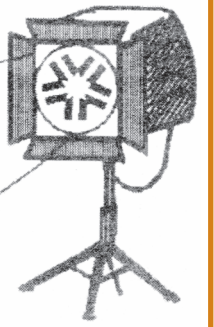


DISTRICT OF COLUMBIA OFFICE ON AGING

# Spotlight On Aging



VOLUME XXVIII, ISSUE 9

A newsletter for D.C. Seniors

September 2017



## EXECUTIVE DIRECTOR'S MESSAGE

By Laura Newland  
Executive Director, D.C. Office on Aging

September is National Emergency Preparedness Month. Like many of you, I've been thinking a lot about my own preparation in case disaster strikes, especially after seeing the devastation from Hurricane Harvey last month. I encourage everyone to visit [www.ready.dc.gov](http://www.ready.dc.gov) for tips on developing an emergency preparedness plan.

Remember to reach out to your neighbors and friends in the community, identify homes where homebound or frail seniors reside, and make sure your plans include keeping them safe as well. Community is the key to ensuring our neighborhoods are resilient when disaster strikes.

But we know how important community is all the time, not just during crises. One of the ways the D.C. Office on Aging is supporting community is through our Ambassador program. DCOA's Ambassador Program is a free, interactive, educational program for District residents who are interested in helping us spread the word about services available to help District residents age in place.

Since we launched the program in 2012, we have trained more than 400 District residents on services available from DCOA. But our Ambassadors are eager to learn more and eager to engage more with our network and within their own communities. I'm excited to share with you how we are planning to grow the program this year. Here's what you can expect:

**Continuing Education:** In addition to the two-hour Ambassador Orientation course, we are now providing continued training on a variety of topics important to seniors, people with disabilities and caregivers. We've already held sessions on Elder Abuse Prevention as well as Community Resilience & Emergency Preparedness, and we are planning more. Workshops on technology and digital literacy, Money Smarts, and many more

are currently in the works.

**Volunteer Opportunities:** We are also connecting our Ambassadors with community-based organizations where you can volunteer your time and maybe even apply some of the things you've learned through our programs.

**Ambassadors On-the-Road:** If you can't make it to our office for the training, we will be holding training sessions in various locations throughout the city. We're holding a training at Fort Stanton Recreation Center this month in addition to our monthly training at DCOA headquarters. Give us a call at 202-724-5626 to hear about a training near you.

**Membership Levels:** Whether you're interested in just learning more about our programs, or you're looking to expand your network and become more active in your community, we now have different levels of membership based on how much or how little you choose to be involved. Our Ambassadors can advance to higher levels of membership by attending more courses and volunteering.

Since we launched this program, our Ambassadors have done fantastic work connecting with their communities, and helping to connect our agency with isolated seniors. With our expanded program, we are providing you with more information, tools and resources to help you better serve your communities.

I want to acknowledge all of our Ambassadors who have taken our training and those of you who have worked hard on behalf of the Office on Aging in getting the word out about the work that we do every day to support seniors, adults with disabilities, and caregivers.

To learn more about our Ambassador program, give us a call at 202-724-5626, or visit our website at [www.dcoa.dc.gov](http://www.dcoa.dc.gov).

We look forward to seeing you at an Ambassador training!

Be well.

## 'Ask Rayceen' Comes to Wellness Centers

The Ask Rayceen Team will be at a senior wellness center near you during the month of September. The *Ask Rayceen Show* is a free community festival and live entertainment event hosted by Rayceen Pendarvis that includes music acts, dancers, poets, dramatic performances, comedy, and Q&A with the audience.

To catch the show, check with the center directly or call 202-724-5626 or visit [www.dcoa.dc.gov](http://www.dcoa.dc.gov).

### Upcoming show dates:

- 9/11 — Hattie Holmes Senior Wellness Center
- 9/14 — Bernice Fonteneau
- 9/18 — Congress Heights
- 9/21 — Model Cities Senior Wellness Center
- 9/25 — Washington Seniors Wellness Center
- 9/29 — Hayes Senior Wellness Center



## DCOA Hosts Elder Abuse Prevention and Information Workshop

The DCOA Ambassador Program held an Elder Abuse Prevention and Information Workshop as part of its workshop series. More than 50 seniors attended the training, which was conducted by U.S. Assistant Attorney Doug Klein and Judith Collister from the D.C. Office of the Attorney General. The audience included DCOA Ambassadors who were seniors, caregivers and concerned D.C. residents in the community. Seniors were given vital statistics and tips on how to notice and prevent elder abuse.

According to the Victim Connect Resource Center, elder abuse includes: physical, sexual, psychological/emotional abuse, caregiver neglect, or financial exploitation against a person, typically age 60 or older. Attendees

were very passionate in sharing their experiences and stories about elder abuse in their families and communities. Information was also shared about D.C. Law 21-166 "Financial Exploitation of Vulnerable Adults and the Elderly." The law:

1. Redefines vulnerable adult to include all persons aged 65 and above.
2. Creates the crime of "financial exploitation of vulnerable adults" in the criminal code, and defines the term "undue influence."
3. Creates strong penalties for people found guilty of financial exploitation, and enables the victim a chance to recover their assets.

For more information on how to become a DCOA Ambassador, contact 202-724-5626 or visit [www.dcoa.dc.gov](http://www.dcoa.dc.gov).





## D.C. OFFICE ON AGING NEWSLETTER

# Community Calendar

## September events

### 9th • 11 a.m. to 4 p.m.

Kidney Action Day will include entertainment by Big Tony & Trouble Funk, free health screenings, food samples and a Kidneynation fund raising walk at noon. The event takes place at the Yards Park, 355 Water St. SE. For more information, call Patricia Bonsu at 301-984-6673.

### 11th

The D.C. Office on Aging will sponsor a Walgreens Flu Clinic open to the public at the Asian/Pacific Islander Senior Service Center, 417 G Place, NW. For hours and more information, contact Kenneth So at 202-842-4376.

### 12th and 26th • noon

Join the D.C. Caregivers online chat at noon to discuss "Fall Prevention Tips" on Sept. 12 and on Sept. 26 to discuss "10 Tips for Family Caregivers of Persons with Low Vision." 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 or call 202-535-1442.

### 13th

The D.C. Office on Aging will sponsor a Walgreens Flu Clinic open to the public at the Model Cities Senior Wellness Center, 1901 Evars St. NE. For hours and more information, contact Stacie Mack at 202-635-1900.

### 15th • 9 a.m. to 1 p.m.

VIDA Senior Centers at Brightwood will hold its 4th Annual Seniors Health Fair at 1330 Missouri Ave. NW. To learn more, call Natasha Sabade at 202-503-2681.

### 15th • 10 a.m. to 2 p.m.

Family Matters of Greater Washington will have its 3rd Annual End of Summer Cookout at Fort Stanton Recreation Center at 1812 Erie St. SE. To learn more, email cfennell@familymattersdc.org.

### 15th • 5 to 7 p.m.

Iona's Memory Cafés – for individuals with memory loss and their caregivers, family members and friends – offer a way to get together in a safe and supportive environment for fun and entertainment each month. This month, the event includes live cabaret by the Sapphires, a singing and piano group. The cost is \$20 for two people. The event takes place at Iona, 4125 Albemarle St. NW. To learn more, contact Sharon O'Connor at 202-895-9469. To sign up, email registration@iona.org.

### 16th • 9 a.m. to 4 p.m.

The 10th Annual Tenant and Tenant Association Summit will take place at the Kellogg Conference Center at Gallaudet University, 800 Florida Ave NE. To learn more, email delores.anderson@dc.gov.

### 16th • noon to 1:30 p.m.

Iona will hold a seminar called "Stay or Move: How to Find and Pay for the Best Living Arrangement." The free workshop will discuss how to know if moving is the right choice, and how to have a family conversation about moving. It 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. It will be held at Brighton Gardens of Friendship Heights, 5555 Friendship Blvd., Chevy Chase, Md. Register by emailing registration@iona.org or calling 202-895-9409.

### 16th • noon to 7 p.m.

The 2017 H Street Festival will be held on H street between 4th Street NE and 14th Street, NE. The D.C. Office on Aging will showcase an informational table and provide body mass index screening.

### 18th • 10 a.m. to 2 p.m.

The D.C. Office on Aging and its collaborating partners will support the Hattie Holmes Senior Wellness Center Community Health and Resource Fair at 324 Kennedy Street, NW. The event includes a Walgreens flu clinic. Contact Teresa Moore at 202-291-6170 for more information.

### 18th • 8 a.m. to noon

Entrée DC, offered to inspire culinary entrepreneurs, will be held by the D.C. Dept. of Consumer and Regulatory Affairs at the Washington Convention Center, 801 Mt. Vernon Pl. To learn more and register, go to <https://nvite.com/EntreeDC/owzy7o>.

### 20th • 10 a.m. to 2 p.m.

The D.C. Office on Aging will sponsor a Walgreens Flu Clinic open to the public at the Congress Heights Senior Wellness Center, 3531 Martin Luther King, Jr. Ave. SE. For more information, call 202-563-7225.

### 21st • 10 a.m.

Want to make a difference in your community? Train to become a DCOA Ambassador with the Office on Aging. Learn information about our programs and services for persons age 60 and older and adults with disabilities and their caregivers, and help us connect to persons that need our help. For more information or to register, call (202) 724-5626 or visit [dcoa.dc.gov](http://dcoa.dc.gov).

### 22nd • 10:30 a.m. to 2 p.m.

The D.C. Office on Aging and its collaborating partners will support the Guy Mason Senior Program's 3rd Annual

Health & Resource Fair at 3600 Calvert St. NW. Contact Ralph Wright at 202-727-7703 to learn more.

### 23rd • noon to 4 p.m.

The First Love Community Collaboration sponsors Bloomingdale & Truxton Circle Day in the Park at the Florida Avenue Park, 1st Street and Florida Ave. NW. Contact Miles Holloman at [flovecc7@gmail.com](mailto:flovecc7@gmail.com) for more information.

### 25th • 10 a.m. to 2 p.m.

The D.C. Office on Aging will sponsor a Walgreens Flu Clinic open to the public at its office at 500 K Street, NE. Contact Sherelle Briscoe at 202-727-0357 for more information.

### 28th • 6 to 8 p.m.

"Bridging the Gap" round table discussion with the D.C. Office on Aging, Dept. of Health, D.C. Health Committee and Dept. of Behavioral Health will be held. For more details, contact Charles Eaves at [ceaves18@hotmail.com](mailto:ceaves18@hotmail.com).

### 30th • 11 a.m. to 3:30 p.m.

Hillcrest Community Day will take place at the Hillcrest Recreation Center, 3100 Denver St. SE. Call Alice Thompson at 202-535-1321 for more information.

## Falls Prevention Awareness Day

Friday, September 22, 2017

10:00 a.m. — 2:00 p.m.



### Call Your Local Site to Pre-Register.

#### We Will Offer Free Falls Risk Talks and Screenings for All DC Seniors!

##### Ward 1

Bernice Fonteneau Senior Wellness Center  
3531 Georgia Avenue, NW  
Washington, D.C. 20010  
202-727-0338

##### Ward 2

St. Mary's Court  
725 24th Street, NW  
Washington, D.C. 20037  
202-223-5712

##### Ward 3

St. Alban's Episcopal Church, Satterlee Hall  
3001 Wisconsin Avenue, NW  
Washington, D.C. 20016  
202-363-5145 or 202-966-1055

##### 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 Evars Street, NE  
Washington, D.C. 20017  
202-635-1900

##### Ward 6

Hayes 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. Avenue, SE  
Washington, D.C. 20032  
202-563-7225

## SPOTLIGHT ON AGING

Spotlight On Aging is published by the Information Office of the D.C. Office on Aging for D.C. senior residents. Advertising contained in the *Beacon* is not endorsed by the D.C. Office on Aging or by the publisher.

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