <http://ota.dc.gov>. The direct link is <https://www.eventbrite.com/e/dc-office-of-the-tenant-advocate-8th-annual-tenant-tenant-association-summit-2015-registration-17764072820>

- Telephone — 202-719-6560

In-person — Office of the Tenant Advocate, The Reeves Center, 2000 14th Street NW, Suite 300-North

Persons and organizations interested in being an exhibitor can register at the following link: <https://www.eventbrite.com/e/dc-office-of-the-tenant-advocate-8th-annual-tenant-tenant-association-summit-2015-registration-17959606667>

For additional information contact the Office of the Tenant Advocate at 202-719-6560.

## Adult Day Care

Adult day care programs provide specialized care for dependent individuals at-risk of going into an institution. Services may include medical, social, therapeutic and recreational support in a supervised setting.

Meals and transportation are provided. There is no fee for service. However, donations are encouraged.

### Downtown Cluster's Day Care Center

Asbury Methodist Church  
926 11th Street NW, D.C.  
20002  
202-347-7527

### Genevieve N. Johnson Senior Day Care Program

4817 Blagden Ave. NW, D.C.  
20011  
202- 723-8537

### Isabella Breckinridge Center

4125 Albemarle St. NW, D.C.  
20016  
202-895-0238

## Falls Prevention Day

September 23, 2015

10:00 a.m.—2:00 p.m.

### Free Falls Risk Screenings open to all DC Seniors 60+!

\*Pre-Registration is encouraged by calling the site directly\*

#### Ward 1

Bernice Fonteneau Senior Wellness Center  
3531 Georgia Avenue, NW  
Washington, D.C. 20011  
(202) 727-0338

#### Ward 2

St. Mary's Court  
725 24<sup>th</sup> St NW  
Washington, D.C. 20037  
Celia Wolter  
(202) 223-5712

#### Ward 3

Iona Senior Services Satterlee Hall  
St. Alban's Episcopal Church  
3001 Wisconsin Avenue, NW  
Washington, D.C. 20016  
(202) 895-9448 or e-mail [info@iona.org](mailto:info@iona.org)

#### Ward 4

Hattie Holmes Senior Wellness Center  
324 Kennedy Street, NW  
Washington, D.C. 20011  
(202) 291-6170

#### Ward 5

Model Cities Senior Wellness Center  
1901 Evarts Street, NE  
Washington, D.C. 20018  
(202) 635-1900

#### Ward 6

Hayes Senior Wellness Center  
500 K Street, NE  
Washington, D.C. 20002  
(202) 727-0357

#### Ward 7

Washington Seniors Wellness Center  
3001 Alabama Avenue, SE  
Washington, D.C. 20020  
(202) 581-9355

#### Ward 8

Congress Heights Senior Wellness Center  
3500 Martin Luther King, Jr. Ave SE  
Washington, D.C. 20032  
(202) 563-7225



## D.C. OFFICE ON AGING NEWSLETTER

# Community Calendar

## Sept. Events

### 1st • 10 a.m. to noon

Take a tour of the Martin Luther King, Jr. Memorial on National Mall with Seabury Resources for Aging. For more information, call Thelma Hines at 202-529-8701, ext. 222.

### Sept. 2 to Oct. 7 • 10:30 a.m. to noon

A six-part class for individuals with diabetes or pre-diabetes, "Everyone with Diabetes Counts," will be presented by the Delmarva Foundation. The class will be held at North Capitol at Plymouth, 5233 N. Capitol St. NE in the Community/Dining Room. For more information, call Thelma Hines at 202-529-8701, ext. 222.

### 11th • 10:30 a.m. to 2:30 p.m.

The D.C. Office on Aging will sponsor a Community Health, Wellness & Informational Fair at Ft. Stanton Park Recreation Center, 1812 Erie St. SE. To learn more, contact Louis Jones at 202-671-1040.

### 15th • 10:30 a.m. to 1:30 p.m.

A flu vaccination clinic will be offered by MedStar at Gettysburg (Fort Lincoln 1) 2855 Bladensburg Rd. NE. The shot is free for Medicare recipients and \$35 for all others. For more information, call Thelma Hines at 202-529-8701, ext. 222.

### 15th • 10:30 a.m. to 1 p.m.

Take a highlights tour of the Museum of African Art with Seabury Resources

for Aging. Meet at 950 Independence Ave. SW. For more information, call Thelma Hines at 202-529-8701, ext. 222.

### 17th • 10 a.m. to noon

Verizon and Hayes Senior Wellness Center invite you to a free Senior Technology Demonstration Fair. The event brings together community and government leaders, service providers, seniors, area residents and others for a day of helpful information, giveaways, food and fun. The Hayes Senior Wellness Center is located at 500 K St. NE. To RSVP or for more information, contact Andre Lane at [Andre.lane@howard.edu](mailto:Andre.lane@howard.edu) or 202-727-0357.

### 19th • 9 a.m. to 5 p.m.

Washington Highland's Community Fun Day takes place at Oxon Run Park, 4th Street and Livingston Road, SE. For more information, contact Karlene K. Armstead at 202-236-7196.

### 19th • 10 a.m. to 7 p.m.

The D.C. Office on Aging will be an exhibitor at the 2015 H Street NE Festival. For more information, contact Alice A. Thompson at 202 535-1321.

### 19th • noon to 1:30

Iona and Brighton Gardens of Friendship Heights are partnering to provide a 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.

There will be three free seminars in the series, one each month in September, October and November held at Brighton Gardens of Friendship Heights, 5555 Friendship Blvd., Chevy Chase, Md. The series is free. The Sept. 19 seminar is titled "Stay or Move: How to Find and Pay for the Best Living Arrangement" Social worker Deb Rubenstein will discuss how to know if moving is the right choice, and how to have family conversation about moving. She will also review the best way to find community resources and the right senior living community, as well as how to pay for care and services. To register, email: [registration@iona.org](mailto:registration@iona.org) or call 202-895-9409.

### 20th • 1:30 to 3 p.m.

Learn about the differences between ophthalmologists, optometrists and opticians in a program called "Who's Who in Eye Care" sponsored by the Prevention of Blindness Society of Metropolitan Washington. It will be held in the Sibley Medical Building, Conference Room 2, 5215 Loughboro Rd. NW. To register, call the Sibley Senior Association at 202-364-7602.

### 21st • 8 a.m. to 1 p.m.

The Dept. Consumer & Regulatory Affairs presents the Small Business Resource Center's Third Annual Entrée DC Food & Drink event at the Walter E.

Washington Convention Center, 801 Mt. Vernon Pl. NW. For more information, contact Claudia Herrera at 202-442-8055.

### 22nd •

#### 10:15 a.m. to 12:15 p.m.

Shop healthy with Seabury Resources for Aging on a trip to FRESHFARM Market at CityCenterDC, 1908 New York Ave. NW. For more information, call Thelma Hines at 202-529-8701, ext. 222.

#### 22nd • 11:30 a.m. to 3 p.m.

The Guy Mason Senior Program presents a Community Health, Wellness & Informational Fair at the Guy Mason Recreation Center, 3600 Calvert St. NW. Contact Ralph Wright at 202-727-7703 for more information.

#### 26th • 8 a.m. to 5 p.m.

The 8th Annual Tenant & Tenant Association Summit brings together tenants, tenant associations, housing attorneys and advocates, policy experts, community leaders, and District officials to discuss matters of concern to tenants in the District of Columbia. Admission and lunch are free. The summit will be held at the Kellogg Conference Center at Gallaudet University, 800 Florida Ave. NE. For more information, see the website of the Office of the Tenant Advocate at [www.ota.dc.gov](http://www.ota.dc.gov).

## SPOTLIGHT ON AGING

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The D.C. Office on Aging does not discriminate against anyone based on actu-

al 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.**

## Wellness Programs

Each of these programs includes a health education component covering topics such as the safe use of medication, blood pressure screening, and the benefits of exercise. Classes are conducted by appropriately trained and certified instructors and encourage participants to exercise at their own fitness level.

### Hattie Holmes

#### Senior Wellness Center

324 Kennedy St. NW D.C. 20011  
202-291-6170

### Hayes Senior Wellness Center

500 K St. NE, D.C. 20002  
202-563-7225

### Model Cities

#### Senior Wellness Center

1901 Evarts St. NE, D.C. 20018  
202-635-1900

### UDC - Institute of Gerontology - BODYWISE Program

4200 Connecticut Ave. NW  
Building 32, Room 203, D.C.  
20008  
202-274-6651

### Washington

#### Seniors Wellness Center

3001 Alabama Ave. SE, D.C. 20020  
202-581-9355

### Bernice Fonteneau

#### Senior Wellness Center

3531 Georgia Ave. NW, D.C.  
20010  
202-727-0338

### Congress Heights

#### Senior Wellness Center

3500 Martin Luther King Jr. Ave.  
SE, D.C. 20032  
202-563-7225