

DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XXV, ISSUE 9

A newsletter for D.C. Seniors

September 2014



EXECUTIVE DIRECTOR'S MESSAGE

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

In this issue of "Spotlight on Aging," I believe that it is fitting that we discuss depression and chronic diseases in light of the tragic death of Oscar-winning actor and comedian Robin Williams. Mr. Williams was a very brilliant man who knew how to keep us laughing through movies and standup, and now many of us are mourning his untimely death.

From the news, we learned that he died from an apparent suicide, and that he experienced severe depression and anxiety leading up to his death. We also learned that his depression was connected to his early stages of Parkinson's disease, and that he was not ready to share that information with the public.

According to data posted on WebMD's website, those with Parkinson's disease or multiple sclerosis can experience a 40 percent likelihood of experiencing depression. Other statistics reveal that people with chronic illnesses face a 25 to 33 percent greater likelihood of experiencing depression.

Those who have had a stroke experience a 10 to 27 percent likelihood of experiencing depression, while those who have had a heart attack experience a 40 to 65 percent greater likelihood of experiencing depression.

People with cancer and diabetes are 25 percent more likely to experience depression, while those with coronary artery disease who have not had a heart attack can experience an 18 to 20 percent likelihood of experiencing depression.

If you know someone who has experienced a major illness, chances are that he/she may also be suffering from depression. However, it takes a

psychologist or psychiatrist to diagnose a person with depression.

As I reflect on my experiences of being around family members who were "not themselves," I eventually learned that they were diagnosed with depression. They were sad, withdrawn, and had very little energy. This was not the person that I knew from the years past.

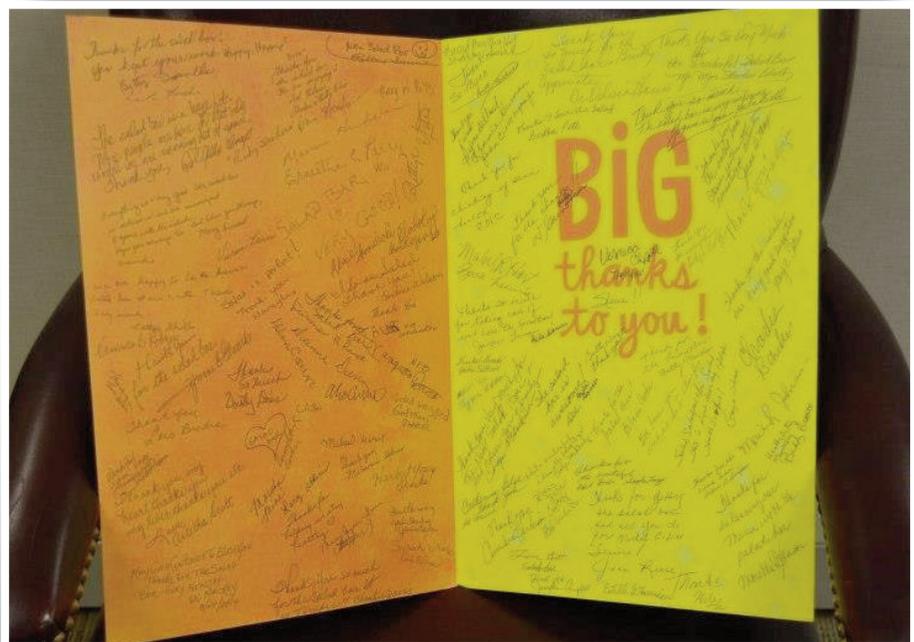
The changed behaviors caused me to shy away at times, thinking that I was the problem. However, this is the wrong approach. The correct thing to do is to assist the person in seeking professional help.

According to WebMD, "Depression is a condition that generally is associated with being 'stuck' in a mood of sadness or grief." Inevitably, we all have experienced sadness, whether it is from losing a job, family member and/or friend, or for some other reason. However, those with clinical depression experience sadness/grief for a longer-than-normal duration.

Symptoms of clinical depression include persistently sad mood or "feeling blue," feelings of hopelessness and a negative outlook on life, loss of libido, fatigue and low energy. There are numerous types of clinical depression, which include major depression, chronic depression, atypical disease, bipolar depression (manic depression), seasonal depression, and psychotic depression.

Depression does not only impact one's mental health, but it can cause or exacerbate other health issues, such as heart disease and cancer. People with depression can experience unexplained headaches, neck pain, and/or abdominal pain. Depres-

Senior Wellness Participants Send Note of Thanks to DCOA



A Big Note of thanks from seniors at Model Cities Senior Wellness Center for the new addition of a salad bar.

Model Cities Senior Wellness Center recently sent DCOA a thank you card to show their gratitude for the newly installed salad bar.

Last month, DCOA added salad bars to the food options for participants at each of the wellness centers across the city. Wellness participants that eat the meal offered at the cen-

ter now can create their own fresh salad and fruit or enjoy the hot meal.

Model Cities, located in Ward 5, is one of six senior wellness centers that are now featuring the new salad bar. For more information, or to locate the center nearest you, visit www.dcoa.dc.gov or call 202-724-5626.

sion can negatively impact sleep, sexual desire and performance, and may cause some people to experience social isolation. In extreme cases, some people with depression, like Robin Williams, can commit suicide.

As you can see, depression is very complicated, and it does not only impact the individual with the issue, but also those who are connected with the individual. Therefore, it is in the best interest of everyone that those with depression, or those who have any of the symptoms described

above, seek medical attention.

If you identify any of these symptoms in a family member or friend, this is your opportunity to provide one of the best gifts to that individual. Get them help! Yes, it can be difficult for people to talk about depression, but let them know that they are not alone, and help is available.

At the District of Columbia Office on Aging, we are here to assist you and your loved ones, as we have a very

See **DIRECTOR'S MESSAGE**, page 33



GOVERNMENT OF THE DISTRICT OF COLUMBIA

VINCENT C. GRAY, MAYOR

Homeland Security and Emergency Management Agency Launches Revamped Emergency Alert and Warning System

AlertDC has been upgraded with new features allowing for personalized and targeted communications

As of August 25, the District of Columbia emergency alerting notification system, AlertDC, has transitioned to a new software platform. The new system is customizable, and allows you to pick and choose what kind of alert notifications you want to receive and how you would like to receive them. This new Everbridge system replaces the old Roam Secure Alert Network alert system that had been in place since 2004.

Being forewarned about dangerous weather, a neighborhood evacuation or an emergency road closure has never been easier with AlertDC. Now

alerts will be available by text, email, cell phone, instant messaging or fax.

“It’s important that we keep our citizens informed, but we also want to give citizens a say in what information they receive and when,” says Chris Geldart, director of D.C. Homeland Security and Emergency Management Agency. “The AlertDC system is the perfect solution for that.”

If you commute, you can set your cell phone to receive traffic alerts that impact your route. You can set those alerts for just your cell phone and not your computer or other device. If you are at work, you can set different alerts to arrive via email and your cell phone, but not other devices. When we say

“personalized and targeted communication,” we really do mean just that.

AlertDC is available to those who live, work, attend school and visit the District of Columbia. To gain access to the new system and enhanced features, visit AlertDC.dc.gov. Current subscribers must log-in to update their existing account. New subscribers simply click “Register” to sign up to receive information that can help you protect yourself and loved ones.

The following is a list of some of the notification topics available through the District’s state-of-the-art alerting system:

- Major Emergency Alerts (terrorism or natural disasters)

- Severe Traffic Incidents
- Amber and Silver Alerts
- Activation of Snow Emergency Routes
- City Government Delays and Closings
- School Closings

Those that live and work in different jurisdictions within the National Capital Region (NCR) can sign up to receive alerts from multiple areas along their commute route. To find out about all of the available jurisdiction alert systems in the NCR, please visit www.capitalert.gov.

If you have problems, questions, comments, or need more information, go to www.AlertDC.dc.gov.



SEPTEMBER 6, 2014

10:00 AM - 4:00 PM

COME JOIN THE FUN



FUN FOR THE WHOLE FAMILY

FREE ADMISSION



2700 Martin Luther King Jr. SE
WASHINGTON, D.C. 20032



Generations Community Festival Will Be Held on Sept. 6

The District of Columbia Office on Aging is proud to announce the 2014 Generations Community Festival: Celebration of Life. This Celebration of Life will take place Saturday, Sept. 6, 2014 from 10 a.m. until 4 p.m. at Gateway D.C. Pavilion, located at 2700 Martin Luther King Jr. Avenue, SE, Washington, D.C. The festival will deliver entertainment, empowerment and education to all generations.

Created as a way to bring families together, the Generations Community Festival will also provide resources for older adults and persons living with disabilities in the District’s Community. Attendees of the festival will enjoy live music, health and fitness activities, seminars, a beauty and grooming lounge, kid activities, a food pavilion, vendors and so much more. The 2014 Generations Community Festival is fun for the entire family.

Admission for the 2014 Generations Community Festival is FREE. Transportation will be provided for District residents age 60 and older. Those interested in transportation should con-

tact the D.C. Office on Aging at (202) 724-5626.

- Health & Fitness activities provided by David Rachal III of Fighting Trim Fitness
- Aging in Place Interior Design Seminar hosted by Trystin Kier Francis of The Trystin Kier Company
- Ageless Grooming Lounge provided by Lisa S. Barnes of Celebrating You, The Spa
- Sustainability Fair with Jay Cooper of Freedom Farms DC
- Kid’s Activity Zone
- Food Trucks and more

Main stage performances include:

- DJ PoetixAfuw
- Split This Rock DC (Youth poetry slam group)
- BJ, Jazz Artist
- Prophecy and Christopher M. Stevenson (Go/Go band)
- Proverb (Reggae/ World band)
- Carolyn Malachi (Soul/RB artist)
- Lady Alma (Soul/RB artist)

This is just a small taste of what is to come. We hope to see you there!

DDOT Seeking Applicants for ADA Transition Plan Advisory Group

The District Department of Transportation (DDOT) is developing the framework for its Americans with Disabilities Act (ADA)/Section 504 Transition Plan. The plan will outline how DDOT intends to remove barriers for persons with disabilities who use various features in the public right-of-way: such as sidewalks, curb ramps, pedestrian street crossings, pedestrian signals and other pedestrian facilities in the District.

The draft ADA Transition Plan will identify needs, plan improvements, and enhance compliance with all feder-

al, state and local regulations and standards. To ensure that DDOT addresses users' concerns, DDOT is organizing a Transition Plan Advisory Group to participate and offer feedback on the draft Transition Plan framework. It is anticipated that the advisory group will meet approximately three times during the next 10 months.

The purpose of the committee will be to learn what DDOT is doing to create its transition plan, and provide a forum to discuss and share information and insights that will help establish a strong and effective Transition

Plan for the District. The public's input, especially from people with disabilities, is invaluable to ensure that DDOT arrives at the best possible plan of action.

The advisory group will hopefully include:

- People with disabilities
- Senior citizens
- Other individuals

and members of groups that struggle with barriers and access related to transportation, such as parents of minor children with disabilities

If you would like to become a member of the advisory group, we would appreciate a brief write-up outlining

your interest and how you feel you can contribute to this process. This would include contact information (that is: your name, address, telephone and email address); your experience with people with disabilities; two references with their contact information, and any current organizations in which you are participating. Please mail or email your qualifications by Sept. 26 to:

Cesar Barreto – DDOT
ADA Coordinator
55 M St. SE, 5th floor
Washington, DC 20003
202-671-2829
info@ddotadaplan.com



Director's message

From page 31

solid system of resources that are beneficial for those with depression. Our Aging and Disability Resource Center is a valuable resource for linking people with depression to providers in Washington, D.C. who can address their condition.

The Center can also connect seniors to other services, such as meal programs, transportation, recreational and social programs. We can be reached at 202-724-5622. I have listed our partners and their contact information below. They can assist you or a loved one with depression.

1. Department of Behavioral

Health

a. Access Helpline (1-888-793-4357)

b. Mobile Crisis Unit (202-673-9319)

2. Washington Hospital Center's Senior Outpatient Program (202-877-6321)

3. Psychiatric Institute of Washington (202-885-5600)

Please partner with me in ensuring that those who need help with depression get the necessary care. It is the right thing to do, and you will be surprised at how you can help to improve their quality of life. My colleagues are waiting for your call and stand ready to assist you, your loved ones, and friends.



Felicia Cowser, program analyst of Options Counseling, shakes hands with Rosa Taylor, lab specialist at Court Services and Offender Supervision Agency (CSOSA). DCOA has partnered with CSOSA to educate consumers about long-term care services available in the District of Columbia for older adults and persons living with disabilities. There is a growing need for more education about long-term care services and assistance with decision-making for long-term care planning.

Falls Prevention Week

Register Today!

September 22-25th

Free Falls Risk Screenings
open to all DC Seniors!

September 22

Ward 1

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

Ward 4

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

Ward 5

Model Cities Senior Wellness Center
1901 Evaris Street, NE
Washington, DC 20018
(202) 635-1900

Ward 7

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

Ward 8

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

September 23

Ward 2

George Washington University Hospital
900 23rd St. NW Washington D.C. 20037
Kenyatta Hazlewood, RN BSN MPH
kenyatta.hazlewood@gwu-hospital.com
(202) 715-4210

Ward 3

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

"It's time I take
advantage of the
Free Falls Risk
Screenings!"



September 24

Ward 6

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



Community Calendar

September events

8th • 11 a.m.

Get immunized at a flu shot clinic at the Petersburg Senior Nutrition Site, 3298 Ft. Lincoln Dr. NE. For more information, call Vivian Grayton at 202-529-8701.

9th • 2 to 4 p.m.

Learn more about energy efficiency, get updates on D.C. utilities providers, and find out about legal issues with new alternative energy suppliers from representatives from the Office of People's Council. This Rights and Resources in D.C. seminar will take place at Iona Senior Services, 4125 Albemarle St. NW. To register, call 202-895-9448 or email registration@iona.org.

16th • 11 a.m.

Itching to learn more about bedbugs? Attend a presentation at the Vicksburg Senior Nutrition Site, 3005 Bladensburg Rd. NE. For more information, call Vivian Grayton at 202-529-8701.

17th • noon

John M. Thompson, executive director of the District of Columbia Office on Aging, will be the keynote speaker at the meeting of Shepherd Park AARP Chapter # 2667. It will take place at People's

Congregational Church, 4704 13th St. For more information, contact Donna Graham-Harris at 301-585-4759 or grahamharris@earthlink.net.

20th • 10 a.m. to 2 p.m.

Attend a health fair at Mount Sinai Baptist Church, 1615 Third Street, NW. Call Jacqueline Nelson or Paula Lassiter at 202-667-1833 for more information.

20th • 1 to 5:30 p.m.

The Iona Senior Services' Take Charge/Get Well Academy presents "What, Me Move? Creative Housing Alternatives." Get information from Iona's Care Management Group, Mid-Atlantic Co-housing, Legal Counsel for the Elderly and more. The fee is \$25 and scholarships are available. Refreshments will be served. The program will take place at Iona Senior Services, 4125 Albemarle St. NW. To register, call 202-895-9448 or email registration@iona.org.

22nd • 11 a.m. to 3 p.m.

The D.C. Office on Aging and the D.C. Public Library, Deanwood Branch, are sponsoring a community health and wellness fair at the Deanwood Recreation Center, 1350 40th St. NE. Contact Matadin Agarwalla at 202-698-1175 for more information.

23rd • 11:30 a.m. to 3 p.m.

Attend a free health and wellness fair at the Guy

Mason Recreation Center, 3600 Calvert St. NW, co-hosted by Glover Park Village and the D.C. Office on Aging. A light lunch will be served. There will be screenings, presentations and information from many community and governmental groups. For more details, email Events@GloverParkVillage.org or call 202-436-5545.

24th • 10 a.m. to 3 p.m.

Come to a community health and wellness fair sponsored by the D.C. Office on Aging in collaboration with Pennsylvania Avenue Baptist Church & Penn Branch AARP Chapter # 3473. Contact Deacon Mary Douglass at 202-581-1500 or Gloria Clanton at 202-582-1985 for details.

24th • 11 a.m.

Learn about mail scams at a presentation at the Vicksburg Senior Nutrition Site, 3005 Bladensburg Rd. NE. For more information, call Vivian Grayton at 202-529-8701.

24th • 1 to 2 p.m.

Have a visual impairment? You can still enjoy art. Take a described art tour through the National Gallery of Art West Building, 6th and Constitution Ave. NW. The event is sponsored by the Prevention of Blindness Society. For more information, call the museum at 202-737-4215.

SPOTLIGHT ON AGING

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500 K St., N.E.,
Washington, D.C. 20002
202-724-5622 • www.dcoa.dc.gov
John M. Thompson, Ph.D., FAAMA
Executive Director
Darlene Nowlin
Editor
Krystal Branton
Photographer

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

DCOA Senior Service Network to be Surveyed on Services

The Administration for Community Living is undertaking the Ninth National Survey of Older Americans Act Participants. DCOA Senior Service Network participants will be randomly selected to provide their feedback on Older Americans Act services, including:

- Case Management
- Congregate Meals
- Home-Delivered Meals
- Homemaker Services
- Transportation Services

• National Family Caregiver Support Program
Your participation will be vital in ensuring that District of Columbia data is included in the national results. These results will be sent to Congress to evaluate the outcomes of services received by District residents. Your identity will remain anonymous, but information about the services and your feedback will be included.

Your cooperation is appreciated.

Senior Chorus Seeking Additional Members

Are you interested in singing with an informal group of other seniors? You are invited to join the NorthEast Senior Singers, an affiliate of Washington's 27-year-old Congressional Chorus. The two musical organizations, along with the American Youth Chorus, are conducted by artistic director David Simmons.

The Senior Singers rehearse every Wednesday afternoon from 1:30 to 2:30 p.m. at Delta Towers, at 1400 Florida Avenue NE. The building is at the in-

tersections of H Street, Maryland Avenue and Benning Road, near the Atlas Performing Arts Center.

The chorus performs at the Atlas and in venues all over the city. Recent performances have been at the Intersections Festival at the Atlas Theater, the Levine School of Music, and the Lutheran Church of the Reformation.

No auditions are necessary. For information or to join the chorus, call 202-399-7993, ext. 182 or e-mail info@congressionalchorus.org.